

# Exercise Options for Seniors on the Eastside

Overlake Hospital Senior Care | 1035 116th Ave NE | Bellevue, WA 98004  
Phone: 425-688-5800 | [www.overlakehospital.org/seniorcare](http://www.overlakehospital.org/seniorcare)

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# Exercise Options for Eastside Seniors

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**A note of warning:** The following information is provided as a community service. By listing these agencies and businesses, **Overlake Hospital is not recommending, endorsing or ranking** any particular program. Overlake Hospital cannot vouch for the quality, expertise, safety or cost of the services provided by the listed businesses. **Please be aware that this is a sample of the many exercise programs available to seniors. This is not a complete listing of every exercise facility or program available on the Eastside.**

*Do you have suggestions or additions for this guide? If you know about or have used an exercise program/class/service that has been helpful, call Overlake Hospital Senior Care at 425 688 5800, and we will add it to this listing.*

## YMCA Programs

**Please note that schedules can change monthly and/or quarterly. Sports and games may only be offered seasonally. Please contact the center first to find out about their current schedule of activities.**

<b>Name &amp; Address</b>	<b>Contact</b>	<b><u>Classes and Groups</u></b>
Bellevue Family YMCA 14230 Bel-Red Road Bellevue, 98007	425-746-9900	<ul style="list-style-type: none"> <li>• Aerobics, Moderate movement</li> <li>• Tai chi, Yoga, Pilates,</li> <li>• SilverSneakers, Step</li> <li>• Personal training, Total health, Wellness coaching, Body shop</li> </ul> <p><b>www.seattleyymca.org</b></p>
Lake Heights Family YMCA 4228 Factoria Blvd SE Bellevue, 98006	425-644-8417	<ul style="list-style-type: none"> <li>• Hi/lo, Step, Strength training</li> <li>• Coaching and personal training</li> <li>• <b>www.seattleyymca.org</b></li> </ul>
Northshore YMCA 11811 NE 195 <sup>th</sup> Bothell, 98011	425-485-9797	<ul style="list-style-type: none"> <li>• Personal training, Total health, Body shop, Strength training, Core strength</li> <li>• Tai chi, Yoga, Quigong, Pilates, Tae Kwon Do</li> <li>• Aerobic dance, AOA land aerobics, Jazz dance</li> <li>• SilverSneakers</li> <li>• <b>www.seattleyymca.org</b></li> </ul>
Sammamish YMCA 4221 228 <sup>th</sup> SE Issaquah, 98029	425-391-4840	<ul style="list-style-type: none"> <li>• Silver sneakers, Pilates, Yoga, Step</li> <li>• Personal training, Group cycling</li> <li>• Total health consultation</li> <li>• <b>www.seattleyymca.org</b></li> </ul>

### Local College Classes / Continuing Education

Please note that schedules can change monthly and/or quarterly. Sports and games may only be offered seasonally. Please contact the school first to find out about their current schedule of activities. Classes may be offered in different locations than the main campus, be sure and confirm the site. Many of these courses are provided through Telos; educational programs for retirees.

Name & Address	Contact	<u>Classes</u>
Cascadia Community College 18345 Campus Way NE Bothell, 98011	425-352-8000	<ul style="list-style-type: none"> <li>• Ballroom, Swing, Latin, Salsa, Lindy dancing and dancing sampler</li> <li>• Yoga, Finding Flexibility</li> <li>• <a href="http://www.cascadia.ctc.edu">www.cascadia.ctc.edu</a></li> </ul>
Bellevue Community College 3000 Landerholm Circle SE Bellevue, 98007	425-564-2263	<ul style="list-style-type: none"> <li>• Balance for all, Strong stretched &amp; centered</li> <li>• Pilates, Yoga, Yogalates, Tai Chi for older adults</li> <li>• <a href="http://www.conted.bcc.ctc.edu">www.conted.bcc.ctc.edu</a></li> </ul>
Lake Washington Technical College 11605 132nd Avenue NE Kirkland, 98034	425-833-4832	<ul style="list-style-type: none"> <li>• All purpose dancing, Swing, Salsa</li> <li>• Tai Chi Chuan, Yoga</li> <li>• <a href="http://lwtchost.ctc.edu">http://lwtchost.ctc.edu</a></li> </ul>

## Community Centers

Please note that schedules can change monthly and/or quarterly. Sports and games may only be offered seasonally. Please contact the center first to find out about their current schedule of activities.

