**SENIOR CITIZEN FITNESS CLASSES**

All classes listed have been observed and approved as appropriate and safe for seniors.

The instructors named are considered role models for the correct way to teach fitness classes for older adults.

**Clovis Adult Education**

1452 David E. Cook Way, Clovis, CA 93611

Phone: (559) 327-2812

Web Site: [www.clovisadultschool.com](http://www.clovisadultschool.com)

***Sr. Stretch and Tone***

MWF 1/12-2/27; 3/9-5/1 9:00-10:00 AM Instructor-Sherry Green Room H2

***Sr. Pilates, Intro***

MWF 1/12-2/27; 3/9-5/1 10:15-11:15 AM Instructor-Sherry Green Room H2

***Yoga for Seniors***

MWF 1/12-2/27; 3/9-5/1 11:30-12:30 AM Instructor-Sherry Green Room H2

 Please note there are no class meetings on: 1/19, 2/9, 2/16, 3/30-4/6.

The Stretch and Tone classes are for moderate to high level participants with chairs used for safety. Pilates can accommodate a low level participant with many activities done on the floor. Resistance bands and weights are used. The Yoga class utilizes movements to improve balance. Classes are taught in blocks with the blocks repeating throughout the year. The catalog is posted online and the classes for seniors can be found in the category of Older Adult Education, Health & Fitness Literacy. The classes are specifically for adults over the age of 50 and are taught in quarters. There is a modest fee of $45.00 per quarter. Not all participants are senior citizens as younger individuals also enjoy these classes.

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**Fresno Adult School Community Education Program**

Manchester Senior Center

Blackstone & Shields, upstairs, north of the Food Court

For information contact: Amy Emrany at (559) 248-5780

Web Site: [www.fas.edu](http://www.fas.edu)

***Stretch***

Tu 1/13-3/24; 4/7-6/16 7:30-8:30 AM Instructor-Mario Moreno; Manchester Center,Room 6

***Aerobics***

Th 1/15-3/26; 4/9-6/18 7:30-8:30 AM Instructor-Mario Moreno; Manchester Center,Room 6

***Tai Chi – Modified***

Tu/Th 1/13-3/28; 4/7-6/18 8:35-9:35 AM Instructor-Mario Moreno; Manchester Center,Room 6

***Physical Fitness – Beginner to Advanced***

MWF 1/12-4/8; 4/10-6/19 8:00-9:00 AM Instructor- Mario Moreno; Manchester Center,Room 6

MWF 1/12-4/8; 4/10-6/19 9:15-10:15 AM Instructor- Mario Moreno; Manchester Center,Room 6

These classes accommodate a wide range of abilities. Resistance bands and weights are used while balance activities are practiced. Chairs are used when necessary for stability. The Senior Center also offers a large number of dance classes which range from low to high level participants. Classes are offered in blocks and can change with each catalog. The catalog is posted online. Classes can be found in the category of Community Education, Senior Discount Classes. There is a modest fee which is significantly discounted for seniors 55 and older. Individuals younger than 55 also enroll.

**Silver Sneakers Classes**

Silver Sneakers is a Medicare reimbursable program wherein certain health insurance companies have contracted with a corporation that trains instructors and approves fitness facilities. The senior citizen should contact their insurance company to see if they are a participant. If they are, the senior will have a free membership to all clubs listed below and will have unlimited access to the facilities. The Silver Sneakers classes are all free. There are no out-of-pocket expenses for the senior citizen.

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**Blast Fitness – Blackstone (and Shaw)**

Address: 5137 N. Blackstone Ave., Fresno, CA 93710

Phone: (559) 226-8686

Web Site: [www.blastfitness.com](http://www.blastfitness.com)

***Silver Sneakers Classic with Cardio***

W Classes are Ongoing 10:30-11:30 AM Instructor – Leah Lajoie

F Classes are Ongoing 9:00-10:00 AM Instructor - Stephanie Shannon

The classes are specifically geared to senior citizens and a wide variety of equipment is provided. Accommodations are made for all levels of fitness by instructors trained and certified by Silver Sneakers.

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**Blast Fitness - Clovis**

Address: 781 West Shaw Ave., Clovis, CA 93612

Phone: (559) 297-8488

Web Site: [www.blastfitness.com](http://www.blastfitness.com)

***Silver Sneakers Classic with Cardio***

M Classes are Ongoing 8:00-9:00 AM Instructor – Jennifer Raine

W Classes are Ongoing 8:00-9:00 AM Instructor – Tamara Pittenger

Th Classes are Ongoing 10:00-11:00 AM Instructor – Jennifer Raine

The classes are specifically geared to senior citizens and a wide variety of equipment is provided. Accommodations are made for all levels of fitness by instructors trained and certified by Silver Sneakers. Since classes are ongoing, participation can start at any time.

