



Get Moving!



Here are fitness opportunities offered by various organizations and centers in the Sacramento region

Programs and schedules subject to change. Please contact the organization/center to confirm class schedules and availability.

Bike & Skate

Cycling

Visit saccycle.com for all Sacramento Valley Cycling information.

Bike Hikers – www.bikehikers.com or [www.bhmembership@bikehikers.com](mailto:bhmembership@bikehikers.com).

Fatrac – www.fatrac.org or Sue Fry 457-2132.

Mission Oaks Bike Club - 484-1585.

Sacramento Area Bicycle Advocates (SABA) – Promotes improved routes in Sacramento and bicycling for transportation. 444-6600, or saba@sacbike.org. Visit their web site at www.sacbike.org

Skating

Adult Roller Skating – Tuesday and &Thu 10am. Sunrise Roller Land, 6001 Sunrise Vista Dr. (behind Sunrise Mall) in CH. 961-3333.

Dancing

Arcade Creek Rec. & Park – 4855 Hamilton St. 482-8377.

Offers Ballroom Dancing, Country Line Dance, Non-partner recreational dance, Jacki’s Dance Fitness, and “International Dancers of Sacramento”.

The Ballroom Of Sacramento 6009 Folsom Blvd. 456-2616. www.theballroomofsacramento.com



American River College – 4700 College Oak Dr. 484-8643

Capital Ballroom Club – Every Sunday 7pm-10:30 pm with a free two hour dance lesson 5pm-7pm. Dance to the music of Daryl Robin at the Carmichael Elks Lodge 5631 Cypress Avenue. \$8 at the door. Info. 366-6501.

Cordova Senior Center 3480 Routier Road. 366-3133

Country Line Dance – Tuesdays (Intro) 2:15pm-3:15pm, Tuesdays (Beg) 3:30pm-4:45pm

Dancing continued

Davis Senior Center – 646 A St, Davis. (530) 757-5696

Ethel Hart Center – 915 27th St. 808-5462.

- Ballroom Dance Thursdays 1:30pm-4:30pm Free @ Coloma CC (temporarily-call for updates)
- Senior Dance Club – Sundays 1:30pm. \$5

Maidu Community Center – 1550 Maidu Drive. 774-5950.

Beg. Country Line Dance – Wednesdays 12:30pm. Call for other dance styles.

Mission Oaks Community Center – 4701 Gibbons Dr., Carmichael. 972-0336.

- Ballroom Dance Class – Mondays 3:30pm, \$11/mo.

Ohana Dance Group Cultural Center 6235 Belleau Wood Ln #1b, Sacramento, CA 95822

Hula Classes Monday, Tuesday, Wednesday, Thursday and Saturdays www.ohanadancegroup.com

Orangevale – Dancing with Cari. Private Ballroom, Latin & Swing lessons. Learn at your own pace and in the privacy of my home-studio. \$40/hour for single or couple. 988-6099. dancingwithcari.com

Roseville Veteran Memorial Hall – 110 Park Dr. 783-4964

Mavericks Square Dance Club – 783-4964

Sacramento International Folk Dance & Arts Council. www.folkdancesac.org

Senior Center At Sierra 2 – 2791 24th Street, 95818. 916-452-3005

Spotlight Dance & Fitness – 2534 Industrial Blvd, West Sac. 649-3269. Senior Discounts available! www.spotlightdancesport.com

Sunrise Rec. & Park – 725-1585

Mirror Ball Dance Studio – 9574 Micron Avenue, D, Sacramento, CA 95827
916-214-2115

Woodland Community And Senior Center – 2001 East Street (530) 661-2000

Fitness Classes

Citrus Heights

Sunrise Rec. & Park 725-1585

Davis

Davis Senior Center 646 A St., Davis. 530-757-5696. Call for fees.

Downtown, Midtown & East Sac

Arden Manor Rec & Parks 1415 Rushden Dr. 487-7851.

The City of Sacramento The Dept. of Parks & Recreation – offers many classes. Call 808-6060 for the City's Recreation Guide. www.cityofsacramento.org/parksandrecreation/

Coloma Community Center – 4623 T St. 808-6060.

East Portal Clubhouse – 1120 Rodeo Way. 808-1593 / Register for classes at Coloma CC 4623 T St.

Raja Yoga – Mondays 12:30pm-2pm \$10 per class or monthly rates.

Stretching & Strengthening – Monday and Wednesday 7:45am-8:30am \$39/mo* Monday/Wednesday/Friday 8:45am-9:30am * 9:45am-10:30am \$55/mo.