Name & Address	Contact	<u>Sports, games, classes and groups</u>
Issaquah Senior Center 75 NE Creekway Issaquah, 98027	425-392-2381	<ul style="list-style-type: none"> <li>• Line dancing</li> <li>• Tai chi, Condition and stretch</li> <li>• S.A.I.L fitness</li> </ul> <p><b><a href="http://www.issaquahseniorcenter.org">www.issaquahseniorcenter.org</a></b></p>
Kenmore Senior Center 6910 NE 170 <sup>th</sup> Kenmore, 98028	425-489-0707	<ul style="list-style-type: none"> <li>• Enhance fitness</li> <li>• Tone Up (stretching and toning muscles)</li> <li>• Walking group</li> </ul> <p>• <b><a href="http://www.northshoreseniorcenter.org/activities.html">www.northshoreseniorcenter.org/activities.html</a></b></p>
Mount Si Senior Center 411 Main Avenue South North Bend, 98045	425-888-3434	<ul style="list-style-type: none"> <li>• Walking group</li> <li>• Exercise classes, seated exercise,</li> <li>• Dancing</li> </ul>
Mercer Island Community Center 8236 SE 24 <sup>th</sup> Street Mercer Island, 98040	206-275-7609	<ul style="list-style-type: none"> <li>• Belly dancing, Tap dancing, Jazzercise, Aerobic dancing</li> <li>• Enhance fitness, Cancer Well Fit group, Parkinson exercise group</li> <li>• Tai chi, Yoga, Pilates, Personal training, Body conditioning</li> <li>• Trailmates (hiking) group, Solemates (walking) group</li> <li>• Golf, Pickle ball, Volleyball, Badminton</li> </ul> <p>• <b><a href="http://www.miparks.net">www.miparks.net</a></b></p>

Name & Address	Contact	<u>Sports, games, classes and groups</u>
North Bellevue Community Center 4063 148th Ave NE Bellevue, 98007	425-452-7681	<ul style="list-style-type: none"> <li>• Jazzercise, Line dancing, Tap dance, Swing and lindy hop</li> <li>• Enhance fitness</li> <li>• Gentle yoga, Advanced yoga</li> <li>• <b><a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></b></li> </ul>
Northshore Senior Center 10201 East Riverside Dr Bothell, 98011	425-487-2441	<ul style="list-style-type: none"> <li>• Ballroom dance, Clogging, Line dance, World dance</li> <li>• Enhance fitness, Senior strength, Dumbbell strengthening</li> <li>• Fitness Boom, Fitness center, Tai Chi, Yoga</li> <li>• Bocce ball, Pickle ball, Indoor tennis, Bicycle club, Golf club, Hiking group</li> <li>• <b><a href="http://www.northshoreseniorcenter.org">www.northshoreseniorcenter.org</a></b></li> </ul>
Peter Kirk Community Center 352 Kirkland Avenue Kirkland, 98033	425-587-3360	<ul style="list-style-type: none"> <li>• Line dancing, Tap dancing</li> <li>• Aquatic exercise program, Aquatic dance, Open swim time</li> <li>• Enhance fitness, Neuromuscular Integrative Action</li> <li>• Yang style Tai chi chuan, Yoga</li> <li>• Kirkland Steppers (walking)</li> <li>• Softball, Golf, Bocce ball, Pickle ball</li> <li>• <b><a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></b></li> </ul>
Redmond Senior Center 8703 160 <sup>th</sup> Avenue NE Redmond, 98052	425-556-2314	<ul style="list-style-type: none"> <li>• Hatha yoga, Yoga from your chair, Forrest yoga</li> <li>• Clogging, Folk dancing</li> <li>• Senior cardio, Senior strength</li> <li>• <b><a href="http://www.redmond.gov">www.redmond.gov</a></b></li> </ul>
Renton Senior Activity Center 211 Burnett Avenue North Renton, 98057	425-430-6633	<ul style="list-style-type: none"> <li>• Aerobics, Exercise w/chair, Senior fitness, Strength &amp; balance</li> <li>• Quigong tai chi</li> <li>• Ballroom dance, Latin &amp; swing, Tap, Line dance, Hawaiian dance</li> <li>• Senior co-ed softball, Bean bag baseball, Bocce ball, Croquet</li> <li>• Walking group, Hiking group</li> <li>• <b><a href="http://renton-wa.gov/living">http://renton-wa.gov/living</a></b></li> </ul>

