

SilverSneakers



Yoga Class

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels. This is a drop-in program, no pre-registration required, payable at the front desk \$6/residents, \$7 non-residents.

- Ages 18 and up
- Tuesdays (ongoing) 9:30 a.m.-10:30 a.m.
- January 2- June 11, 2024
- Crossroads Community Center

Classic Class

This workout includes fall prevention drills and exercises to improve muscular strength, range of motion and endurance for daily living. A chair and handheld weights or tubing are used. This is a drop-in program, no pre-registration required, payable at the front desk \$6/residents, \$7 non-residents.

- Ages 18 and up
- Tuesdays (ongoing) 11 a.m.-12 p.m.
- January 2 - June 11, 2024
- Crossroads Community Center



SilverSneakers Punch Pass 12X

Purchase a 12X punch pass and receive \$1 off each SilverSneakers Class at Crossroads Community Center.

For more information: Contact us at 425-452-4874 or email ccc@bellevuewa.gov



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-4874 (voice) or email CCC@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

