



Senior Fitness Classes on Whidbey

Oak Harbor

Oak Harbor Library
Gentle Chair Yoga

Senior Activity Center; **360.279.4500**
Wii Bowling/Tai Chi/Yoga/Ping Pong/Enhance
Fitness/Indoor Pickleball

North End Fitness Center; **360.675.1111**
Silver Fit Program

North Whidbey Parks and Rec.; **360.675.7665**
Aqua Fitness

Thrive Fitness, Oak Harbor; **360.675.2600**
Gentle Yoga

Coupeville

Coupeville Fitness Center; **360.678.5379**
Silver Sneakers Classic

Nordic Lodge, 63 Jacobs Road/www.lynne.org
Never Better T'ai Chi with Lynne Donnelly offers
four beginner classes Wednesdays at 11 a.m.

Freeland

Island Athletic Club, Freeland; **360.331.2582**
Zumba Gold/Senior Aquatics

Blue Water Bldg. 5548 Myrtle Avenue, Suite 303;
www.lynne.org
Never Better T'ai Chi with Lynne Donnelly
Mondays at 10 a.m. or 5 p.m./Tuesdays at 2 p.m.

Langley

Half Moon Yoga, Langley Village; **206.226.6055**
Gentle Yoga/Chandra Yoga

South Whidbey Parks and Rec.; **360.221.5484**
Golf Lessons for Adults 18+
Intro to Kayaking for Adults 18+
Sailing Lessons for Adults 18+

South Whidbey Senior Center at Bayview
360.321.1600
Beginning Tai Chi /Tai Chi in the Afternoon
Just Dance!/50+ Yoga