

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Anaheim Independencia (NOCCCD)	10481 Garza Avenue	Anaheim	714-821-0460	Physical Fitness for OA	free	Spanish	None
Anaheim Senior Center (NOCCCD)	250 E. Center Street	Anaheim	714-765-4511	Balance and Mobility	free	None	Doctor Clearance
Anaheim Senior Center	250 E. Center Street	Anaheim	714-765-4511	"Dapper Tappers" dance	free	None	None
Anaheim Senior Center	250 E. Center Street	Anaheim	714-765-4511	Line Dancing	\$3 per session	None	None
Anaheim Senior Center (NOCCCD)	250 E. Center St.	Anaheim	714-765-4511	Fitness Exercise for seniors	free	None	None
Anaheim Senior Center	250 E. Center St.	Anaheim	714-765-4511	Table Tennis	free	None	None
Anaheim Senior Center	250 E. Center Street	Anaheim	714-765-4511	Softball Volleyball	free	None	None
Anaheim Senior Center	250 E. Center St.	Anaheim	714-765-4511	Tai Chi	\$3/session \$10/month	None	None
Anaheim Senior Center (NOCCCD)	250 E. Center St.	Anaheim	714-765-4511	Hatha Yoga	Free	None	None
Braille Institute	527 N. Dale Ave	Anaheim	714-821-5000	Balance and Mobility	free	None	Visually impaired
Braille Institute	527 N. Dale Ave	Anaheim	714-821-5000	Walk for Health	free	None	Visually impaired
Braille Institute	527 N. Dale Ave	Anaheim	714-821-5000	Salsa Dancing	free	None	Visually impaired
Braille Institute	527 N. Dale Ave	Anaheim	714-821-5000	Ballroom Dancing	free	None	Visually impaired
Braille Institute	527 N. Dale Ave	Anaheim	714-821-5000	Folk Dancing	free	None	Visually impaired
Braille Institute	527 N. Dale Ave.	Anaheim	714-821-5000	Fitness Exercise for Seniors	free	None	Visually impaired
West Anaheim Senior Center	2271 W. Crescent	Anaheim	714-765-3415	Line Dancing	free	All langs. Welcome	None
West Anaheim Senior Center (NOCCCD)	2271 W. Crescent	Anaheim	714-765-3415	Tai Chi	free	All langs. Welcome	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
West Anaheim Senior Center (NOCCCD)	2271 W. Crescent	Anaheim	714-765-3415	Fitness Exercise for seniors	free	All langs. Welcome	None
West Anaheim Senior Center (NOCCCD)	2272 W. Crescent	Anaheim	714-765-3415	Balance and Mobility	free		
Ezra Center	1770 W. Cerritos Temple Beth Emet	Anaheim	714-776-1103	Stretch Resistance Bands	free -- donation	None	None
Ezra Center	1770 W. Cerritos Temple Beth Emet	Anaheim	714-776-1103	Tai Chi	free-- donation	None	None
West Anaheim Medical Center-Senior Friends (NOCCCD)	3033 West Orange Avenue	Anaheim	714-229-4077	Physical Fitness for OA	free	None	None
Santiago Canyon College/Cont. Educ.	Canyon Club - 525 S. Anaheim Hills Rd	Anaheim Hills	714-974-2226	Physical Fitness (Chair, Resistance Bands)	free	None	Register in person
Brea Mall & St. Jude Medical Center	Brea Mall	Brea	Call Brea Mall 714-990-2733	Walking + blood pressure check	free	None	None
Brea Community Center	695 Madison Ave	Brea	714-990-7100	Standing Low-impact Fitness	Call center for fees	None	None
Brea Senior Center (NOCCCD)	500 S. Sievers	Brea	714-990-7750	Help Yourself to Health	free	None	None
Brea Senior Center (NOCCCD)	500 S. Sievers	Brea	714-990-7750	Physical Fitness	free	None	None
Brea Senior Center	500 S. Sievers	Brea	714-990-7750	Senior Table Tennis	free	None	None
Brea Senior Center (NOCCCD)	500 S. Sievers	Brea	714-990-7750	Tai Chi Exercise	free	None	None
Brea Senior Center (NOCCCD) M 1-2:30 pm	500 S. Sievers	Brea	714-990-7750	Tai Chi for Every Body	free	None	None
Brea Senior Center (NOCCCD)	500 S. Sievers	Brea	714-990-7750	Yoga	free	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Chair General exercise	free	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Dancing Ballroom; Swing	\$5/ 1 hour \$8/ 2 hours	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Buena Park Senior Center (NOCCCD)	8150 Knott Avenue	Buena Park	714-236-3870	Balance and Mobility	free	None	Doctor Clearance
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Strength & Stretch (Advanced)	free	None	None
Buena Park Senior Center (NOCCCD)	8150 Knott Avenue	Buena Park	714-236-3870	Yoga	free	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Hatha Yoga M 3:15 - 5:15 pm	free	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Tai Chi	\$5 per class	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Line Dancing	\$3 per class	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Square and Round Dance	\$5 per class	None	None
