



## SENIOR EXERCISE PROGRAMS

### **NORTH AREA**

#### **CLASSES FOR SENIORS ONLY**

**Stanford Settlement Senior Center** (916) 927-1303 ( 9:30am-11:30am Mon-Fri)

520 W. El Camino Avenue, Sacramento 95833

[www.stanfordsettlement.org](http://www.stanfordsettlement.org)

Bending, leg exercises, stretching for flexibility: Mon, Wed & Fri 10:45-11:30am. Call for other activity information.

**Mission Oaks Community Center** (916) 972-0336

4701 Gibbons Drive, Carmichael 95608

[www.morpd.com](http://www.morpd.com)

Movement Class: Tue 9:15-10:15am, Fri 10-11am; Tai Chi: Tue & Thu 4-5pm; Advanced Tap Dance Class: Mon 4-5:30pm; Beginning Tap Dance: Thu 6-7pm; Yoga: Tue & Thu 8-9am. Call for additional classes.

**Northeast Family YMCA (916) 483-6426**

3127 Eastern Avenue, Sacramento 95821

[www.sacymca.org](http://www.sacymca.org)

Senior Circuit: Wed 10-11am; Exercise Ball: Tue & Thu 9-10am; Beginning Yoga: Tue & Thu 10-11am; Regular Yoga: Wed & Fri 9-10am. Call for additional classes.

#### **CLASSES OPEN TO ALL ADULTS**

**Northeast Family YMCA, Eastern Avenue** (916) 483-6426

3127 Eastern Avenue, Sacramento 95821

[www.sacymca.org](http://www.sacymca.org)

Yoga: Wed 8-9am, Fri 9-10am; Martial Arts: Tue & Thu 6:45-8pm; Country Line Dance: Tue 10-11am; Healthy Back: Mon-Thurs, 10-10:45am; On the Ball Stability Ball Exercises: Wed 10-11am.

**NORTHEAST AREA**

**CLASSES FOR SENIORS ONLY**

**Arcade Creek Recreation & Park District** (916) 482-8377

4855 Hamilton Street, Sacramento 95841

[www.arcadecreekrecreation.com](http://www.arcadecreekrecreation.com)

Jackie's Fitness: Tue & Thu 5:30-6:30pm; Tai Chi: Wed 9:30-10:30am.  
Register at office, online or by fax. Call for more information.

**Crosswoods Community Center** (916) 726-1706

6742 Auburn Boulevard, Citrus Heights 95610

[www.sunriseparks.com](http://www.sunriseparks.com)

Exercise for Older Adults: Tue & Thu 9 -10am

**Fair Oaks Recreation & Park District** (916) 966-1036

4150 Temescal Street, Fair Oaks 95628

[www.fairoakspark.org](http://www.fairoakspark.org)

Senior Stretch Program: Mon-Thu 9:30-10:30am; Pinochle: Mon-Thu  
9am-1pm.

**Coloma Community Center** (916) 808-1590

4623 T Street, Sacramento 95819

[www.cityofsacramento.org/parksandrecreation](http://www.cityofsacramento.org/parksandrecreation)

Aerobics Class: Mon, Wed & Fri 9:30-10:30am; Yoga-Chi: Sat 8-9:15am.

**CLASSES OPEN TO ALL ADULTS**

**Fulton El Camino Recreation & Park District** (916) 927-3802

2201 Cottage Way, Sacramento 95825

[www.fecrecpark.com](http://www.fecrecpark.com)

Senior Fitness Forever Young: Mon & Wed 10-11:15am

**Carmichael Recreation & Park District** (916) 485-5322

5750 Grant Avenue, Carmichael 95608

[www.carmichaelpark.com](http://www.carmichaelpark.com)

Step Aerobics: Tue & Thu 5:15-6:15pm; Beginning Yoga: Tue 7-8:30pm;  
Yoga: Wed & Fri 5:15-6:15pm.

**Sunrise Recreation & Park District** (916) 725-1585

Rusch Park, 7801 Auburn Boulevard, Citrus Heights 95610

[www.sunriseparks.com](http://www.sunriseparks.com)

Beginning Exercise: Mon, Wed & Fri 8:15-8:45am, 11-11:30am; Also at  
Crosswoods Community Center: Tue & Thu 9-10am.

**SACRAMENTO CITY AREA**

**CLASSES FOR SENIORS ONLY**

**Ethel MacLeod Hart Multipurpose Senior Center** (916) 808-5462  
915 27th Street, Sacramento 95819  
[www.cityofsacramento.org/parksandrecreation](http://www.cityofsacramento.org/parksandrecreation)  
Head-to-Toe Fitness: Mon & Fri 8-9am; Light & Lively-Low Impact  
Stretching: Wed 8-9am;  
Tai Chi: Mon 1:30-2:30pm; Feldenkrais: Wed 2-3pm;  
Balance and Strength: Mon, Wed & Fri 9:15-10am; Healing Qi Gong: Sat  
10:30am-12pm

**Coloma Community Center** (916) 808-6060  
4623 T Street, Sacramento 95819  
[www.cityofsacramento.org/parksandrecreation](http://www.cityofsacramento.org/parksandrecreation)  
Senior Aerobics: Mon, Wed & Fri 9:30-10:30am; Yoga-Chi: Sat 8-  
9:15am.