Name & Address	Contact	<u>Sports, games, classes and groups</u>
Sno-Valley Senior Center 4610 Stephens Ave PO Box 96 Carnation, 98014	425-333-4152	<ul style="list-style-type: none"> <li>• Enhance fitness</li> </ul>
South Bellevue Community Center 14509 SE Newport Way Bellevue, 98006	425-452-4240	<ul style="list-style-type: none"> <li>• Pilates, Purna yoga, Belly dancing</li> <li>• Fit-camp total body conditioning, Strong &amp; Fit seniors class</li> <li>• Fitness room equipped w/treadmills, weight machines, bikes, etc.</li> <li>• Personal training, fitness assessments, nutrition assessments</li> <li>• Scheduled drop-in: Walking, Volleyball, Pickle ball, Badminton, and Basketball</li> <li>• <b>www.myparksandrecreation.com</b></li> </ul>
Stroum Jewish Community Center 3801 East Mercer Way Mercer Island, 98040	206-232-7115	<ul style="list-style-type: none"> <li>• The Beat (cardiac exercise group), SliverSneakers fitness program</li> <li>• Pilates, Yoga, PiYo (combination of Pilates and yoga)</li> <li>• Cycling (stationary)</li> <li>• Men's and women's basketball, Coed softball</li> <li>• <b>www.sjcc.org</b></li> </ul>

## Aquatics / Swimming Centers

**Please note that schedules can change monthly and/or quarterly. Classes/exercise groups may only be offered seasonally. Please contact the center first to find out about their current schedule of activities.**

Name & Address	Contact	<u>Swim programs, classes, lessons</u>
Aquarobics PO Box 404 Redmond, 98073-0045 info@aquarobics.net	425-894-0045	<ul style="list-style-type: none"> <li>• Aquarobics, and Water motion programs</li> <li>• Helps to increase fitness level, range of motion, flexibility and more</li> <li>• <b>www.aquarobics.net</b></li> </ul>
Bellevue Aquatic Center 601 143 <sup>rd</sup> Ave NE Bellevue, 98007	425-452-4444	<ul style="list-style-type: none"> <li>• Group, semi-private and private swim lessons, Open swim times</li> <li>• As well as the Blue Lagoon pool there is the Warm Springs Pool w/open swim times.</li> <li>• <b>www.ci.bellevue.wa.us/aquatic_program.htm</b></li> </ul>
Bellevue Family YMCA 14230 Bel-Red Road Bellevue, 98007	425-746-9900	<ul style="list-style-type: none"> <li>• Deep and shallow water aerobics</li> <li>• Adult beginning &amp; intermediate swim lessons, Private swim lessons</li> <li>• Open swim</li> <li>• <b>www.seattleyymca.org</b></li> </ul>
Bellevue Redmond Physical Therapy Center 152 <sup>nd</sup> Ave NE Redmond, 98052	425-643-2928	<ul style="list-style-type: none"> <li>• Hydrotherapy program that helps increase strength, mobility, &amp; range of motion, and helps to reduce stress.</li> <li>• Work with clients who have chronic pain, cardiovascular ailments, neurological conditions, post surgical rehabilitation</li> <li>• <b>www.belredpt.com</b></li> </ul>



