



Fun With Senior Fitness

Fun with Senior Fitness

and walking classes for seniors

225-5854

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

Class Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black Butte Jr. High \$ 7752 Ponderosa Way, Shingletown- Linda - 474-4769		9-10 a.m.		9-10 a.m.		
City of Redding Aquatic Ctr. \$ <i>Arthritis classes available also</i> 44 Quartz Hill Road 225-4095 June-August ONLY	(Water) 9-10 a.m.	(Water) 9-10 a.m.	(Water) 9-10 a.m.	(Water) 9-10 a.m.		
City of Redding Recreation Senior Center 246-3042 2290 Benton Dr. Redding, Georgia 242-6877	8-9 a.m.		8-9 a.m.		8-9 a.m.	
Copper Ridge Rehab Center 201 Hartnell Rd., Redding Kai Kong 605-0349	5:30-6:30 p.m.		5:30-6:30 p.m.			
East Cottonwood School Gym 3424 Brush, Cottonwood Tonya 941-5060		Please call before attending				11-12 p.m.
First Presbyterian Church 2315 Placer Road, Redding Barbara 241-7409		9-10 a.m.		9-10 a.m.		
Frontier Senior Center 2081 Frontier Tr., Anderson Faihe, Karen, Bonnie Susan 529-1537 or office 365-3254	10-11:15 a.m.			10-11:15 a.m.		
John Beaudet Community Ctr. 1525 Median Ave., Shasta Lake	9-10 a.m.		9-10 a.m.			
Kirkwood Assisted Living <i>(Residents only)</i> Carma 241-2900	9-10 a.m.	9-10 a.m.	9-10 a.m.	9-10 a.m.	9-10 a.m.	
Lakehead Lions Club 20814 Mammoth Jeanne 238-8362 Judy 238-8613	8:30-9:30 a.m.		8:30-9:30 a.m.		8:30-9:30 a.m.	
Located in the: Lima Lama Self Defense Bldg. 22049 Old 44 Dr., #3, Palo Cedro Jim McNerny 549-5477 \$_____		9:30-10:30 a.m.		9:30-10:30 a.m.		
Lorenz Senior Apartments 1509 Yuba St. Redding Rosa - 243-6451		10-11 a.m.		10-11 a.m.		
Mt. Senior Center 20635 Roff Way, Burney Grace 335-3437 Terry 335-2164		10-10:45 a.m.		10-10:45 a.m.		
Mt. Vista's Senior Apts. I & II 675 Peppertree, Redding Stephanie 241-8486		10-11 a.m.		10-11 a.m.		
Redding Christian Fellowship 2157 Victor Ave., Redding Elizabeth 722-9974	9-10 a.m.		9-10 a.m.			
Redding Garden Apartments 301 South Street, Redding <i>(Residents only)</i> Valerie 241-9415	9-10 a.m.		9-10 a.m.			
Redding Pilgrim House Senior Living 910 Canby Rd., Redding Karleen 222-1876		10-11 a.m.			10-11 a.m.	



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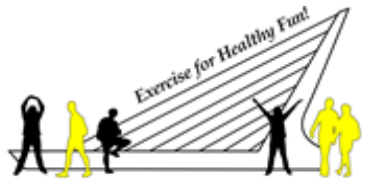
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Redding Rancheria Clinic Patients & members only 242-7510				10:30 a.m.		
Regency Place Senior Apts. 2501 Red Bud Ln., Anderson Debra 378-8080		10:30-11:30 a.m.			10:30-11:30 a.m.	
Round Mt. Community Center Highway 299 Matt, Marcy, Diane, Gary 337-6910 \$		8:30-10:30 a.m.		8:30-10:30 a.m.		
Shasta Sr. Nutrition Program 100 Mercy Oaks Dr., Redding 226-3067 Barb 241-5464/Terie 276-9755	12:30-1:30 p.m.			12:30-1:30 p.m.		
Shasta Sr. Nutrition Program 100 Mercy Oaks Dr., Redding 226-3067 Wii & Sitting-Volleyball/	10-11 a.m.		10-11 a.m.			
Shasta Estates, Senior Living 1350 Buena Ventura Blvd. Redding (Open to public) Jennifer Farrar 243-3014	2-3:00 p.m. Tai Chi	10:30-11 a.m. Strength & Balance		10:30-11 a.m. Chair Yoga		10:30-11 a.m. Strength & Balance
Sundial Assisted Living (Residents only) Carma 241-2900	9-10 a.m	9-10 a.m	9-10 a.m	9-10 a.m	9-10 a.m	9-10 a.m
Sierra Oaks Assist. Living 1520 Collyer Dr., Redding Julie 241-5100		10-10:35 a.m.		10-10:35 a.m.		
Tree House Sr. Apartments 4500 Alder St. Redding Rosa 246-1086	11am - 12		11am - 12			
Twin Lakes Estates 3304 Shasta Dam Blvd. Candie 275-2229		9-10 a.m.		9-10 a.m.		
Vineyard (Residents only) Wanda 222-1107	9-10 a.m.		9-10 a.m.			
Willow Springs (Residents only) 191 Churn Creek Rd. Redding 242-0654						
YMCA, Redding Membership or day pass required - Senior discount available 246-9622	Aqua 8 a.m 9- 10 a.m. Zumba Gold	Aqua 8 a.m.	Aqua 8 a.m 9-10 a.m. Zumba Low Impact	Aqua 8 a.m.		Aqua 9 a.m.

Updated October 26, 2016

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



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