



BALANCE PROGRAM

**SENIOR EXERCISE RESOURCES**

**WALKING PROGRAMS**

<p><b>BELLEVUE SQUARE WALK FOR LIFE</b> Enter on the second level, west side off Skybridge #4 <b>425.688.5259</b></p>	<p>Sponsored by Overlake Medical Center and cooperation with Bellevue Family YMCA M, W, F 8-9:30 A.M. No registration required.</p>
<p><b>CROSSROADS SHOPPING CENTER</b> 15600 NE 8th St Bellevue, WA 98008 <b>425.644.1111</b></p>	<p>Facility available M-F, 7:30-9:30 A.M. No program coordinator or health care provider on site</p>

**EXERCISE CLASSES**

<p><b>TAI JI QUAN: MOVING FOR BETTER BALANCE®</b> Redmond Senior Center 8703 160th Ave NE Redmond, WA 98052 <b>425.556.2314</b></p>	<p>Thursdays, 9:30-10:30 A.M. Instructor: Julie Cauthorn, 206.769.6619 Cost: \$10/class Call to register</p>
<p><b>SEATED YOGA TO MAINTAIN BALANCE - SPONSORED BY OVERLAKE</b> Bellevue WA 98004 425.688.5259 <a href="http://overlakehospital.org/classes">overlakehospital.org/classes</a></p>	<p>Tuesdays or Thursdays, 12:15-1:30 P.M. Cost: FREE Call or go online to register</p>



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**AQUATIC PROGRAMS**

<p><b>BELLEVUE AQUATIC CENTER</b>          6011 43rd Ave NE          Bellevue, WA 98007  <b>425.452.4444</b>  <a href="http://bellevuewa.gov/aquatic_center.htm">bellevuewa.gov/aquatic_center.htm</a></p>	<p>Aquarobics, water motion, deep water exercise</p>
<p><b>JULIUS BOEHM POOL</b>          50 SE Clark St          Issaquah, WA 98027  <b>425.837.3350</b>  <a href="http://issaquahwa.gov/poolhours">issaquahwa.gov/poolhours</a></p>	<p>Fit to the core, deep water running, liquid intervals-deep, Arthritis Foundation-shallow</p>
<p><b>BELLEVUE FAMILY YMCA</b>          14230 Bel-Red Rd          Bellevue, WA 98007  <b>425.746.9900</b>  <a href="http://bellevueymca.org">bellevueymca.org</a></p>	<p>Deep water fit, shallow water fit, water Pilates</p>
<p><b>NORTHSHORE YMCA</b>          11811 NE 195th St          Bothell, WA 98011  <b>425.485.9797</b>  <a href="http://ymcanorthshore.org">ymcanorthshore.org</a></p>	<p>Water walking, senior splash, aqua Zumba, shallow water aerobics, arthritis aqua, aqua power</p>
<p><b>SAMMAMISH FAMILY YMCA</b>          14221 228th Ave SE, Suite C          Issaquah, WA 98029  <b>425.391.4840</b>  <a href="http://seattleymca.org/Locations/Sammamish">seattleymca.org/Locations/Sammamish</a></p>	<p>All levels aqua</p>
<p><b>COAL CREEK FAMILY YMCA</b>          13750 Newcastle Golf Club Rd          Newcastle, WA 98059  <b>425.282.1500</b>  <a href="http://coalcreekyymca.org">coalcreekyymca.org</a></p>	<p>Water walking, aqua Zumba, arthritis and injury aqua, H2O fit</p>
<p><b>HAZEN POOL</b>          1101 Hoquiam Ave NE          Renton, WA 95059          425.204.4230  <a href="http://hazenpool.com">hazenpool.com</a></p>	<p>Water walking</p>



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**AQUATIC PROGRAMS (continued)**

<p><b>REDMOND POOL</b>          17535 NE 104th St          Redmond, WA 98052  <b>425.883.4422</b>  <a href="http://redmond.gov/ParksRecreation/RedmondPool">redmond.gov/ParksRecreation/RedmondPool</a></p>	<p>Aquarobics, water motion</p>
<p><b>MERCERWOOD SHORE CLUB</b>          4150 East Mercer Way          Mercer Island, WA 98040  <b>206.232.1622</b>  <a href="http://mercerwood.com">mercerwood.com</a>  <a href="http://aquarobics.net">aquarobics.net</a></p>	<p>Aquarobics</p>
<p><b>KIRKLAND JUANITA POOL</b>          10601 NE 132nd St          Kirkland, WA 98034  <b>425.823.7627</b>  <a href="http://juanitaaquatics.com">juanitaaquatics.com</a>  <a href="http://aquarobics.net">aquarobics.net</a></p>	<p>Water motion</p>
<p><b>NEWPORT HILLS SWIM AND TENNIS CLUB</b>          5464 119th Ave SE          Bellevue, WA 98006  <a href="http://nhstc.com">nhstc.com</a>  <a href="http://aquarobics.net">aquarobics.net</a></p>	<p>Aquarobics</p>

**EXERCISE VIDEOS**

<p><b>SIT AND BE FIT</b>  <a href="http://sitandbenefit.org">sitandbenefit.org</a></p>	<p>Videos designed for seniors and those who are wheelchair dependent.</p>
<p><b>STRONGER SENIORS</b>  <a href="http://strongerseniors.com">strongerseniors.com</a></p>	<p>Seated exercise videos including stretch, strength and yoga.</p>



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**SILVERSNEAKERS FITNESS FOR BOOMERS AND BEYOND**

**SILVERSNEAKERS**  
866.584.7389  
silversneakerswebcontact@healthways.com  
silversneakers.com

SilverSneakers is a program that offers free health club memberships to seniors who are enrolled in some Medicare Advantage or Medicare Supplement plans.

