

Fun with Senior Fitness

530-225-5126



Classes are free unless designated by a \$, indicating class is low-cost or donation

Class Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Door Community Church 3383 HWY-44 Shingletown, CA - Linda K.: 474-4769		9-10 a.m.		9-10 a.m.		
City of Redding Recreation Senior Center - 246-3042 2290 Benton Dr. Redding, CA- Iris B. 605-9489	8-9 a.m.		8-9 a.m.			
Lakehead Lions Club 20814 Mammoth Dr. Lakehead, CA	8:30-9:30 a.m		8:30-9:30 a.m		8:30-9:30 a.m	
22049 Old Highway 44 Dr. Unit 2 Palo Cedro, CA - Jim M. 549-5477		10:30-11:30 a.m		10:30-11:30 a.m		
Mt. Senior Center 20635 Roff Way. Burney, CA - Terry 335-2164		10-10:45 a.m.		10-10:45 a.m.		
Mt. Vista's Senior Apts. I & II (Residents only) 675 Peppertree Redding, CA - Helen 241-8486		10-11 a.m.		10-11 a.m.		
Redding Pilgrim House Senior Living (Open to public) 910 Canby Rd. Redding, CA - Karleen 222-1876		10-11 a.m.			10-11 a.m.	
Shasta Hill Estates, Senior Living 1350 Buenaventura Blvd. Redding (Open to public) 530-243-3014		10-11 a.m.				10-11 a.m.
Tree House Sr. Apartments 4500 Alder St. Redding Tiffany and Fae 246-1086, option #3	11am-12:00pm		11am-12:00pm		11am-12:00pm	
Additional Community Sites:						
YMCA, Redding Membership or day pass required Senior discount available 246-9622						

City of Redding Aquatic Ctr. \$ <i>Arthritis classes available also</i> 44 Quartz Hill Road, Redding 225-4095						
Redding Rancheria 2000 Redding Rancheria Rd, Redding <i>Clinic Patients & members only. 242-7510</i>						

Please call the class instructor BEFORE you attend to make sure the times are correct