Name & Address	Contact	<u>Swim programs, classes, lessons</u>
Carole Ann Wald Pool St. Edward Park 14445 Juanita Drive NE Kenmore, 98028	425-823-6983	<ul style="list-style-type: none"> <li>• Water aerobics, Water exercise</li> <li>• Swimming lessons, lap swim and public swim</li> <li>• Adapted aquatic lessons</li> <li>• <a href="http://www.nwcenter.org/Ent-PoolsLocs.asp">www.nwcenter.org/Ent-PoolsLocs.asp</a></li> </ul>
Community Integration Service 704 228 <sup>th</sup> Ave NE, #745 Sammamish, 98074	425-830-7746	<ul style="list-style-type: none"> <li>• Aquatic therapy programs, Watsu, Water Tai Chi, Ai Chi, aquatic rehabilitation, warm water exercise, aquatic body tune up.</li> <li>• Provide programs in Bellevue, and in Sammamish.</li> <li>• <a href="http://www.cisaquatics.com">www.cisaquatics.com</a></li> </ul>
Fairwinds 9988 Avondale Road NE Redmond, 98052	425-558 -4700	<ul style="list-style-type: none"> <li>• Aquatic exercise, Aquatic dance</li> <li>• Swimming lessons, Open swim</li> <li>• <a href="http://www.fairwindsredmond.com/">www.fairwindsredmond.com/</a></li> </ul>
Hazen Pool 1101 Hoquiam Ave NE, Renton, 98059	425-204-4230	<ul style="list-style-type: none"> <li>• Private lessons, lap swim, open swim</li> </ul>
Julius Boehm Pool 50SE Clark Street Issaquah, 98027	425-837-3350	<ul style="list-style-type: none"> <li>• Arthritis Foundation Exercise, Deep Water Running, Fit to the Core</li> <li>• Shallow Water Walking</li> <li>• Lap swim and public swim</li> <li>• <a href="http://www.ci.issaquah.wa.us">www.ci.issaquah.wa.us</a></li> </ul>

Name & Address	Contact	<u>Swim programs, classes, lessons</u>
Lindbergh Pool 16740 128 <sup>th</sup> AVE SE Renton, 98057	425-204-4440	<ul style="list-style-type: none"> <li>• Shallow water exercise, Deep water exercise</li> <li>• Adult swim lessons and private lessons</li> <li>• <b><a href="http://www.renton.wednet.edu">www.renton.wednet.edu</a></b></li> </ul>
Mary Wayte, Mercer Island Pool 8815 SE 40 <sup>th</sup> Street Mercer Island, 98040	206-296-4370	<ul style="list-style-type: none"> <li>• Shallow &amp; Deep Water exercise</li> <li>• Family swim, lap swim, public swim, senior swim</li> <li>• <b><a href="http://www.nwcenter.org/Ent-PoolsLocs.asp">www.nwcenter.org/Ent-PoolsLocs.asp</a></b></li> </ul>
Northshore Senior Center 10201 East Riverside Drive, Bothell, 98011	425-487-2441	<ul style="list-style-type: none"> <li>• Water aerobics (stretching)</li> <li>• <b><a href="http://www.northshoreseniorcenter.org">www.northshoreseniorcenter.org</a></b></li> </ul>
Northshore YMCA 11811 NE 195 <sup>th</sup> Bothell, 98011	425-485-9797	<ul style="list-style-type: none"> <li>• Adult and private swim lessons</li> <li>• Aqua power, Water workout</li> <li>• Shallow water aerobics, Arthritis Foundation YMCA Aquatic program</li> <li>• <b><a href="http://www.seattleyymca.org">www.seattleyymca.org</a></b></li> </ul>
Northshore Pool Ruiz-Costie 9815 NE 188 <sup>th</sup> Street Bothell, 98011	206-296-4333	<ul style="list-style-type: none"> <li>• Shallow water, deep water and arthritis exercise</li> <li>• Family swim, lap swim, and public swim</li> <li>• <b><a href="http://www.nwcenter.org/Ent-PoolsLocs.asp">www.nwcenter.org/Ent-PoolsLocs.asp</a></b></li> </ul>