Hart Senior Center – 915 27th St. 808-5462. Call for updated class schedules.

Balance & Strengthening – Monday, Wednesday and Friday 9:15am-10am. All levels. Free.

Chair Yoga – Monday, Wednesday and Friday 1pm-2 pm. \$30/8 classes.

Active Yoga – Monday, Wednesday and Friday 2:30 pm-3:30 pm. \$30/8 classes. \$35.00/5 classes, \$70.00/10 classes

Prime Time Fitness – Monday and Friday 8am-9am. \$8/8 classes

Qi Gong – Saturdays 10:45am. Free.

Sac Yoga Center at Sierra 2 – 2791 - 24th Street 491-6792. Offers various levels of yoga including Gentle Yoga for Seniors, Yoga and Meditation, and Beginner Series. www.sacyoga.org

Senior Center at Sierra 2 – 2791 - 24th Street 455-6339

The YMCA of Greater Sacramento – 2021 W Street. 452-9622 for class times, membership, special rates, and scholarship information. Healthy Back – Tuesday and Thursday 10:30am

- **Line Dancing** – Monday and Wednesday 10:30am
- **Aging Well** – Tuesdays 9:15am
- **Senior Aging Well** – Monday, Wednesday and Friday 9:30am
- **Yoga** – Monday, Wednesday and Friday 8am
- **Yoga Light** – Tuesday 11:30am

Fitness Classes continued

Various Locations

Bikram Yoga – Yoga Loka, 4820 Folsom Blvd (alley entrance). 454-4100

Ping Pong – Monday and Wednesday 10:30am-2:30pm. Oak Park Community Center 808-6151.

Healthy Habits Fitness and Yoga Studio – 2224 J St. 444-7729. Fitness workout; all levels of Pilates, yoga, and piloga (combo Pilates/yoga) classes. www.healthyhabitsstudio.com

Ping Pong (Social) – Tuesday and Thursday 12:30pm-4:30pm. Free. Hart Senior Center, 915 27th St. 808-5462.

Tara Stiles offers classes both at Sierra 2 Complex and the Sac. Natural Foods Co-Op. She is available for private instruction, massage treatments, and 1-on-1 yoga therapy sessions. 454-5526 or tarastiles@sbcglobal.net.

Yoga Solution (beg. and inter.) – 5290 Elvas Avenue. Jennifer at 383-7933.

Elk Grove

Cosumnes CSD – Range of days, times, and fees. Must pre-register. 405-7150
www.yourcsd.com

Senior Center of Elk Grove – 8830 Sharkey Ave, 685-3160

Fair Oaks

Fair Oaks Rec. & Park – 966-1036 / www.Fairoakspark.org

North Area

Arcade Creek Rec. & Park – 4855 Hamilton St. 482-8377 / www.arcadecreekrecreation.com

Arden Park Community Center – 1000 La Sierra Drive 483-6069

Del Norte Club – 3040 Becerra Way. 483-5111. Membership req.

Howe Community Center – 2201 Cottage Way. 927-3802.

Tai Chi: Moving for Better Balance – Monday and Wednesday 9am-10:30 am.

- South Natomas CC 2921 Truxel Rd. 808-1571
- Active Yoga – Mondays 6:45pm.
- Exercise, Energize, Enjoy – Monday and Wednesday 10:30am-11:30am. \$20/10classes.
- Yoga – Monday and Wednesday 9am \$20/4 classes \$40/8 classes.

Swanston Community Center – 2350 Northrop Way 333-6464

- Meals on Wheels

Fitness Classes continued

Rancho Cordova

Cordova Fitness Center – 9555 Folsom Blvd Suite G. Offers classes for older adults and instruction in the use of exercise equipment. Staff caters to older adults. Members receive personalized attention and instruction as requested. Membership not req. 363-6584.

Stretch Class M/W/F 9:30am *Yoga Sats. *Tai Chi Every other Monday

Cordova Rec. & Park District – Offers classes for older adults throughout Rancho Cordova area. Call 362-1841 or visit www.crpdc.com

Cordova Senior Center – 3480 Routier Rd. Call 366-3133.

Ananda Center offers yoga classes and workshops. 361-0891. www.anandasacramento.org

Roseville

Maidu Community Center – 1550 Maidu Dr. 774-5950

Roseville Health and Wellness Center – 1650 Lead Hill Blvd. 677-1200. www.rosevillehwc.com.

Roseville Sports Center – 1545 Pleasant Grove Blvd. 774-5990.

