All classes on this page are held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes.

Navigate to reg4rec.org to see all the classes we are offering, or click on the descriptions on this page to register. Senior Center members enjoy the lowest rate. Non-members pay additional class pass. Become a Senior Center member today! Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

Exercise Classes

**Line Dance Beginning - 12543**
Thursday, September 3 to 24, 7 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. Cupertino Senior Center members pay $20, non-members pay $25.

**Line Dance Intermediate - 12544**
Tuesday, September 1 to 22, 7 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. Cupertino Senior Center members pay $20, non-members pay $25.

**Feldenkrais Method - 12542**
Tuesday, September 1 to 29, 10:30 to 11:30 a.m.

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Instructor: Michele Westlaken. Cupertino Senior Center members pay $20, non-members pay $25.

**Monday Chair Exercise - 12567**
Monday, August 31 to September 28
10:30 to 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. Cupertino Senior Center members pay $12, non-members pay $17. No class 9/7.

**Thursday Chair Exercise - 12568**
Thursday, September 3 to 24, 10:30 to 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. Cupertino Senior Center members pay $12, non-members pay $17.

**Yoga for 50+ - 12569**
Tuesday, September 1 to 29, 3 to 4 p.m.

Discover how yoga can strengthen your core, improve posture, and cultivate awareness of our body. Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose, and yoga props such as blankets and blocks are used. Join us and learn what benefits this class will hold for you! Geared for 50+, but open to all. Instructor: Polly Hu. Cupertino Senior Center members pay $20, non-members pay $25.