Buena Park Senior Center	8150 Knott Avenue	Buena Park	714-236-3870	Arthritis Exercise Program	free	None	None
Buena Park Senior Center (NOCCCD)	8150 Knott Avenue	Buena Park	714-236-3870	Staying Mentally Sharp	free	None	None
Buena Park Senior Center (NOCCCD)	8150 Knott Avenue	Buena Park	714-236-3870	Fitness Exercise for seniors M-F 9:30-11:30	free	None	None
Buena Park Senior Day Care Center (NOCCCD)	8150 Knott Avenue	Buena Park	714-826-3163	Physical Fitness for OA	free	None	None
Buena Park Mall Anaheim Memorial	Buena Park Mall	Buena Park	714-828-7722	Walking Group	free	None	None
Costa Mesa Senior Center	695 W. 19th St.	Costa Mesa	949-645-2356	Advance Chair Exercise	FREE	None	None
Costa Mesa Senior Center	695 W. 19th St.	Costa Mesa	949-645-2356	Balance Maintenance	FREE	None	None
Costa Mesa Senior Center	695 W. 19th St.	Costa Mesa	949-645-2356	Arthritis Exercise Program	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Balance and Mobility	FREE	None	Doctor Clearance

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Line Dancing	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Ballroom Dancing	\$5 per class	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Aerobics	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Tai Chi	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Stretch	\$3 per class	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Yoga	\$8 per class	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Functional Fitness	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Low Impact Aerobics	FREE	None	None
Costa Mesa Senior Center	1869 Anaheim Street	Costa Mesa	949-645-2356	Aqua/Water Aerobics	\$1.00 per class	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Hawaiian Dance (HULA)	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Pilates	FREE	None	None
Costa Mesa Senior Center	695 W. 19th Street	Costa Mesa	949-645-2356	Simply Lite Chair Aerobics	FREE	None	None
Cypress College NOCCCD	9200 Valley View	Cypress	714-484-7038	Aerobics Stretch Resistance Bands	free	None	Pre-registration
Cypress Senior Citizens Center	9031 Grindlay St.	Cypress	714-229-2005	Arthritis Exercise Program	free	None	None
Cypress Senior Citizens Center (NOCCCD)	9031 Grindlay St.	Cypress	714-229-2005	Balance and Mobility	free	None	Doctor Clearance
Cypress Senior Citizens Center (NOCCCD)	9031 Grindlay St.	Cypress	714-229-2005	Chair exercise 2-4pm	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Cypress Senior Citizens Center	9031 Grindlay St.	Cypress	714-229-2005	Line dancing (Beg)	free	None	None
Cypress Senior Citizens Center	9031 Grindlay St.	Cypress	714-229-2005	Line dancing (Adv)	\$3 per class	None	None
Cypress Senior Citizens Center	9031 Grindlay St.	Cypress	714-229-2005	Light Aerobics	free	None	None
Cypress Senior Citizens Center (NOCCCD)	9031 Grindlay St.	Cypress	714-229-2005	Yoga	free	None	None
Cypress Senior Citizens Center (NOCCCD)	9031 Grindlay St.	Cypress	714-229-2005	Tai Chi Chuan	free	None	None
Cypress Senior Citizens Center (NOCCCD)	9031 Grindlay St.	Cypress	714-229-2005	Physical Fitness	free	None	None
Cypress Senior Citizens Center	9031 Grindlay St.	Cypress	714-229-2005	Open Exercise	free	None	None
Cypress Senior Citizens Center	9031 Grindlay St.	Cypress	714-229-2005	Tai Chi	free	None	None
Dana Point Community Center	34052 Del Obispo	Dana Point	949-248-3530	Tai Chi for Arthritis	free	None	None
Dana Point Senior Center	34052 Del Obispo, Suite B	Dana Point	949-496-4252	Exercise Aerobics (low)	free	None	None
South Coast Medical Center	DP Harbor (Beach City Pizza)	Dana Point	949-499-7114	Walking Group "Beachcombers"	None	None	None
Fountain Valley Comm Center (HBAS)	17967 Bushard	Fountain Valley	714-847-2873 ext. 232	Aerobics-Lev 1&2 Dance Aerobics	free	None	Intro to Dance Aer
Palm Island Manor Coastline College	11300 Warner Ave.	Fountain Valley	714-241-6213	Aerobic Exercise	free	None	None
