



## **SPECIAL HEALTH, FITNESS, AND NUTRITION OPPORTUNITIES**

### **Fitness Assessments at North Lakes Park**

2001 Windsor, Denton

Call 940-349-8285 to schedule.

Includes body fat percentage, blood pressure, flexibility, endurance, and maximum strength tests, for cost of \$30

### **Free blood pressure checks and blood sugar screenings in Fred Moore Park**

629 Lakey, Denton.

Call 940-349-8298 for more information

*Second Tuesdays, 11:00 a.m. – 12:00 noon*

### **Free “For Your Health” Seminar in Fred Moore Park**

629 Lakey, Denton

Call 940-349-8298 for more information.

*Third Thursdays, 12:00 noon – 1:00 pm*

### **Free blood pressure checks and blood sugar screenings at 509 N. Bell**

509 N. Bell, Denton.

Call 940-349-8720 for more information.

*First and last Fridays, 8:30 am*

### **Thursday Evening Dances and Potluck at the Denton Senior Center**

509 N. Bell, Denton

940-349-8720

*Second and fourth Thursdays, 7:00 – 10:00 pm*

### **Square Dance with Triangle Squares at the Denton Senior Center**

509 N. Bell, Denton

940-349-8720

*First and third Fridays, 7:30 – 10:00 pm*

### **Diabetes Education/Support at the Martin Luther King Recreation Center**

1300 Wilson, Denton

972-434-4715

*Monday, October 23, 6:30 – 7:30 p.m.*

### **Diabetes Education/Support at the Martin Luther King Recreation Center**

1300 Wilson, Denton

972-434-4715

*Monday, November 13, 6:30 – 7:30 p.m.*

### **Diabetes Education/Support at the Martin Luther King Recreation Center**

1300 Wilson, Denton

972-434-4715

*Monday, December 18, 6:30 – 7:30 pm*

## ON-GOING FITNESS OPPORTUNITIES

*(Facility addresses follow)*

### Monday

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- 5:30 – 6:15 **Water Aerobics\***, Health & Athletic Center
- 8:10 – 8:45 **Low Impact Aerobics\***, Lewisville YMCA
- 8:30 – 9:15 **Water Aerobics\***, Health & Athletic Center
- 9:00 – 9:55 **Senior Strength Training\***, Denton Natatorium
- 9:00 – 9:45 **Line Dancing\***, Lewisville YMCA
- 9:30 – 10:15 **Water Aerobics\***, Health & Athletic Center
- 10:00 – 11:00 **Seniorcize\***, North Lakes Park
- 10:15 – 11:15 **Senior Water Exercise\***, Denton Natatorium
- 11:00 – 11:45 **Low Impact Aerobics\***, Lewisville YMCA
- 10:30 – 11:15 **Chair Exercise\***, Lewisville Senior Center
- 11:00 – 11:40 **Stretch and Tone**, Denton Senior Center
- 1:00 p.m. **Tickleball**, Lewisville First United Methodist Church
- 7:15 – 8:15 **Middle Eastern Dance\***, Denton Senior Center  
*(note: class does not meet on October 23 or October 30)*

### Tuesday

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- 8:15 – 9:00 **PiYo\***, Lewisville YMCA
- 8:15 – 9:00 **Water Aerobics\***, Health & Athletic Center
- 9:05 – 9:50 **Water Aerobics\***, Health & Athletic Center
- 9:00 – 9:45 **PACE (People with Arthritis Can Exercise)\***, Lewisville Senior Center
- 9:30 a.m. **Tickleball**, Lewisville First United Methodist Church
- 10:30-11:15 **Yoga\***, Lewisville YMCA
- 10:30 – 11:15 **SilverSneakers\*\***, North Lakes Park
- 11:00 – 11:30 **Stretch and Tone**, American Legion Senior Center
- 11:15 - 12:05 **Senior Fit\***, Health and Athletic Club
- 4:00 – 5:00 **Tai Chi\***, Denton Senior Center
- 6:00 – 7:00 **Low Impact Aerobics\***, Lewisville Senior Center

