

# HEALTH AND FITNESS

## Zumba™ Gold - Day, 50+ yrs

This lower impact, easy-to-follow, Latin-inspired dance fitness party; that keeps you in the groove of life. Wear tennis shoes. Register in Senior Center office only. Scholarships available for low-income older adults that reside in Modesto. *There will be two daily sessions of Zumba. You may only register for one session per day.* Please fill out registration in office (gold paper) to select your sessions

**Instructor:** Deanna Olson

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

9/09-12/30	4370	M	12:30-1:15pm	\$20
9/09-12/30	4371	M	1:45-2:30pm	\$20
and/or				
9/05-12/19	4374	Th	12::30-1:15pm	\$20
9/05-12/19	4376	Th	1:45-2:30pm	\$20
<i>Holiday 9/02, 11/11, 11/28, No class</i>				

## Zumba™ Gold - Nights, 18+ yrs

Designed for the active older adult that is looking for a modified Zumba class. Focus is on introducing choreography to enhance balance, cardiovascular conditioning, coordination and flexibility.

**Instructor:** Deanna Olson

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

4455	4:30-5:30pm	Wed	9/25-12/18	12 sessions	\$42
<i>Holiday 11/27, No class</i>					

## Mat Pilates, 18+ yrs

Build core strength, improve flexibility, control muscle and breath in this innovative class that can be modified for any age and fitness level. Scholarship available for low-income Modesto residents. *Bring your own yoga mat.*

**Instructor:**

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

1485	4:30-5:20pm	T Th	10/01-12/10	20 sessions	\$50
4451	4:30-5:30 pm	T Th	10/01-12/10	10 sessions	\$30
<i>Holiday 11/28, No class</i>					

## Modified Aerobics, 50+ yrs

A low-impact aerobic class designed with special consideration for the senior population and includes cardiovascular, flexibility, and strengthening segments. *Sponsored by Healthy Aging Association.*

**Instructor:** Darlyn

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

\$1 Donation	8:15-9:00am	Mondays and Wednesdays
<i>Holiday 9/02, No class</i>		

## Pickle Ball, 50+ yrs

Pickleball is a combination of badminton, ping-pong and tennis. The game helps to improve muscular strength, endurance and increase cardiovascular activity. Doubles play in 15-minute increments. Wear tennis shoes.

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

FREE	1:30pm	Tuesdays
<i>Holiday 11/28, No class</i>		

## Strength Training (Young at Heart), 50+ yrs

Includes stretching, flexibility, and strengthening segments that may be performed standing or in a seated position. *Sponsored by Healthy Aging Association.*

**Instructor:** Bob and Christine

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

\$1 Donation	9:30-10:30am	Mondays and Wednesdays
<i>Holiday 9/02, No class</i>		

## T'ai Chi for Arthritis, 50+ yrs

T'ai chi is a Chinese exercise system that uses slow, gentle, smooth body movements to achieve a state of relaxation of both body and mind. *Sponsored by Caremore Health Anthem.*

**Instructor:** Stephen

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

FREE	11:00am	Wednesdays
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## Yoga for Arthritis, 50+ yrs

Simple, gentle movements that gradually build strength, balance and flexibility. Bring a yoga mat. *Sponsored by Caremore Health Anthem.*

**Instructor:** Stephen Ambrosich

**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

FREE	2:45pm	Mondays
<i>Holiday 9/02, No class</i>		

## PAL Boxing, 8-17 yrs

This is the Police Activities League's oldest activity. Boys and girls are encouraged to participate. PAL Boxing stresses the importance of hard work, education, good manners, fitness, conditioning and sportsmanship. Annual membership fee \$45 per child payable to Stanislaus County P.A.L. Sign up by contacting Maddux Youth Center (209) 341-2950.

**Instructor:** Eddie Diaz

**Location:** Maddux Youth Center, 615 Sierra Drive, Modesto

\$45	5:00-7:00pm	M T W Th
<i>Holiday 9/02, 11/11, 11/28, No class</i>		

REGISTRATION

CLASSES

ACTIVE OLDER  
ADULTS

FREE  
PROGRAMS

SPECIAL  
EVENTS

FACILITIES