Name & Address	Contact	<u>Swim programs, classes, lessons</u>
Peter Kirk Pool 340 Kirkland Ave Kirkland, 98033	425-587-3335 <b>Recorded information only on this line.</b>	<ul style="list-style-type: none"> <li>• General public open swim</li> <li>• <b>This is an outdoor pool and is only open during the summer months</b></li> </ul>
Redmond–Hartman Pool 17535 NE 104 <sup>th</sup> Street NE Redmond, 98052	425-233-3031	<ul style="list-style-type: none"> <li>• Core connection, Deep water exercise, Senior water exercise</li> <li>• Adapted aquatic lessons, private and semi-private swim lessons</li> <li>• Family swim, lap swim, public swim and senior swim</li> <li>• <b><a href="http://www.nwcenter.org/Ent-PoolsLocs.asp">www.nwcenter.org/Ent-PoolsLocs.asp</a></b></li> </ul>
Sammamish YMCA 4221 228 <sup>th</sup> SE Issaquah, 98029	425-391-4840	<ul style="list-style-type: none"> <li>• Shallow water aerobics, Stroke improvement, Water workout</li> <li>• Private swim lessons</li> <li>• <b><a href="http://www.seattleyymca.org">www.seattleyymca.org</a></b></li> </ul>
Si View Community Center, Park and Pool 400 SE Orchard Drive North Bend, 98045	425- 888-1447	<ul style="list-style-type: none"> <li>• Water aerobics</li> <li>• Swim lessons</li> <li>• Lap swim, public swim</li> <li>• <b><a href="http://www.siviewpark.org/aquatics_cal.html">www.siviewpark.org/aquatics_cal.html</a></b></li> </ul>
Stroum Jewish Community Center 3801 East Mercer Way Mercer Island, 98040	206-232-7115 Extension 249	<ul style="list-style-type: none"> <li>• Senior Water Aerobics</li> <li>• Adult swim lessons, and private swim lessons</li> <li>• <b><a href="http://www.sjcc.org">www.sjcc.org</a></b></li> </ul>

## In Home Personal Trainers

The following list is of personal trainers specializing in senior fitness. They will come to your home and work with you to develop a personalized fitness program. Prices may change so be sure to ask what they charge when you contact them.

Name & Address	Contact	Comments and prices
Mia Barbera MS, ACSM certified Health & Fitness Specialist, balance trainer	425-392-8538	<ul style="list-style-type: none"> <li>• Worked for fifteen years as the fitness specialist for Overlake Hospital Senior Fitness Center.</li> <li>• \$60 per hour</li> <li>• <a href="http://www.sammamishwellness.com">www.sammamishwellness.com</a></li> </ul>
David Engle ACSM certified Registered Clinical Exercise Physiologist	425-455-0721 dave@eengle.com	<ul style="list-style-type: none"> <li>• Clinically based exercise &amp; lifestyle program.</li> <li>• Works with clients who have chronic disease and/or disability, in their home.</li> <li>• Helps clients set goals and achieve those goals.</li> <li>• Please call or email for prices</li> <li>• <a href="http://www.daveengle.com">www.daveengle.com</a></li> </ul>
Lynn Kaner Fit to the Core ACSM Certified	206-940-7436 fit2thecore@comcast.net	<ul style="list-style-type: none"> <li>• Trains in the client's home, with an emphasis on balance, and injury prevention.</li> <li>• Specializing in working with clients who have arthritis, diabetes and other medical conditions.</li> <li>• \$110 per hour</li> </ul>
Susan Mastin ACSM Certified	425-643-0362	<ul style="list-style-type: none"> <li>• Has over 30 years experience of working with clients 40 years plus</li> <li>• Specializes working with clients who have special needs, i.e. Parkinsons disease, Multiple Sclerosis, stroke recovery etc.</li> <li>• \$60 per hour</li> </ul>

