



Senior Fitness Classes on Whidbey

Oak Harbor Library

- a. Gentle Chair Yoga at 2 p.m. on the second Friday of each month

Coupeville Fitness Center; 360.678.5379

- a. Silver Sneakers Classic

North End Fitness Center, Oak Harbor; 360.675.1111

- a. Silver Fit Program

South Whidbey Senior Center at Bayview in Langley; 360.321.1600

- a. Beginning Tai Chi 10 a.m. Tuesdays
- b. Tai Chi in the Afternoon 3 to 4 p.m. Mondays
- c. Just Dance! 10:15 a.m. Mondays
- d. 50+ Yoga Meets at various times each month

Senior Activity Center, Oak Harbor; 360.279.4500

- a. Wii Bowling Mondays at 10 a.m.
- b. Tai Chi Mondays at 5 p.m. and Fridays at 9:30 a.m.
- c. Yoga Tues./Thurs. 8:30-9:30 a.m.
- d. Ping Pong Weds. 12:30 to 3 p.m. and Saturdays 10 a.m. to 2 p.m.
- e. Enhance Fitness Mon./Wed./Thurs. 9:30 to 10:30 a.m. and Mon./Wed./Fri. 2 to 3 p.m.
- f. Indoor Pickleball Weds., 4-6 p.m. and Saturdays, 10 a.m. to noon; meets at the Oak Harbor Christian School Gym

South Whidbey Parks and Rec.; 360.221.5484

- a. Golf Lessons for Adults 18+
- b. Intro to Kayaking for Adults 18+
- c. Sailing Lessons for Adults 18+

North Whidbey Parks and Rec.; 360.675.7665

- a. Aqua Fitness

Island Athletic Club, Freeland; 360.331.2582

- a. Zumba Gold
- b. Senior Aquatics

Thrive Fitness, Oak Harbor; 360.675.2600

- a. Gentle Yoga

Half Moon Yoga, Langley Village; 206.226.6055

- a. Gentle Yoga with Diana at 10 to 11:15 a.m. Thursdays
- b. Chandra Yoga with Joni at 10 to 11:30 a.m. Tuesdays

We promise our community exceptional healthcare with compassion and respect.

WhidbeyHealth Medical Center • 101 N. Main Street, Coupeville, WA 98239 • 360.678.5151 or 360.321.5151