

Recreation Center Membership Information

Senior (60 & older)

Full Year Single membership \$150.00
Senior & Spouse \$225.00

Monthly Single membership \$ 15.00
Senior & Spouse \$ 22.50

Day-Pass \$ 3.00

Facility

- 24,000 Sq. Ft. Facility
- Elevated Walking Track (14 laps=1 mile)
- Spinning Room (32 Bikes)
- Volleyball or Basketball Courts
- Two Weight Rooms
 - 29 Circuit Machine Weights
 - 2 Ball Tramps
 - 5 Olympic Half Racks
 - 15-105 lb. Bar Bells
 - 5 to 100 lb. Dumb Bells
- Cardio Loft and Hall
 - 7 Treadmills
 - 9 Elliptical
 - 4 Octane Pros
 - 1 Jacobs Ladder
 - 1 Stair Stepper
 - 1 Windjammer (arm spin)

Hours

Monday – Friday 5 am to 10:30 pm
Saturday 7 am to 8 pm
Sunday 9 am to 7 pm

Give Something Back

Every year the Over 60 and Getting Fit program, which passionately promotes senior health in our communities, holds the “*Give Something Back Campaign*”. This campaign helps fund Over 60 and Getting Fit Program expenses that are incurred by instructor salaries and equipment at all 10 locations. If you are involved in the Program or if you would simply like to make a contribution, donations are always welcome. Donations are tax deductible and can be collected by the instructors at any of the 10 locations, or you can mail a check to:

The College of Southern Idaho Foundation
PO BOX 1238
Twin Falls, ID 83303-1238

Every little bit is greatly appreciated!
Thank you for helping make our community better in its endeavors to boost senior health!

**For More Information Contact:
Over 60 & Getting Fit Director
Shelly Wright
(208) 732-6483
swright@csi.edu**



**Over 60
&
Getting Fit**



Over 60 & Getting Fit Schedule

Town	Days	Times
Twin Falls	MWF	9:00-9:50
Gooding	MWF	9:30-10:30
Jerome	MWF	9:00-9:50
Shoshone	MWF	9:00-9:50
Rupert	MWF	9:00-9:50
Hailey	MWF	9:00-9:50
Filer	MW	8:45-9:35
Filer	F	10:00-10:50
Buhl	MWR	10:00-10:50
Hagerman	MTR	9:00-9:50
Burley	TWR	11:00-11:50

Active Aging Class Options

On Campus

- Zumba Gold
- Weight Training
- Spinning
- Yoga
- Pilates
- Zumba Gold Toning

Off-Campus

- Weight Training
- Yoga
- Summer Shape-up

Course Descriptions

Over 60 and Getting Fit (\$0): This course addresses cardiovascular activities walking and/or other low intensity aerobic movement, flexibility and strength training.

Zumba Gold (\$35): This course meets the needs of those who desire beginning-level dance-fitness.

Weight Training for Seniors (\$35): This course targets increased functional strength, balance, and flexibility. *Jerome & Twin Falls*

Spinning for Seniors (\$35): This course is low-impact, aerobic exercise indoor group cycling.

Yoga for Seniors (\$35): This course is designed for stretching, strengthening, and relaxation techniques. *Burley & Twin Falls*

Pilates for Seniors (\$35): This course incorporates stretching, toning, strengthening and breathing/relaxation activities.

Summer Shape up (\$35): is a course designed to address the fitness needs of the mature adult: cardiovascular activities – walking and/or other low intensity aerobic movement, flexibility and strength training, using resistance bands. Participants are encouraged to do only those activities appropriate for their individual needs. *Jerome*

Zumba Gold Toning (\$35): Zumba Gold Toning® modifies the moves and pacing of Zumba® with added hand held weights to meet the needs of the active older participant and those who desire a beginning-level dance fitness class.

Instructor Information

OVER 60 & GETTING FIT

Name	Location
Angela Kunz	Buhl
Roanne Gillette	Burley
Melissa Whitchurch	Filer
Holly Adams	Gooding
Nancy Gossi	Hagerman
Tiffany Clause	Hagerman
Dede Morris	Hailey
Amy Worthington	Jerome
Alice Schenk	Rupert
Kathy Tanaka	Shoshone



TO REGISTER FOR CLASSES

Please pick up and fill out a Non-Degree Seeking registration form and return it to the Main Gym Office (RM 217) on the Twin Falls Campus or any registration location at one of the 10 Over 60 sites (see instructor for details).

Registration forms online at:
http://www.csi.edu/forms/Students_Forms/Over60AndGettingFitRegistrationform.pdf

You can also register online at:
www.csi.edu (MyCSI)