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**Blast Fitness – Shaw and Blythe**

Address: 4308 West Shaw Ave., Fresno, CA 93722

Phone: (559) 277-8383

Web Site: [www.blastfitness.com](http://www.blastfitness.com)

***Silver Sneakers Classic***

Tu/Th Classes are Ongoing 10:00-11:00 AM Instructor – Tamara Pittenger

The Silver Sneakers class is specifically geared to senior citizens and a wide variety of equipment is provided. Accommodations are made for all levels of fitness. Since classes are ongoing, participation can start at any time.

**Sunnyside Health & Tennis Club**

5707 E. Balch Ave., Fresno, CA 93727

Phone: (559) 251-0800

Web Site: [www.clubsunyside.net](http://www.clubsunyside.net)

***Silver Sneakers Tone and Balance***

M/Th Classes are Ongoing 10:30-11:30 AM Instructor – Olivia Silkwood

***Silver Sneakers Strength and Range***

Tu/Th Classes are Ongoing 8:30-9:15 AM Instructor – Olivia Silkwood

***Silver Sneakers Yoga***

Tu/Th Classes are Ongoing 9:30-10:15 AM Instructor – Olivia Silkwood

This is a privately owned fitness facility. Silver Sneakers members do not pay for the classes and have full use of the club and equipment between the hours of 10:30-3:30 PM. All levels of fitness and disability can also be accommodated by personal trainers which would be an additional fee. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Silver Sneakers Sites Without Specific Silver Sneakers Classes but With Use of Facilities**

**Curves – 4 Sites -** These four sites are fitness facilities for women only. Anyone who has their insurance card which has a Silver Sneakers approval can become a member, have full unlimited use of the facilities and attend any class which is offered with no fees. There are no specific Silver Sneakers classes currently taught.

**Curves - East Central**

Address: 339 E. Shaw, Fresno, CA 93710

Phone: (559) 221-7001

Website: [www.curves.com](http://www.curves.com)

**Curves - Northeast**

8963 N. Chestnut Ave., Fresno, CA 93720

Phone: (559) 298-3100

Website: [www.curves.com](http://www.curves.com)dd

**Curves - Northwest**

2053 W. Bullard Ave., Fresno, CA 93711

Phone: (559) 447-5058

Website: [www.curves.com](http://www.curves.com)

**Curves - West**

4434 W. Ashlan Ave., Fresno, CA 93722

Phone: (559) 275-1269

Website: [www.curves.com](http://www.curves.com)

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**Fitness Evolution – 3 Sites –** The three sites opened in August of 2013. Currently they have been designated as Silver Sneakers sites but the classes have not been put in place. Check periodically to see if they have been scheduled. Anyone who has their insurance card which has a Silver Sneakers approval can become a member, have full unlimited use of the facilities and attend any class which is offered with no fees. Currently there are yoga classes which would be appropriate for seniors.

**Fitness Evolution - Clovis**

Address: 1295 East Shaw Ave., Clovis, CA 93612

Phone: (559)297-9385

Web Site: www.fitnessevolution.com/clubs/clovis-ca/‎

**Fitness Evolution - Fig Garden Loop**

Address: 6370 N. Figarden Drive, Fresno, CA 93722

Phone: (559)369-2466

Web Site: www.fitnessevolution.com/clubs/fresno-ca-figarden-loop/‎

**Fitness Evolution - Fresno**

Address: 4175 E. Ashlan Ave., Fresno, CA 93726

Phone: (559) 369-2469

Web Site: www.fitnessevolution.com/clubs/fresno-ashlan-ca/‎

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**Fitness 19 – 2 Sites –** There are two Fitness 19 sites. They do not teach Silver Sneakers classes; however, anyone who has their insurance card which has Silver Sneakers approval can become a member of the club and have unlimited access to the facility with no fees.

**Fitness 19, Clovis**

Address: 313 W. Shaw Avenue, Clovis, CA 93612

Phone: (559)322-9919

Web Site: www.fitness19.com/centers/clovis/‎

**Fitness 19, Fresno**

Address: 6735 N Milburn Ave Suite 100, Fresno, CA 93722

Phone: (559) 261-4419

Web Site: [www.fitness19.com/centers/fresno/](http://www.fitness19.com/centers/fresno/)

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CGRJ, Spring, 2015