**Life Center, California State University** (916) 278-5028  
6000 J Street, Sacramento 95819  
[www.hhs.csus.edu](http://www.hhs.csus.edu)  
Stretching and Strengthening: Mon, Wed & Fri 7:30-8:30am, 8:45-  
9:45am and 10-11am;  
Yoga: Mon 11am-12pm; Balance and Fall Risk Reduction classes to be  
announced. Other classes are available. Speaker Forum, with topics  
of interest to the senior community, held monthly October-May. Call  
the Center for more information.

**YMCA Greater Sacramento** (916) 452-9622  
2021 W Street, Sacramento 95818  
**Seniors only:** Arthritis Aquatic Program: Mon & Wed 10:30-11:30am;  
Water Aerobics: Tue & Thu 10:30-11:30am; Senior Fitness: Mon, Wed &  
Fri 9:30-10:30am;  
Water Therapy: Fri 10:30-11:30am; Shallow Water H<sub>2</sub>O: Mon-Thu 7- 8pm;  
Water exercise: Mon-Sat 1-2pm. Seasonal, call to confirm.

**YWCA** (916) 264-8066  
1122 17<sup>th</sup> Street, Sacramento 95814  
[www.ywcasacramento.org](http://www.ywcasacramento.org)  
Tai Chi: Tue & Thu 7:30-9:30pm; Yoga: Wed 6-7pm.

**The Encore Program:** Breast cancer early detection program, water  
exercise and support groups for women who have been treated for  
breast cancer. Individually tailored exercise regimens to help women  
recover flexibility and motion. Sessions are led by a YWCA-certified  
specialist. Women may enter the program before or after surgery and  
may return to it as desired. Early detection programs for women who  
are low-income, uninsured or underinsured. Free mammograms for those

who qualify. Exercise Programs: Tue 5:30-6:30pm; Water Exercises: 6:30-7:30pm. At Methodist Hospital: Water Exercises: Fri 9-10am, Sat 8-9am; Support group: Sat 9-10 at Easter Seals 916-485-6711 Call YWCA at 916-264-8066 for more information about The Encore Program.

### **RANCHO CORDOVA/FOLSOM**

#### **CLASSES FOR SENIORS ONLY**

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**Cordova Senior Center** (916) 366-3133

3480 Routier Road, Sacramento 95827

[www.crpdc.com](http://www.crpdc.com)

Senior Exercise: Mon, Wed & Fri 8-9am; Yoga: Mon, Wed & Fri 9-10am;  
Tai Chi: Thu 9-10am; Beginning Line Dancing: Tue 7:15-8:15pm;  
Advanced Line Dancing: Mon & Thu 2:30-4pm

### **SOUTH SACRAMENTO/ELK GROVE**

#### **CLASSES FOR SENIORS ONLY**

**Senior Center of Elk Grove** (916) 685-3160

8830 Sharkey Avenue, Elk Grove 95624

Low Impact Aerobics: Mon, Wed & Fri 9-10am; Line Dancing: Mon  
11:15am -12:15pm;

Arthritis & Parkinson's Exercise Group: Tue 1-1:45pm

**Jose Rizal Community Center** (916) 395-0601

7320 Florin Mall Drive, Sacramento 95823

[www.southgaterecandpark.net](http://www.southgaterecandpark.net)

Senior Aerobics: Mon 10:15-11am

#### **CLASSES OPEN TO ALL**

**Elk Grove Community Services District** (916) 684-7550

3020 Renwick Avenue, Elk Grove 95758

[www.elkgroveparks.org](http://www.elkgroveparks.org)

Pilates: Fri & Sun 9:30-10:30am, Wed 7:30-8:30pm; Yoga: Mon 6-7pm,  
Wed 8:30-9:30am,  
Thu 6:45-7:45pm.

**Laguna Town Hall** (916) 684-7550

3020 Renwick Avenue, Elk Grove 95758

[www.yourcsd.com](http://www.yourcsd.com)

Jazzercise: Mon-Thu 6-7pm, Mon, Wed & Fri 9:15-10:15am, Sat 8-9am.

**Wackford Community & Aquatics** (916) 405-5600

9014 Bruceville Road, Elk Grove 95758

[www.yourcsd.com](http://www.yourcsd.com)

Low Impact Water Aerobics: Mon-Thu 6:30-7:30pm.

2-1-1 Sacramento, a program of the Community Services Planning Council, is funded by First 5 Sacramento Commission, Sacramento Housing and Redevelopment Agency, Sacramento County Department of Human Assistance, Area 4 Agency on Aging, Sacramento County Superior Court, Child Abuse Prevention Council of Sacramento, Sacramento Employment & Training Agency and Sacramento Regional Office of Homeland Security.

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Updated: