

LIGHT IMPACT EXERCISE CLASSES – CENTRAL IOWA

LOCATION	WHEN	COST	CONTACT INFO
Ankeny Congregate Meal Site 406 SW School St., Ste. 104 Ankeny IA 50009	<u>CHAIR YOGA</u> Thursday: 11:00-11:20 a.m.	Free	515-963-0527
Des Moines Eagle Claw Kung Fu & Tai Chi School 2318 60 th St. Des Moines IA 50322	<u>TAI CHI</u> Wed.: 10:30 - 11:30 a.m. Thurs.: 2:00 – 3:00 p.m. Tues.-Thur.: 8:00–9:00 p.m. Sat: 9:00 – 10:00 a.m.	Call for further details. More sessions available upon request.	515-556-5129 sifuwalth@dmeagleclaw.com
Des Moines University 3200 Grand Ave. Des Moines IA 50312	<u>TAI CHI</u> Monday & Thursday 3:00 – 4:00 p.m.	Call for cost.	515-271-1717 https://www.dmu.edu
East Senior Center 1231 E 26 th St Des Moines IA 50317	<u>CHAIR YOGA</u> Thursdays 10:30 a.m.	Free	515-265-8461
Heartland Senior Svcs 205 S Walnut Ames IA 50010	<u>TAI CHI</u> Tuesday & Thursday 8:15–9:00 a.m. (Intermediate); Tuesday & Thursday 9:00–9:45 a. m. (Beginners)	\$20 per month	515-233-2906
Indianola YMCA 306 E Scenic Valley Ave. Indianola IA 50125	<u>TAI CHI</u> Thursday 8:30 – 9:15 a.m.	Free for Y members (Also Silver Sneakers programs)	515-777-7746 dianethomas@dmymca.org
Iowa Methodist Medical Center Powell 5 Conf Rm 1200 Pleasant St Des Moines IA 50309	<u>TAI CHI</u> Monday & Wednesday 3:30 – 4:30 p.m. (Beginners)	\$25 for 12 sessions	515-241-6893 Brian.feist@unitypoint.org South side of Woodland Ave., under the blue awning, 5 th floor
John R Grubb Community YMCA 1611 11 th St. Des Moines IA 50314	<u>TAI CHI</u> Thursday 10:00 – 11:00 a.m. <u>GENTLE YOGA</u> Thursday 9:00 – 10:00 a.m.	Free for Y members (Also Silver Sneakers programs)	515-426-0791
Johnston Dining Site 6300 Pioneer Pkwy Johnston IA 50131	<u>LEVEL 1 YOGA</u> Tuesday 10:00 a.m. <u>ADAPTIVE YOGA</u> Thursday 11:00 a.m.	Call to sign up. (Also have Silver Sneakers and Zoomba Gold classes.)	515-251-3707
Mercy Health & Fitness Center 12493 University Ave Clive IA 50325	<u>TAI CHI</u> Tuesday 1:00 p.m. Wed. 9:00 a.m. <i>Call for details.</i>	Free for Y members and Silver Sneakers	515-226-9622 www.mercyhealthfitness.com

