

SENIOR EXERCISE CALENDAR

PHCA Program DHHS:Public Health Branch

<u>CLASS</u>	<u>LOCATION</u>	<u>DAY(S)</u>	<u>TIME</u>	<u>COST</u>
<u>Arcata-</u>				
STRONG*	Community Center (call 444-8277)	Mon, and Wed	9:30am to 11am	FREE or LOW COST
CHI GONG	Community Center (call 825-2027)	Wed	10am to 11am	FREE or LOW COST
TAI CHI	Community Center (call 825-2027)	Tues	2:30-3:30	FREE or LOW COST
PE with Pete.	Community Center (call 825-2027)	Friday	1pm	FREE
1pm Tai Chi	Community Center (call 825-2027)	Thursday	10am-11am	FREE

ARCATA CONT'D

Low Impact Aqua Aerobics-	Health Sport (call 822-3488)	TUES.AND THURS.	10:30 AM	10.00/month
WATER EXERCISE	Community Pool (call 822-6801)	Mon- Fri	various times	Drop in \$3.75 (Med-Cal, SS or AFDC \$2.65)
STRETCH & TONE	Community Pool (call 822-6801)	Tues & Thurs	8am to 9am	Drop in \$3.75 (Med-Cal, SS or AFDC \$2.65)
YOGA/FALUN DAFA	Community Center (call 825-2027)	Wed	Yoga-11am/Falun Dafa-1pm	FREE or LOW COST

Blue Lake-

Sit N' Fit	Grange (call 268-2107)	Wed	10am to 11am	FREE or LOW COST
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Crescent City-

Low Impact Exercise	Del Norte Sr. Center (call 464-7876)	Mon, Wed, Fri	8:30am to 9:30am	FREE
Line Dancing	Del Norte Sr. Center (call 464-9511)	Thurs.	1:30 and 2:30pm	FREE
STRONG*	Del Norte Sr. Center (call 464-9511 or 464-3069)	Mon, Wed, Fri	10am to 11am	FREE

Eureka-

Arthritis (warm pool)	Easter Seals(call 441-2448)	Mon, Wed, Fri	various times	\$50/a 10 wk session
Arthritis exercise	Adult School (call 441-2448)	Tues & Thurs.	1:30 to 2:30pm	FREE
STRONG*	General Hospital Rehab (call 441-4454)	Tues & Thurs.	3pm to 4pm	FREE
Tai Chi/Chi Gung	Vector Health Programs (call 443-7136)	Wed	6:00pm to 7:00pm	\$3/class
Flexibility	Worthington School (call 442-5938)	Mon & Wed	3pm to 4pm	FREE
Arthritis	Worthington School (call 442-5938)	Tues & Thurs.	1:40pm	FREE
STRONG*	Worthington School Call 42-5938)	Mon and Wed	3-4pm	FREE
STRONG	Worthington School (call 442-5938)	Tues & Thurs.	3pm to 4pm	FREE
Working Woman's Workout	Worthington School (call 442-5938)	Tues & Thurs	5:15pm	LOW COST
Oh Them Bones (Osteoporosis)	Humboldt SRC (call 443-9747, x 228)	Thurs.	1pm to 2pm	FREE
Osteo-Exercise	Humboldt SRC (call 443-9747, x. 228)	Tues	10:45pm to 11:45pm	FREE
Yoga with Patricia Starr	Humboldt SRC (call 443-9747, x. 228)	Fri	11am to 12:30pm	FREE
Line Dancing	Humboldt SRC (call 443-9747, x 228)	Wed	1:14pm to 2:45pm	FREE
Gentle Senior Exercise	Humboldt SRC (call 443-9747, x 228)	Fri	9am to 11am	FREE
STRONG*	Salv Army CCC (call 441-1792)	Mon, Wed, Fri	10:45am to 11:45am	FREE

Ferndale -

STRONG*	St. Marks Lutheran Church (call 445-8121, x 5911)	Tues & Thurs.	5pm to 6pm	FREE
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Fortuna-

Tai Chi	Parks & Recreation (call 725-7620)	Tues	5:30pm to 6:30pm	FREE
STRONG*	United Methodist Church (call 726-9168)	Mon & Wed	5pm to 6pm	FREE
Redwood Aerobic	Fireman's Pavilion (call 725-3361, x 2010)	Mon, Wed, Fri	4:30 to 6pm	Drs. note required/call for fee
STRONG*	Fortuna Presbyterian Church(call 726-9203)	Tues & Thurs.	3pm	FREE

Garberville-

STRONG*	Veteran's Memorial (call 923-2399)	Mon & Thurs.	10:30am to 11:30am	FREE
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Hydesville-

Strength Training	Community Church (call 768-3877)	Mon & Fri	10am to 11am	FREE
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McKinleyville

Tai Chi	Senior Center (call 839-0191)	Mon, Wed, Fri	8:30am (Fri9am)	FREE
STRONG*	Senior Center (call 826-0191)	Tues & Thurs.	9:30am to 10:30am	FREE
Chair Pilates	Senior Center (call 839-0191)	Mon	2pm	FREE
Yoga	Senior Center (call 839-0191)	Wed	11am	FREE
Falun Dafa	Senior Center (call 839-0191)	Wed	1pm	FREE

Redway-

STRONG*	Healy Sr. Center (call 923-2399)	Mon & Wed	11:30am to 12:30pm	FREE
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**Strength Training, Flexibility & Balance to reduce risks associated with osteoporosis and falls. To add your low cost/FREE exercise class or to make changes, please call 268-2107.*