



Fun with Senior Fitness

and walking Classes
225-5126

Classes are free unless designated by a \$, indicating class is low-cost or 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 - Iris 605-9489 and Bridget	8-9 a.m.		8-9 a.m.		8-9 a.m.	
East Cottonwood School Gym 3424 Brush, Cottonwood - Tonya 941-5060		Please call before				11-12 p.m.
First Presbyterian Church 2315 Placer Road, Redding - Connie 243-0567		9-10 a.m.		9-10 a.m.		
Frontier Senior Center 2081 Frontier Tr., Anderson - Faithe, Karen, Bonnie Susan 529-1537 or office 365-3254	10-11:15 a.m.			10-11:15 a.m.		
Lakehead Lions Club 20814 Mammoth Dr - Jeanne 238-8362 or Judy 238-8613	8:30-9:30 a.m.		8:30-9:30 a.m.		8:30-9:30 a.m.	
Lima Lama Self Defense Bldg \$ 22049 Old 44 Dr. #3, Palo Cedro Jim McNerny 549-5477		10:15-11:15 a.m.		10:15-11:15 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 241-8486 675 Peppertree, Redding - Frances and Helen		10-11 a.m.		10-11 a.m.		

Redding Christian Fellowship 2157 Victor Ave. Redding - Eileen 221-1351	9-10 a.m.		9-10 a.m.			
Redding Garden Apartments 301 South Street, Redding (Residents only) - 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.		
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 \$2 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 Barbara 241-5464	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 Buenaventura Blvd. Redding (Open to public) Jennifer Farrar 243-3014		3:15pm Strength & Balance	3:15pm Strength and balance	10:30-11 a.m. Stemgth and balance		
Shasta Hills Estates 1350 Buenaventura Blvd Redding - Linda Samuels 605- 3113	9-10 a.m.			9-10 a.m.		
Tree House Sr. Apartments 4500 Alder St. Redding - Rosa 246-1086	11am - 12		11am - 12		11am -12	
Twin Lakes Estates 3304 Shasta Dam Blvd. Suzanne Hayes (526) 225-5264		9-10 a.m.		9-10 a.m.		
Vineyard (Residents only) - Wanda 222-1107	9-10 a.m.		9-10 a.m.			
YMCA, Redding Membership or day pass required - Senior discount avaiiable 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 January 2020

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