

SHAPE UP!

A Physical Activity Guide for Senior Adults in King County



AUBURN SENIOR ACTIVITY CENTER

808 9TH SE

AUBURN

WA 98002

rlozier@auburnwa.gov

(253) 931-3016

(253) 288-7440

www.auburnwa.gov

Contact:

Hours: BUSINESS HOURS: MON - FRI ~ 8AM TO 5PM; ACTIVITY HOURS: MON, TUES, WED ~ 8AM TO 9PM; LUNCH MON - FRI ~ 12 NOON

Services:

CITY RUN FACILITY PROVIDING: OPEN HEALTH CLINIC, SENIOR RIGHTS ASSISTANCE, SHIBA, ENHANCE WELLNESS, SENIOR SAVERS PANTRY (FOOD COOP), PET FOOD BANK, EDUCATIONAL, RECREATIONAL AND SOCIAL ACTIVITIES; FOOT CARE BY APPOINTMENT. NUTRITION PROJECT 5 DAYS PER WEEK. TRIPS, CLASSES. TRANSPORTATION: ACCESS, METRO, AMPLE PARKING. FITNESS SERVICES INCLUDE: EXERCISE CLASSES, WALKING, HIKING, DANCING, TAI CHI, ENHANCE FITNESS PROGRAM, VOLLEYBALL, YOGA, COOLING STATION.

Comments:

Limitations:

50 YEARS AND OLDER,

Fees:

PER CLASS/ACTIVITY FEE - NO MEMBERSHIPS - NO DROP-IN FEES

AUBURN VALLEY YMCA

1620 PERIMETER RD SW

AUBURN

WA 98001

auburnvalleymca.org

(253) 833-2770

Contact: CHRISTINE GIFFORD, MEMBERSHIP SERVICES/SENIOR ADVISOR

Hours: MON - FRI ~ 5AM TO 9PM; SAT ~ 8AM TO 6PM; SUN ~ 11AM TO 6PM

Services:

THE YMCA OFFERS A VARIETY OF PROGRAMS FOR PEOPLE OF ALL AGES AT 17 BRANCHES THROUGHOUT THE GREATER SEATTLE AREA. CLASSES DESIGNED FOR OLDER ADULTS ARE OFFERED AT SEVERAL BRANCHES, WITH SPECIAL MEMBERSHIP RATES FOR SENIORS (OVER 65). OLDER ADULT PROGRAMS INCLUDE: WATER AEROBICS, ARTHRITIS WATER AEROBICS, SILVERSNEAKERS CLASSES, AND ACTIVE OLDER ADULT EXCURSIONS AND POTLUCKS.

Comments:

ALOHA: ACTIVE LIVES FOR OLDER HEALTHY ADULTS. (253) 833 0970 #7310

Limitations:

MEMBERSHIP REQUIRED.
ELIGIBLE MEDICARE PARTS A&B PERSONS (& CARRY QUALIFYING SUP. INSURANCE), MAY BE ELIGIBLE FOR THE SILVERSNEAKERS MEMBERSHIP PROGRAM THAT WOULD COVER THEIR DUES ENTIRELY.

Fees:

SENIOR MEMBERSHIP \$49/MONTH (1-TIME JOINING FEE OF \$75).
COUPLE & FAMILY MEMBERSHIPS ALSO AVAILABLE. SLIDING FEE SCALE AVAILABLE & FINANCIAL ASSISTANCE FOR THOSE WHO QUALIFY.

All program information is subject to change. Inclusion of an organization in this guide does not imply endorsement. Additionally, omission of an organization is not intentional and does not negate the value of a program's contribution to the community.

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CURVES - AUBURN

423 E MAIN

AUBURN

WA 98002

(253) 887-8959

www.curves.com

Contact: JEANNE PRATT

Hours: MON, WED, FRI ~ 6:30AM TO 7:30PM; TUES, THURS ~ 8AM TO 7:30PM; SAT ~ 8AM TO 12PM

Services:

CURVES SMART FITNESS TECHNOLOGY IS LIKE A SUCCESS COACH AT EVERY STATION GIVING MOMENT BY MOMENT FEEDBACK. CURVES TRAINERS ARE ALWAYS AVAILABLE. FULL BODY STRENGTH TRAINING AND CARDIOVASCULAR IS WHAT THE CURVES WORKOUT GIVE YOU. NUTRITIONAL GUIDANCE AVAILABLE.