Name & Address	Contact	Comments and prices
Laura Martin Holds a Masters in Exercise Biology ACSM certified	206-409-8449	<ul style="list-style-type: none"><li>• Provides a full workout combining Pilates, yoga, core strength, flexibility and balance</li><li>• \$75 per session</li><li>• <a href="http://www.lauramartin.com">www.lauramartin.com</a></li></ul>

## Senior Walking Programs

The following programs are provided specifically for seniors.

Name & Address	Contact	Comments and prices
Kenmore Senior Center 6910 NE 170 <sup>th</sup> Kenmore, 98028	Facilitator: Pat Askelson 425-488-1500	<ul style="list-style-type: none"> <li>• Tuesdays &amp; Thursdays, 10am to 11am, Tracey Owen Station (Log Boom Park)</li> <li>• Walk at your own pace. Wear all terrain shoes for walking off-trail or on the boardwalk.</li> </ul>
Mercer Island Community Center 8236 SE 24 <sup>th</sup> Street Mercer Island, 98040	206-275-7609	<ul style="list-style-type: none"> <li>• Trailmates (hiking) group, Solemates (walking) group</li> <li>• <a href="http://www.miparks.net">www.miparks.net</a></li> </ul>
Mount Si Senior Center 411 Main Avenue South North Bend, 98045	425-888-3434	<ul style="list-style-type: none"> <li>• Walking group.</li> </ul>
Peter Kirk Community Center 352 Kirkland Avenue Kirkland, 98033	425-587-3360	<ul style="list-style-type: none"> <li>• Kirkland Steppers</li> <li>• <a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></li> </ul>
Renton Senior Activity Center 211 Burnett Avenue N Renton 98057	425-430-6633	<ul style="list-style-type: none"> <li>• Walking group</li> <li>• Hiking group</li> <li>• <a href="http://renton-wa.gov/living">http://renton-wa.gov/living</a></li> </ul>

Name & Address	Contact	Comments and prices
Senior Zoo Walkers 601 North 59 <sup>th</sup> St Seattle 98103	206-326-2800	<ul style="list-style-type: none"> <li>• Tuesdays &amp; Thursdays 9:30 am to 10:45 am</li> <li>• Warm up stretches led by fitness instructor at 9:15 am</li> <li>• Quarterly registration &amp; fee of \$15. You will receive identification card, parking permit, and walking map</li> <li>• Must be 55 years or older</li> <li>• <a href="http://www.zoo.org/educate/adult/zoo_walkers.html">www.zoo.org/educate/adult/zoo_walkers.html</a></li> </ul>
Walk for Life Bellevue Square Shopping Mall Bellevue 98004	425-688-5800	<ul style="list-style-type: none"> <li>• Monday, Wednesday and Friday mornings from 8 am to 9:30 am</li> <li>• Meet at Walk for Life Kiosk at West Entrance on the second floor (Skybridge 4)</li> <li>• Assistants are available for information, blood pressure and heart rate checks, and record miles you have walked.</li> </ul>
Walk for Life Crossroads Shopping Mall NE 8 <sup>th</sup> and 156 <sup>th</sup> NE Bellevue, 98008		<ul style="list-style-type: none"> <li>• Monday, Wednesday and Fridays, 8:30 am to 9:30 am</li> <li>• Meet in front of JoAnn's in the mall</li> </ul>
Walk for Life Factoria Mall SE Bellevue, 98006		<ul style="list-style-type: none"> <li>• Monday through Friday, 7 am to 10 am</li> <li>• Meet at the mall entrance of Target</li> </ul>

## Walking Resources

The following listings are walking clubs, volunteer programs, and online walking resources.

