

## Senior Classes

With a fitness pass, or Insurance Partner pass you can drop in any time for any of these great classes shown here. See [page 5](#) for pass information and [page 6](#) for all additional eligible fitness classes.

### SilverSneakers

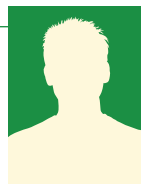
SilverSneakers is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

### 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.

### Senior Strength

Excellent class for active older adults looking for an energetic workout that incorporates strength training, core stability and flexibility. The class can be modified according to skill level and ability so all are welcome!



## This Could Be You!

**Senior Fitness Instructor Wanted!**

**Contact us!**  
[sports@tukwilawa.gov](mailto:sports@tukwilawa.gov)



## Fitness Membership Insurance Partners

Tukwila Parks and Recreation partners with select insurance companies to provide access to a variety of fitness classes and the fitness room at the Tukwila Community Center. Group members of the below partners, please ask the front desk staff to learn how you can participate.

**RenewActive**  
by UnitedHealthcare

**Active&Fit**  
DIRECT™

**prime**

**Silver&Fit**

**SilverSneakers**  
by Trivium Health

**AARP | MedicareComplete**  
insured through UnitedHealthcare

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

\*Centergy: see page 6 for more info. Schedule subject to change.

## HEALTH & FITNESS



### Senior Line Dancing

**Tuesdays • 1:15–2:15pm**

Learn basic dance steps as well as the Electric Slide, Slap Leather, Boot Scootin' Boogie and many other easy-to-master dances. No partner needed.

TCC Social Hall • Drop-in: \$3  
Instr: Toni Abbott



### Open Pickleball

**Tuesday 9am–12pm,  
Saturday 9:30am–11:30am**

Pickleball is a combination of many racket-based sports including badminton, racquetball and tennis. It's a fun, quick-paced sport and a great full body workout for all ages and abilities! This is a drop in program where nets and games are set up and managed by participants.

TCC Gymnasium

*Schedule subject to change.*

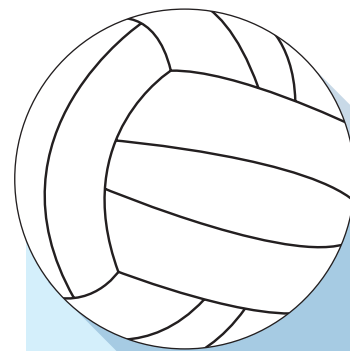
### FREE

### Open Weight Room

**Mon, Wed & Fri • 6:30–12pm**

FREE Fitness Room time for senior residents age 50 and above. Proof of residency required.

FREE for Residents • TCC Fitness Room



## Open Gym Volleyball

**Mon, Wed, Fri  
9am–12pm**

Looking for fun and fitness without a commitment? Drop in three times a week for great volleyball & fellowship.

**Fee \$5.00 or membership  
TCC Large Gym**

## Volleyball League

**Thursdays this Fall**

Each year our volleyball league gets more and more popular and we'd love to have you join the fun! We welcome new teams and individuals who want to participate. Please contact [steve.batz@tukwilawa.gov](mailto:steve.batz@tukwilawa.gov) for more information.

