



find help here

SENIOR EXERCISE PROGRAMS

NORTH AREA

Stanford Settlement Senior Center

(916) 927-1303

Monday and Friday 9 - 12:30pm

520 W. El Camino Avenue, Sacramento 95833

www.stanfordsettlement.org

Yoga: Wednesday 10:30am – 11:30am;

Exercise program: Monday and Thursday 11 – 11:30am.

Mission Oaks Community Center

(916) 972-0336

4701 Gibbons Drive, Carmichael 95608

www.morpd.com

Movement Class: Tuesday 9:30 - 10:30am, Friday 10:15 - 11:15am;

Tai Chi: Tuesday and Thursday 4 - 5pm; Beginning Tap Dance: Thursday 6 - 7pm;

Yoga: Tuesday and Thursday 8 - 9am. Call for additional classes.

Northeast Family YMCA

(916) 483-6426

3127 Eastern Avenue, Sacramento 95821

www.sacymca.org

Exercise Ball: Tuesday and Thursday 9 - 10am;

Beginning Yoga: Tuesday and Thursday 10 - 11am;

Regular Yoga: Wednesday and Friday 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

Strength/Balance: Monday, Wednesday and Friday 7 – 8am;

Aerobics: Monday, Wednesday and Friday 8 – 9am;

Yoga: Monday, Wednesday, and Friday 9 – 10 am and Tuesday and Thursday 8 - 9am; Exercise Ball:

Tuesday and Thursday 9 - 10am; Strength Training: Tuesday and Thursday 10 – 11am.

NORTHEAST AREA

Arcade Creek Recreation and Park District

(916) 482-8377

4855 Hamilton Street, Sacramento 95841

www.arcadecreekrecreation.com

Jackie's Fitness: Tuesday and Thursday 5:30 - 6:30pm; Tai Chi: Wednesday 9:30 - 10:30am.

Various dance classes. Register at office, online or by fax (916) 483-1320

Call for more information.

Crosswoods Community Center

(916)-725-1585

6742 Auburn Boulevard, Citrus Heights 95610

www.sunriseparks.com

Exercise for Older Adults: Tuesday and Thursday 9 - 10am.

Call for more information

Fair Oaks Recreation and Park District

(916) 966-1036

4150 Temescal Street, Fair Oaks 95628

www.fairoakspark.org

Senior Stretch Program: Monday - Thursday 9:35 - 10:30am;

Pinochle: Thursday 9am - 1pm.

Call for more information.

Coloma Community Center

(916) 808-1590

4623 T Street, Sacramento 95819

www.cityofsacramento.org/olderadults

Senior dance & Fitness: Monday, Wednesday and Friday 9:30 - 10:30am.

Call for more information on other programs

CLASSES OPEN TO ALL ADULTS

Fulton El Camino Recreation and Park District

(916) 927-3802

2201 Cottage Way, Sacramento 95825

www.fecreepark.com

Senior Fitness Forever Young: Monday and Wednesday 11am – Noon.

Carmichael Recreation and Park District

(916) 485-5322

5750 Grant Avenue, Carmichael 95608

www.carmichaelpark.com

Step Aerobics: Tuesday and Thursday 5:15 - 6:15pm; Chair Yoga: Monday 10:45 – 11:45 am and Thursday 10 – 11am; Yoga: Wednesday and Friday 5:15 - 6:15pm.

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 Office of Emergency Services, County of Sacramento, Area 4 Agency on Aging, Sacramento Superior Court, Sacramento Employment and Training Agency, and grants from Bank of America, Internal Revenue Service, and Kaiser Permanente.

Sunrise Recreation and Park District

(916) 725-1585

Rusch Park, 7801 Auburn Boulevard, Citrus Heights 95610

www.sunriseparks.com

Beginning Exercise: Monday, Wednesday and Friday 8:15 - 8:45am, 11 - 11:30am;

Also at Crosswoods Community Center: Tuesday and Thursday 9 - 10am.

SACRAMENTO CITY AREA

Ethel MacLeod Hart Multipurpose Senior Center

(916) 808-5462

915 27th Street, Sacramento 95816

www.cityofsacramento.org/parksandrecreation

Prime Time Fitness: Monday and Friday 8 - 9am;

Tai Chi: Monday 1:45 - 2:30pm; Feldenkrais: Wednesday 2:30 - 3:30pm;

Balance and Strength: Monday, Wednesday and Friday 9:15 - 10am;

Sitting Qi Gong: Saturday 10:45am - Noon; Chair Yoga: Wednesday and Friday 1:30pm.

Coloma Community Center

(916) 808-6060

4623 T Street, Sacramento 95819

www.cityofsacramento.org/olderadults

Senior dance & Fitness: Monday, Wednesday and Friday 9:30 - 10:30am.

Call for more information on other programs

YMCA Greater Sacramento

(916) 452-9622

2021 W Street, Sacramento 95818

Seniors only: Arthritis Aquatic Program: Monday, Wednesday and Friday 10:30 - 11:15am;

Water Aerobics: Tuesday and Thursday 10:30 - 11:30am;

Senior Fitness: Monday, Wednesday and Friday 9:30 - 10:30am;

Water exercise: Monday - Saturday 1 - 2pm. Seasonal, call to confirm.

YWCA

(916) 264-8066

1122 17th Street, Sacramento 95814

www.ywcasacramento.org

Tai Chi: Tuesday and Thursday 6:30–9:30pm;

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: Tuesday 5:30 - 6:30pm; Water Exercises: 6:30 - 7:30pm;

At Methodist Hospital: Water Exercises: Friday 9 - 10am.

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RANCHO CORDOVA/FOLSOM

Cordova Senior Center

(916) 366-3133

3480 Routier Road, Sacramento 95827

www.crpdc.com

Senior Exercise: Monday, Wednesday and Friday 8 - 9am; Yoga: Monday, Wednesday and Friday 9 - 10am; Tai Chi: Thursday 9 - 10am; Beginning Line Dancing: Tuesday 7:15 - 8:15pm; Advanced Line Dancing: Monday 2:30 - 4pm and Thursday 1:30 - 3pm.

SOUTH SACRAMENTO/ELK GROVE AREA

Senior Center of Elk Grove

(916) 685-3160

8830 Sharkey Avenue, Elk Grove 95624

www.egseniorcenter.org

Low Impact Aerobics: Monday and Thursday 8:45 - 9:30am,
Tap Dance: Tuesday 2:30 - 3:30pm; Tai Chi: Monday 8 - 8:45am
Yoga: Tuesday and Thursday 1 - 2pm;
Chair Exercise: Tuesday, Wednesday, and Friday 9:30 - 10:15am.

Jose Rizal Community Center

(916) 395-0601

7320 Florin Mall Drive, Sacramento 95823

www.southgaterecandpark.net

Senior Aerobics: Monday through Thursday 10:15 - 11am.

CLASSES OPEN TO ALL

Laguna Town Hall

(916) 684-7550

3020 Renwick Avenue, Elk Grove 95758

www.yourcsd.com

Jazzercise: Monday, Tuesday and Thursday 6 - 7pm, Monday, Wednesday and Friday 9:15 - 10:15am;
Saturday 8 - 9am.

Wackford Community and Aquatics

(916) 405-5600

9014 Bruceville Road, Elk Grove 95758

www.yourcsd.com

Deep Water Low Impact Aerobics: Monday through Thursday 6:30 - 7:30pm and Monday through Saturday 9 - 10 am; Shallow Water Aerobics: Monday through Friday 10 - 11am.

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