Comments:

AS TIME IS AVAILABLE, MORE FOCUSED ATTENTION MAY BE AVAILABLE FOR LIMITED MOBILITY CLIENTS.

Limitations:

SERVES WOMEN. MEMBERSHIP REQUIRED. PARTICIPANTS MOVE STATIONS EVERY 30 SECONDS AND HEAR A CUE.

Fees:

SERVICE FEE \$199; \$44+TX MONTH TO MONTH BASIS; ANNUAL \$34/MONTH (AUTO BILLING). 12 MONTH PREPAY \$367.20+SVC FEE (FOR 12 MO MEMB ACCT, PUT ON HOLD IN CASE OF MEMB INJURY OR ILLNESS W/ SHORT NOTE FROM DR). CALL FOR CURRENT SPECIALS.

FEDERAL WAY SENIOR CENTER

4016 S 352ND ST

AUBURN

WA 98001

fedway_sr.center@comcast.net

(253) 838-3604

(253) 927-9031

www.federalwayseniorcenter.org

Contact:

Hours: MON - FRI ~ 8AM TO 2:30PM; LUNCH 11:30AM

Services:

NONPROFIT FACILITY PROVIDING MONTHLY FOOT CARE. TWICE-YEARLY EYE SCREENING AND HEARING TEST.; VARIOUS RECREATIONAL ACT; ADULT DAY CARE; FOOD BANK; ART CLASSES; LIVE BAND; WALKS (WALK FOR LIFE PROGRAM TUES-THURS 8:30AM); COMPUTER CLASSES; BLOOD PRESSURE CHECKS; INCOME TAX; PINOCHLE; BRIDGE; METRO PASSES AVAILABLE. MEALS ON WHEELS PROGRAM (253) 835-6903. FITNESS SERVICES INCLUDE: BACK FITNESS, EXERCISE CLASSES, WALKING, DANCING, CLIMBING. COOLING STATION.

Comments:

WILL RENT OUT FACILITY SPACE

Limitations:

Fees:

LUNCH \$2.50 DONATION; FOOT CARE \$20; EYE AND HEARING SCREENINGS ARE FREE; WALK FOR LIFE PROGRAM TRANSPORTATION CHARGE (CALL FOR DETAILS).

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VISION QUEST SPORT & FITNESS

1101 SUPERMALL WAY, STE 1269

AUBURN

WA 98001

visionquest@comcast.net

(253) 333-7771

www.visionquestsportandfitness.com

Contact:

Hours: 24/7

Services:

CLUB 1: INTEGRATED WELLNESS CENTER, AEROBICS, CHIROPRACTOR, PHYSICAL THERAPIST, MASSAGE THERAPIST, CAFÉ, CIRCUIT TRAINING, WOMEN'S ONLY AREA.

CLUB 2: RACQUETBALL COURT, SMALLER HEALTH FACILITY. SERVICES INCLUDE: BACK FITNESS, CALISTHENICS, EXERCISE CLASSES, JAZZERCISE, JOGGING, SEATED EXERCISE, POSTPARTUM FITNESS, PRENATAL FITNESS, WALKING, WEIGHT MACHINES, FREE WEIGHTS, BOXING, CYCLING, TAI CHI, PERSONAL TRAINERS, YOGA, KARATE, JUDO, JUJITSU, TAEKWONDO, HOT TUB, STEAMBATHS, SAUNAS.

Comments:

MEDICALLY SUPERVISED.

Limitations:

MEMBERSHIP REQUIRED.

Fees:

MEMBERSHIP. \$19 MONTH TO MONTH, \$49 PROCESSING. 2 FREE PERSONAL TRAINING SESSIONS.