South Area

Belle Cooleidge – CC 5699 South Land Park Dr. 808-5610.

Stretch 'n' Flex – Tuesday and Thursday 8am-9am Free.

Parkside Community Church – 5700 S. Land Park Dr. 421-0492.

Sam Pannell Meadowview CC – 2450 Meadowview Rd. 808-6680

Exercise Room - Members only. Call for days and times.

Fit Over Fifty – Low impact aerobics. Monday, Wednesday and Friday 10:30am. \$2/session. Walking Program – Monday, Wednesday and Friday 8:30am. Meet in lobby.

Valley Hi Covenant Church – 8355 Arroyo Vista Dr. 689-3010.

Balance and Strengthening - United Lu Mien (6000 Lemon Hill.) Wednesday 11am. Free. 808-1593.

West Sacramento

West Sac Senior Center – 664 Cummins Way. 373-5819.

- Easy Exercise with Rose Madrid – Tuesday and Thursday 1pm. \$1 donation
- Stretcher exercise low impact aerobics to tape - Monday-Friday 9am, Free
- Tai Chi – Mondays 10am (Las Casitas next door to Senior Center) Free.

Fitness Classes continued

Miscellaneous Listings

Los Rios Community College District– Offers Adapted Weights and Fitness, Adapted Lifetime Sports, Adapted Walk and Wheel, and Wheelchair Sports. Classes offered on a semester schedule. Raye Maero at 484-8281. www.barbaragoldberg.com

Learn to Race Walk – First Saturday of each month, 8am- 9am at Maidu Park in Roseville. Learn the basic techniques of race walking to incorporate into your walking for fun, fitness, and (if you want) athletic competition. FREE. Visit www.sierraracewalkers.org

Woodland Senior Multi-Purpose Center – 2001 East Street, Woodland. 530-661-2000.

Walking

WalkSacramento - 446-9255 www.walksacramento.org / Wednesdays 8:45am. Call for Walk Times and Locations.

Walk'n'Talk – Monday / Friday, 9am at Davis Senior Ctr., 646 A St, Davis / Routes vary. 530-757-5696.

Neighborhood WALK – Groups meet at various times and days. Hours may change due to summer weather. Call 808-1593 for more info.

Garcia Bend Park – Monday / Wednesday / Friday , 7:30am. Windbridge Dr. @ Pocket Rd. Meet in front of playground.

Land Park – Monday / Wednesday / Friday 9am. Land Park Dr. at 16th Ave. Meet on the West side of William Land Golf Course parking lot.

Oak Park CC – Tuesday and Thursday 9:30 am. / 3425 Martin Luther King, Jr. Blvd., 808-6151

Oki Park – Monday / Wednesday / Friday 6:30pm. Wissemann Dr. off Folsom. Meet at pool house.

Pannell Meadowview CC – Monday/ Wednesday/ Friday 8:30am. 2450 Meadowview Rd. Meet in lobby.

South Natomas CC – Tuesday and Thursday 9am., 808-1571.

Tahoe Park – Monday / Wednesday / Friday, 9 am / 59th St. at 11th Ave. Meet at pool house.

City Walks in Downtown Sacramento! 10 routes with mileage that take you past some of the rich history of Sacramento. www.parks.ca.gov/takeahike

Elk Grove Community Center – Tuesday and Thursday 8:30am. 8830 Sharkey Ave. 685-3160 or Sheldon at 501-5442.

Inside Track Arden Fair Mall Walkers – sponsored by Sutter Heart Institute. 8am-10am. To participate, fill out a Mall Walker registration card at the Service Center located on lower lever near JCPenney. Members will be placed on mailing list to receive fitness tips, healthy recipes, and



Walking continued

updates on quarterly breakfast meetings held at Arden Fair Mall.

Maidu Walkers – Monday-Friday at 9am. / Maidu Center in Roseville, meet on sidewalk near ball fields for a 2-3 mi. Walk around the park. 774-5960.

North Natomas – Heritage Park has occasional organized walks and hikes. Call Ernie Dahl at 419-2679 for upcoming activities.