Name & Address	Contact	Comments and prices
Accessible Trails for Wheelers & Slow Walkers		<ul style="list-style-type: none"> <li>• This website gives direction to trails throughout King, Snohomish and Island Counties.</li> <li>• Includes information about each trail and directions to the trail</li> <li>• <b><a href="http://www.accessibletrails.com">www.accessibletrails.com</a></b></li> </ul>
Interlaken Trailblazers Volkssport Club PO Box 40281 Bellevue, 98015		<ul style="list-style-type: none"> <li>• Meetings first Wednesday of the month at the Bellevue Regional Library</li> <li>• Annual dues \$6 individual, \$12 family</li> <li>• Many local walks, check their website for club events</li> <li>• <b><a href="http://www.ava.org/clubs/interlaken/index.htm">www.ava.org/clubs/interlaken/index.htm</a></b></li> </ul>
King County Animal Care & Control 21615 64th Avenue South Kent, 98032	206-296-7387	<ul style="list-style-type: none"> <li>• Volunteer to walk dogs at the <b>Bellevue</b> animal shelter</li> <li>• Must complete volunteer training and commit to 2 hours a week for 6 months.</li> <li>• Registration form and further details on their website: <b><a href="http://www.kingcounty.gov/safety/AnimalServices/volunteer/process">www.kingcounty.gov/safety/AnimalServices/volunteer/process</a></b>.</li> </ul>
King County Parks & Recreation		<ul style="list-style-type: none"> <li>• This website provides regional trail information (how long the walk is, what type of surface, where the trail begins etc.) <b><a href="http://www.metrokc.gov/parks/trails/">www.metrokc.gov/parks/trails/</a></b></li> <li>• At this website you can download trail maps: <b><a href="http://www.metrokc.gov/health/exercise/maps.htm">www.metrokc.gov/health/exercise/maps.htm</a></b></li> </ul>



Name & Address	Contact	Comments and prices
Lewis Creek Park 5702 Lakemont Blvd. Bellevue, 98006	425-452-7250 Visitor Center: 425-452-4195	<ul style="list-style-type: none"> <li>• Trail maps</li> <li>• Interpretive &amp; environmental programs</li> </ul>
Northwest Striders P.O. Box 16221 Seattle, 98116		<ul style="list-style-type: none"> <li>• Meetings held the 3<sup>rd</sup> Wednesday of each month at Bellevue Fire Station 9, 12412 SE 69<sup>th</sup> Way.</li> <li>• Many local walks, check their website for club events</li> <li>• <a href="http://www.ava.org/clubs/northweststriders/club-events.htm">www.ava.org/clubs/northweststriders/club-events.htm</a></li> </ul>

## Yoga Centers

Listed below are yoga centers that provide classes specifically for seniors, people with disabilities, and beginner level classes. These centers as well as many other centers not listed here do have more vigorous programs, and intermediate level classes.

Name & Address	Contact	Comments and prices
Dahn Yoga 10702 NE 68th Street Kirkland, 98033	425-893-9642	<ul style="list-style-type: none"> <li>• Beginner Yoga class includes stretching, breathing exercise and meditation. It is geared for all levels.</li> <li>• Tai Chi classes</li> <li>• <a href="http://www.dahnyoga.com/center/center_profile">www.dahnyoga.com/center/center_profile</a></li> </ul>
Discover Yoga 16615 Redmond Way Redmond, 98052	425-861-1318	<ul style="list-style-type: none"> <li>• Beginner yoga classes</li> <li>• Healthy Back classes</li> <li>• Strong bones classes</li> <li>• <a href="http://www.discoveryyoga.com">www.discoveryyoga.com</a></li> </ul>
Yoga Barn 660 NW Gilman Blvd. Suite C6 Issaquah, 98027	425-427-0038	<ul style="list-style-type: none"> <li>• Senior Introduction to Yoga; 5 week course for those new to yoga</li> <li>• Beginning yoga for seniors; increase circulation, release tense muscles</li> <li>• Gentle Yoga; gain motion and mobility and strengthen balance</li> <li>• <a href="http://www.yogabarn.com">www.yogabarn.com</a></li> </ul>
Yoga Center 2255 140 <sup>th</sup> Ave NE Suite F Bellevue, 98005	425-746-7476	<ul style="list-style-type: none"> <li>• Gentle introduction to yoga, for clients with physical limitations. Will personalize your lesson.</li> <li>• Beginning yoga; basic poses to increase strength, flexibility &amp; Balance</li> <li>• <a href="http://www.yogacenters.com">www.yogacenters.com</a></li> </ul>