6:30 – 7:30 **Intermediate/Advanced Line Dance\***, Denton Senior Center

### **Wednesday**

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5:30 – 6:15 **Water Aerobics\***, Health & Athletic Center

8:00 – 8:45 **Low Impact Aerobics\***, Lewisville YMCA

8:30 – 9:15 **Water Aerobics\***, Health & Athletic Center

9:00 – 9:55 **Senior Strength Training\***, Denton Natatorium

9:15 – 10:00 **Yoga\***, Lewisville Senior Center

9:00 – 9:45 **Kickers\***, Lewisville YMCA

9:30 – 10:15 **Water Aerobics\***, Health & Athletic Center

10:00 – 10:45 **SilverSneakers\*\***, Lewisville YMCA

10:00 – 11:00 **Seniorcize\***, North Lakes Park

11:00 – 11:40 **Stretch and Tone**, Denton Senior Center

10:15 – 11:15 **Senior Water Exercise\***, Denton Natatorium

10:35 – 11:20 **Yoga\***, Health and Athletic Club

11:00 – 11:45 **Low Impact Aerobics\***, Lewisville YMCA

5:45 – 6:45 **Evening Tap Dance\***, Denton Senior Center

6:30 – 7:15 **Senior Yoga\***, North Lakes Park

### **Thursday**

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8:15 – 9:00 **PiYo\***, Lewisville YMCA

8:15 – 9:00 **Water Aerobics\***, Health & Athletic Center

9:05 – 9:50 **Water Aerobics\***, Health & Athletic Center

9:00 – 9:45 **PACE (People with Arthritis Can Exercise)**, Lewisville Senior Center

10:30 – 11:15 **SilverSneakers\*\***, North Lakes Park

11:15 - 12:05 **Senior Fit\***, Health and Athletic Club

1:00 p.m. **Tickleball**, Lewisville First United Methodist Church

6:00 – 7:00 **Low Impact Aerobics**, Lewisville Senior Center

6:30 – 7:30 **Intermediate/Advanced Line Dance\***, Denton Senior Center

## Friday

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- 5:30 – 6:15 **Water Aerobics\***, Health & Athletic Center
- 8:00 – 8:45 **Low Impact Aerobics\***, Lewisville YMCA
- 8:30 – 9:30 **Beginners Tap Dance\***, Denton Senior Center
- 8:30 – 9:15 **Water Aerobics\***, Health & Athletic Center
- 9:00 – 9:55 **Senior Strength Training\***, Denton Natatorium
- 9:00 – 9:45 **Line Dancing\***, Lewisville YMCA
- 9:30 – 10:30 **Intermediate/Advanced Tap Dance**, Denton Senior Center
- 9:30 – 10:15 **Water Aerobics\***, Health & Athletic Center
- 10:00 – 10:45 **SilverSneakers\*\***, Lewisville YMCA
- 10:00 – 11:00 **Seniorcize\***, North Lakes Park
- 10:15 – 11:15 **Senior Water Exercise\***, Denton Natatorium
- 11:00 – 11:45 **Stretch and Tone**, Denton Senior Center  
**Low Impact Aerobics\***, Lewisville YMCA

### Locations

American Legion Senior Center  
629 Lakey at Fred Moore Park, Denton  
940-349-8298

Denton Natatorium  
2400 Long Road, Denton  
940-349-8800

Denton Senior Center  
509 N. Bell, Denton  
940-349-8720

Health & Athletic Center  
550 Parker Square, Flower Mound  
972-539-2582

Lewisville First United Methodist Church  
907 W. Main Street, Lewisville  
972-219-5050

Lewisville YMCA  
2021 Cross Timbers, Flower Mound  
972-539-9622

North Lakes Park  
2001 Windsor, Denton  
940-349-8287

\*Fees apply. Please call for information on cost of classes

\*\*Must be member of participating health plan

All classes, times, and fees are subject to change. Please call before attending.

If you are aware of corrections or changes that should be made to this list, please call Doni Van Ryswyk at 1-800-272-3921, extension 1193.

List updated October 9, 2006.