To see if you are eligible, or to see where the closest participating SilverSneakers gym is to you, call the toll-free number.

M-F, 8 a.m.-8 p.m. EST. TTY: 711



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**LOCAL FITNESS CENTERS WITH SENIOR PROGRAMS**

<p><b>THE BELLETTINI</b>          1115 108th Ave NE          Bellevue, WA 98004  <b>425.450.0800</b>  <a href="http://thebellettini.com">thebellettini.com</a></p>	<p>Offers: Weights and cardio, programs to improve balance, agility and focus (e.g. yoga and tai chi).</p>
<p><b>BELLEVUE COLLEGE WELLNESS CENTER</b>          Building G          3000 Landerholm Cir SE          Bellevue, WA 98007  <b>425.564.2391</b>  <a href="http://bellevuecollege.edu/pe/fitnesscenter/">bellevuecollege.edu/pe/fitnesscenter/</a></p>	<p>11 week course/ 7 week in summer under the guidance of a certified personal trainer.           Must be enrolled in Adult Fitness course.</p>
<p><b>BELLEVUE FAMILY YMCA</b>          14230 Bel-Red Rd          Bellevue, WA 98007  <b>425.746.9900</b>  <a href="http://bellevueymca.org">bellevueymca.org</a></p>	<p>Have classes specifically designed for older adults. There are also floor exercise and chair exercise classes available.           Call or visit for specific cost and class schedules.</p>
<p><b>NORTHSHORE YMCA</b>          11811 NE 195th St          Bothell, WA 98011  <b>425.485.9797</b>  <a href="http://ymcanorthshore.org">ymcanorthshore.org</a></p>	
<p><b>SAMMAMISH FAMILY YMCA</b>          4221 228th Ave SE, Suite C          Issaquah, WA 98029  <b>425.391.4840</b>  <a href="http://seattleyymca.org/Locations/Sammamish">seattleyymca.org/Locations/Sammamish</a></p>	



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**LOCAL FITNESS CENTERS WITH SENIOR PROGRAMS (continued)**

<p><b>COAL CREEK FAMILY YMCA</b>          13750 Newcastle Golf Club Rd          Newcastle, WA 98059  <b>425.282.1500</b>  <a href="http://coalcreekyymca.org">coalcreekyymca.org</a></p>	<p>Have classes specifically designed for older adults. There are also floor exercise and chair exercise classes available.</p> <p>Call or visit for specific cost and class schedules.</p>
<p><b>SNOQUALMIE VALLEY YMCA</b>          35018 SE Ridge St          Snoqualmie, WA 98065  <b>425.256.3115</b>  <a href="http://snovalleyymca.org">snovalleyymca.org</a></p>	

**COMMUNITY AND SENIOR CENTERS**

**NORTH BELLEVUE COMMUNITY CENTER**  
 4063 148th Ave NE  
 Bellevue, WA 98009  
**425.452.7681**  
[ci.bellevue.wa.us/community\\_centers.htm](http://ci.bellevue.wa.us/community_centers.htm)

**PETER KIRK SENIOR CENTER**  
 352 Kirkland Ave  
 Kirkland, WA 98033  
**425.587.3360**  
[ci.kirkland.wa.us](http://ci.kirkland.wa.us)

**SOUTH BELLEVUE COMMUNITY CENTER**  
 14509 SE Newport Way  
 Bellevue, WA 98006  
**425.452.4240**  
[bellevuewa.gov/sbcc.htm](http://bellevuewa.gov/sbcc.htm)

**REDMOND SENIOR CENTER**  
 8703 160th Ave NE  
 Redmond, WA 98052  
**425.556.2314**  
[redmond.gov/ParksRecreation/50Plus](http://redmond.gov/ParksRecreation/50Plus)

**HIGHLAND COMMUNITY CENTER**  
 14224 Bel-Red Rd  
 Bellevue, WA 98009  
**425.452.7686**  
[ci.bellevue.wa.us/highland\\_center.htm](http://ci.bellevue.wa.us/highland_center.htm)

**ISSAQUAH VALLEY SENIOR CENTER**  
 75 NE Creek Way  
 Issaquah, WA 98027  
**425.392.2381**  
[issaquahseniorcenter.org](http://issaquahseniorcenter.org)

**MERCER ISLAND PARKS AND RECREATION**  
 8236 SE 24th St  
 Mercer Island, WA 98040  
**206.236.3545**  
[mercergov.org/parks](http://mercergov.org/parks)

**MOUNT SI SENIOR CENTER**  
 411 Main Ave S  
 North Bend, WA 98045  
**425.888.3434**  
[mtsiseniorcenter.org](http://mtsiseniorcenter.org)

**STROM JEWISH COMMUNITY CENTER, MERCER ISLAND**  
 3801 E Mercer Way  
 Mercer Island, WA 98040  
**206.232.7115**  
[sjcc.org](http://sjcc.org)

**RENTON SENIOR ACTIVITY CENTER**  
 211 Burnett Ave N  
 Renton, WA 98057  
**425.430.6633**  
[rentonwa.gov/senioractivitycenter](http://rentonwa.gov/senioractivitycenter)