## City of Bellevue Programs

The following is a listing of the programs that are provided by the City of Bellevue.

Name & Address	Contact	Comments and prices
Bellevue Municipal Golf Course 5450 140 <sup>th</sup> Ave NE Bellevue, 98007	425-452-7250	<ul style="list-style-type: none"> <li>• Golf lessons</li> <li>• League play</li> <li>• Open play</li> <li>• <a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></li> </ul>
Bellevue Aquatic Center 601 143 <sup>rd</sup> Ave NE Bellevue, 98007	425-452-4444	<ul style="list-style-type: none"> <li>• Group, semi-private and private swim lessons</li> <li>• Open swim times</li> <li>• <a href="http://www.ci.bellevue.wa.us/aquatic_program.htm">www.ci.bellevue.wa.us/aquatic_program.htm</a></li> </ul>
Lewis Creek Visitor Center 5702 Lakemont Blvd. Bellevue, 98006	425-452-7250	<ul style="list-style-type: none"> <li>• City wide trail maps</li> <li>• Interpretive and environmental programs</li> <li>• <a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></li> </ul>
North Bellevue Community Center 4063 148th Ave NE Bellevue, 98007	425-452-7681	<ul style="list-style-type: none"> <li>• Jazzercise, Line dancing, Tap dance, Swing and lindy hop</li> <li>• Enhance fitness</li> <li>• Gentle yoga, Advanced yoga</li> <li>• <a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></li> </ul>
Robinswood Tennis Center 2400 151st Place NE Bellevue, 98007	425-452-7690	<ul style="list-style-type: none"> <li>• Tennis lessons</li> <li>• League play</li> <li>• Open play</li> <li>• <a href="http://www.myparksandrecreation.com">www.myparksandrecreation.com</a></li> </ul>

Name & Address	Contact	Comments and prices
South Bellevue Community Center 14509 SE Newport Way Bellevue, 98006	425-452-4240	<ul style="list-style-type: none"> <li>• Pilates, Purna yoga, Belly dancing</li> <li>• Fit-camp total body conditioning, Strong &amp; Fit seniors class</li> <li>• Fitness room equipped w/treadmills, weight machines, bikes, etc.</li> <li>• Personal training, fitness assessments, nutrition assessments</li> <li>• Volleyball, Pickle ball, Badminton, and Basketball</li> <li>• <b>www.myparksandrecreation.com</b></li> </ul>
Walk for Life Bellevue Square Shopping Mall Bellevue 98004	425 688-5800	<ul style="list-style-type: none"> <li>• Monday, Wednesday and Friday mornings from 8am to 9:30am</li> <li>• Meet at Walk for Life Kiosk at West Entrance on the second floor (Skybridge 4)</li> <li>• Assistants are available for information, blood pressure and heart rate checks, and record miles you have walked.</li> </ul>
Walk for Life Crossroads Shopping Mall NE 8 <sup>th</sup> and 156 <sup>th</sup> NE Bellevue, 98008		<ul style="list-style-type: none"> <li>• Monday, Wednesday and Fridays, 8:30am to 9:30am</li> <li>• Meet in front of JoAnn's in the mall</li> </ul>
Walk for Life Factoria Mall SE Bellevue, 98006		<ul style="list-style-type: none"> <li>• Monday through Friday, 7am to 10am</li> <li>• Meet at the mall entrance of Target</li> </ul>