

SilverSneakers Fitness Pass



Tukwila Community Center is an eligible site for Silver Sneakers. This gives adults 65+ on Medicare with the following supplemental health plans a free membership to the several fitness programs. Blue Cross/Blue Shield, Aetna National, Columbia Community Care, Essence, Kaiser Permanente, Humana, Spokane Community Care and WellPoint – National. Please contact the front desk for more information.

Senior Classes

With a fitness membership, Silver & Fit or SilverSneakers pass you can drop in anytime for any of these great classes shown here. **See page 2 for membership information and see page 20 for all additional eligible fitness classes.**

SilverSneakers

SilverSneakers is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

Enhance Fitness

Feel empowered to sustain a life independent health with a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Silver & Fit Fitness Pass



The Tukwila community Center is an eligible site for Silver and Fit. This gives adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health free fitness membership. Regence BlueShield of Washington and Asuris Northwest Health. **The membership includes free weight room usage and fitness classes.**



Senior Strength

Energetic workout for active adults incorporating functional and strength conditioning movements, cardio, core stability and flexibility with a fusion of yoga, Pilates and athletic stretching. Excellent class for active older adults looking for variety in physical activity choices that can be modified according to skill level and ability.

Senior Strides

Join us as we enjoy Tukwila's beautiful walking trails! As a group, we will build endurance and community as we walk 2-3 miles each class or use the fitness room to build strength. Come for the exercise, stay for the friendship. Participants should have the ability to walk for 45 minutes.



Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Enhance Fitness	10:30–11:30am Dance Studio		10:30–11:30am Dance Studio		10:00–11:00am Dance Studio	
Open Gym Volleyball	9:00am–Noon Gym		9:00am–Noon Gym		9:00am–Noon Gym	
Senior Strength	8:15–9:00am Dance Studio		8:15–9:00am Dance Studio			
Senior Strides		10:30–11:30am Trails/Fitness Rm				
SilverSneakers		9:30–10:15am Dance Studio		9:30–10:15am Dance Studio		
Centergy*	6:30–7:30pm Dance Studio		6:30–7:30pm Dance Studio			9:30–10:30am Gym
Lunchtime Yoga		12:05–12:55pm Dance Studio		12:05–12:55pm Dance Studio		

*Centergy: see page 20 for more info.