Senior Center at Sierra 2 -Pole Walking Clinics at the Senior Center at Sierra 2 (2791 2th St, Rm 12), Thursdays , 9-10am. Poles & instructors provided. \$5 donation. This exercise reduces stress on knee, hip & ankle joints, while improving caloric burn (50 min regular walking = 30 min pole walking). 452-3005

Sierra Race Walkers Learn to Race Walk – First Saturday of each month, 8am- 9am at Maidu Park in Roseville. Learn the basic techniques of race walking to incorporate into your walking for fun, fitness, and (if you want) athletic competition. FREE. Visit www.sierraracewalkers.org

Water Fitness

American River College – Open to the general population 484-8011
Arden Manor Rec. & Park District – 487-7851

Arthritis Foundation-Folsom – Indoor pool. Classes for arthritis & fibro-myalgia. 312-3410

Barbara M. Wackford Pool - Elk Grove – Year-round. 405-5600

UC Davis Water Aerobics UCD patients only – 734-9133

Davis Aquatic Masters Davis Civic Center – 530-757-7946

Easter Seals Pool Outdoor pool – Aerobics, Arthritis, Back, Walking and Weightless Aerobics class-es. "Pool Pal" assistants available. Warm water therapy pool. 485-6711

Mercy Arthritis Indoor/heated pool. Physician referral req – 453-4553

Methodist Hospital Heated. Physician referral req – 423-6041

North Area Physical Therapy. 4737 El Camino Ave. Indoor/heated pool. Independent program – 487-3473

Sacramento Masters Swimming – 923-5174 or www.sacmasters.org

Pannell Meadowview Community Center Pool – 808-6622

Southgate Aquatics Two locations. Summer only – 422-7330

YMCA 21st & W St. Indoor pool, membership req. Financial Aid available – 452-9622

Many local gyms, racquet clubs and other private clubs have pools available to their members. Check your local listings for businesses near you.

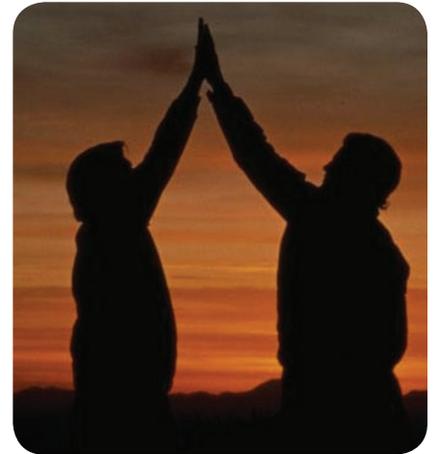
Social Clubs & Organizations

Arcade Creek Rec. & Park – 4855 Hamilton St. 482-8377.

Carmichael Seniors Club – Carmichael Park Clubhouse (5750 Grant Ave). 916-487-5525

Sacramento Crochet Guild – 891 Watt Ave. 457-4044.

Senior Center at Sierra 2 – 2791 24th Street . Open to all. Offers free and for-fee classes and activities such as Acting, Life Writing, Book Club, Bridge, Mah Jong, Fitness classes, crafters, singing. and more. Questions? 455-6339 or visit www.sierra2.org.



Sons In Retirement (SIRS) Branch 117 – Men’s group meets 2nd Wednesday @ The Dante Club. 2330 Fair Oaks Blvd. Bill Hale 929-0924.

Mission Oaks Community Center – 4701 Gibbons Dr. Clubs: Internet Users, Shuffleboard Club, Singles Club, Book Group, and Golden Acorns RV. 972-0336.

Support Groups

Celiac Support Group – Warmline Family Resource Center. 2424 Castro Way, 455-9500

Davis Senior Center – 530-757-5696 for list of groups.

Hearing Loss Support Group – 2nd Saturday of the month (except July and August). 10am-12nn. NorCal Center on Deafness (4708 Roseville Rd, Suite 111, North Highlands.) Carol 383-6428 or Jean 334-9406.

Info Line Sacramento – 211

Maidu Community Center – 1550 Maidu Dr., Roseville. 774-5950

Support Groups continued

Neuropathy Support Group – *Tingling, numbness, burning or icy cold, stabbing or electrical shock pains in hands, feet, or both?*

Call for dates, times, locations: 485-7723.

Recovery, Inc. – for people struggling with depression, anxiety, anger, fears, or other emotion issues. 483-5616, or visit www.recovery-inc.org.

Sunrise Macular Degeneration Support Group – 725-5885.

T.O.P.S – Taking Off Pounds Sensibly - Thursdays 8am. Ethel Hart (915 27th St.) 808-5462.

T.O.P.S CA 15 – Taking Off Pounds Sensibly. St. Philomena 2428 Bell St. Thursdays 7pm. Weigh-in @ 6:30pm. Bea 487-7182.

- Ethel Hart Senior Center, 915 27th Street. Thursdays 8:00 - 9:00 a.m., 808-5462