LOCATION	WHEN	COST	CONTACT INFO
North Senior Center 3010 6 th Ave Des Moines IA 50313	<u>TAI CHI</u> Tuesday 9:30 a.m.	Free	515-288-1524
Northwest Comm. Ctr. 5110 Franklin Ave Des Moines IA 50310	<u>LIVE2BHEALTHY</u> Mon. 9:45 a.m. Tues.-Thurs. 12:30 p.m. (<u>Regular Exercise Classes</u> Wed. – Fri. 9:45 a.m.)	Free Call for details on Tai Chi classes held in spring and fall	515-279-2767
Scott Four Mile Community Center 3711 Easton Blvd. Des Moines IA 50317	<u>SIMPLE CHAIR STRETCH</u> Mon. - Wed. - Fri. 9:45 a.m. <u>INTRO TO TAI CHI</u> Tuesday & Thursday 9:45 a.m.	Free	515-265-9977
Senior Care of Iowa Enrichment Center 100 Euclid Ave, Park Fair Mall, Lower Level, Room 150 Des Moines IA 50313	<u>TAI CHI</u> Tuesday & Thursday 1:15 – 2:00 p.m.	Free; donation suggested	515-779-7815
South Suburban YMCA 401 E Army Post Rd Des Moines IA 50315	<u>HEALING YOGA</u> Tuesday 1:00-2:00 p.m. <u>GENTLE YOGA</u> Monday 6:30–7:30 p.m.	Free for YMCA members (Also Silver Sneakers programs)	515-285-0444 www.dmymca.org
Southside Senior Center 100 Payton Ave Des Moines IA 50315	<u>CHAIR YOGA</u> 1 st & 3 rd Thursdays 9:00 – 10:00 a.m.	Free	515-287-0092
Urbandale Senior Center 7305 Aurora Ave Urbandale IA 50322	<u>TAI CHI</u> Wed. & Friday 8:30 – 9:15 a.m. & 9:15 – 9:55 a.m.	Free	515-278-3907 seniorcenter@urbandale.org
Valley Comm. Ctr. 4444 Fuller Rd W Des Moines IA 50265	<u>WALK WITH EASE</u> Tues. – Thurs. 10:00 a.m.		515-327-6000
Walnut Creek Family YMCA 948 73 rd St Windsor Heights IA 50315	<u>CHAIR YOGA</u> Monday 1:10-2:10 p.m. <u>GENTLE YOGA</u> Monday 11:05-12:00 p.m. Tuesday 1:10-2:10 p.m. Thursday 1:10-2:10 p.m. <u>HEALING YOGA</u> Wednesday 1:10-2:10 p.m. <u>MELLOW MOVEMENT YOGA</u> Monday 7:15-8:15 p.m. <u>RESTORATIVE YOGA</u> Tuesday 6:45-7:45 p.m.	<u>TAI CHI</u> Friday 11:30-12:30 p.m. <u>TAI CHI for HEALTH</u> Wednesday 11:05-12:05 p.m. Saturday 12:00-1:00 p.m. (Also Silver Sneakers programs) Free for Y members	515-224-1888

LOCATION	WHEN	COST	CONTACT INFO
Waukee Family YMCA 210 N Warrior Lane Waukee IA 50263	<u>GENTLE YOGA</u> Tuesday 7:00 – 7:45 a.m. <u>MELLOW MOVEMENT YOGA</u> Tuesday 12:00 – 1:00 p.m. Thursday 7:00 – 7:45 a.m. Thurs. 12:00–1:00 p.m. <u>TAI CHI</u> Monday 8:20 – 9:20 a.m. <u>TAI CHI FOR HEALTH</u> Saturday 9:30 – 10:20 a.m. <u>YIN YOGA</u> Thurs. 10:30 – 11:30 a.m.	Free for Y members (Also Silver Sneakers programs)	515-987-9996
Wellmark YMCA 501 Grand Ave Des Moines IA 50309	<u>GENTLE YOGA</u> Thurs. 10:10 – 11:00 a.m. <u>HEALING YOGA</u> Thursday 6:30 – 7:30 p.m. <u>MINDFUL MEDITATION</u> Monday 4:45 – 5:20 p.m. <u>MOVING MEDITATION</u> Wed. 10:00–10:55 a.m. <u>RESTORATIVE YOGA</u> Tues. 10:00 – 11:00 a.m.	Free for Y members (Also Silver Sneakers programs)	515-282-9266
Westside Community Center 134 6 th St West Des Moines IA 50265	<u>LIVE2BHEALTHY</u> Mon. – Wed. – Fri. 12:15 – 1:15 p.m.	Free	515-274-0373

UPDATED DECEMBER 4, 2019