

Parks and Recreation Active Adults/Seniors



MISSOULA MOVERS

Generations at Play

Activity # 2254000

Join us Thursday evenings this summer for bike rides on local trails, stand up paddle boarding, and learn yoga, dance, kayaking, hiking and more. Each week, Generations at Play will tackle a new adventure and learn more about what makes the Missoula valley so special. Transportation, equipment provided. Programs geared for adults 55 and up, but all adults are welcome. Pre-registration is strongly encouraged. Questions? Call Annie Petschauer at 552-6664 or email PetschauerA@ci.missoula.mt.us.

Day/Time: Thursdays, 5 - 8pm

Fee: \$15/session. Sorry, no CityCard discount.

Meets: McCormick Park

SECTION	DATE	TRIP
01	May 16	Aquasize - Currents
02	May 23	Contra dance
03	May 30	Pickleball - FMRP
04	June 6	Birding with a naturalist
05	June 13	Leisure lawn games/Senior Olympics FMRP
06	June 20	Biking the Milwaukee Trail (10-mile trip)
07	June 27	Intro to aerial yoga - using silks for balance in positions (No air-bound moves)
08	July 11	Beginners stand-up paddleboarding Frenchtown Pond
09	July 18	Beginners kayaking - Frenchtown Pond
10	July 25	Huckleberry picking - Marshall Mountain
11	Aug.1	Square dance
12	Aug. 8	Town Float raft trip - Clark Fork River
13	Aug. 15	Pickleball - FMRP
14	Aug. 22	Pilates in the Park - Silver Park
15	Aug. 29	Bike the Bitterroot Trail - 11-mile trip

New! Seated Fitness With Missoula Senior Center



Join Missoula Parks & Recreation and the Missoula Senior Center for this fun new program! Whether you're new to exercise, have decreased mobility, or are recovering from an illness or injury, Seated Fitness is a great way to build strength, mobility, stability and confidence. Remain seated while completing the gentle movements to lively, upbeat music.

ACSM certified exercise physiologist Brett Taylor will help you gain improved muscle tone, core strength and an increased range of motion. This type of exercise program has been shown to attenuate and improve conditions associated with diabetes, heart disease and many other conditions.

Suitable for any fitness level and can be adapted to the needs of individual participants. Wear comfortable clothing, bring water and be prepared to have to have a ball! No registration is required, drop in any time.

Dates	May 3 - July 28
Days/Time	Friday 4:30-5:30 Sunday 11am - 12pm
Fee	\$3 suggested donation
Meets	Missoula Senior Center, 705 S. Higgins

New! Fitness At The Fort At Fort Missoula Regional Park



Check out the brand new fitness equipment at Fort Missoula Regional Park! Use your own body weight and some of our new equipment in the park.

These dynamic classes offer snippets of yoga, Tai Chi, meditation, breathing exercises, and more. Led by our wonderful fitness instructors!

We're offering two different classes: One for active adults to get their day going with light exercise and sunshine, and the other class is for parents and kids to work out in the same space while doing different activities. Call 721-PARK or go online to register today! Limited space available.

Active Adults

Activity#	2351700 - 01
Dates	July 8 - Aug. 16
Days/Time	M & F, 9 -10am
Fee	\$60

Parent/Child Class

Activity#	2351700 - 02
Dates	July 8 - Aug. 14
Days/Time	M & W, 6 -7pm
Fee	\$100