Windsong Senior Activity Center (NOCCCD)	1701 S. Euclid Ave	Fountain Valley	714-956-4190	Physical Fitness for OA	free	None	None
CSUF -- Center for Successful Aging	800 N. State College	Fullerton	714- 278-7994	Balance & Mobility Individualized	\$120 per semester	None	Doctor Clearance
CSUF -- Center for Successful Aging	800 N. State College	Fullerton	714-278-7012	Fit4Life (group exercise program)	\$75 per semester	None	Doctor Clearance
CSUF -- Center for Successful Aging	800 N. State College	Fullerton	714-278-7012	Yoga	\$75 per semester	None	Doctor Clearance

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
CSUF -- Center for Successful Aging	800 N. State College	Fullerton	714-278-7012	FallProof H <sub>2</sub> O Balance & Mobility	\$80 for 6-wk session	None	Doctor Clearance
CSUF -- Center for Successful Aging	800 N. State College	Fullerton	714- 278-7994	Balance & Mobility Group Class	\$100 per semester	None	
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Tai Chi Chuan	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Fun and Fitness Exercise	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Balance and Mobility	free	None	Doctor Clearance
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Dancing Hawaiian	free	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Dancing Middle Eastern	free	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Longevity Stick	\$10 per year requested	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Dancing Line (Beg)	free	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Line dancing Lessons	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Exercise Limited Ability	free	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Tennis on the Courts	free	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Walking Group	free	None	None
Fullerton Senior Multi-Service Center	340 West Commonwealth	Fullerton	714-738-6305	Table Tennis	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Yoga	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Staying Mentally Sharp	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Exercise Class	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Fitness Zone Exercise	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	714-738-6305	Fitness-Help Yourself to Health	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	340 West Commonwealth	Fullerton	(714)738-6305	InSTEP Fall Prevention	free	None	None
Fullerton Senior Multi-Service Center (NOCCCD)	341 West Commonwealth	Fullerton	(714)738-6306	Matter of Balance	free	None	None
Muckenthaler Cultural Center (NOCCCD)	1201 W. Malvern Ave	Fullerton	714-738-6340	Tai-Chi Chuan	free	None	None
St. Jude Medical Center Caring Neighbors	130 W. Bastanchury	Fullerton	800-870-7537	Arthritis Exercise Program	free	None	None
St. Jude West Fullerton Center (NOCCCD)	2351 W. Orangethorpe Ave	Fullerton	714-446-7062	Physical Fitness for OA MWF 10-11:30 am	free	None	None
YMCA Orange Co. North	200 Youth Way	Fullerton	714-879-9622	Arthritis Aquatics Program	\$3 per class	None	Membership
YMCA Orange Co. North	2000 Youth Way	Fullerton	714-879-9622	Pilates/Conditioning	membership required	None	Must be Member
YMCA Orange Co. North	2000 Youth Way	Fullerton	714-879-9622	Silver Sneakers (general exercise)	Secure Horizons-free	None	Must be Member
Fullerton College Wellness Center	321 E. Chapman by tennis court	Fullerton	714-992-7705	Fitness training using machines	\$120 / year \$15 /month	None	Member-ship
Rehabilitation Institute RIO (NOCCCD)	130 Laguna Rd	Fullerton	714-680-6060	Physical Fitness for OA M/T 9-11am	free	None	
Acacia Adult Day Services	11391 Acacia Pkwy	Garden Grove	714-530-1566	Arthritis Exercise Program	free	Viet	None
Garden Grove Hospital Likti Auditorium	12555 Garden Grove Blvd	Garden Grove	714-741-3341	Arthritis Exercise Program	free	None	Reservations required
H. Louis Lake Senior Center	11300 Stanford Ave	Garden Grove	714-741-5253	Arthritis Exercise Program	free	None	None
H. Louis Lake Senior Center	11300 Stanford Ave	Garden Grove	714-741-5253	Aerobic Exercise	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
H. Louis Lake Senior Center	11300 Stanford Ave	Garden Grove	714-741-5253	Dancing Line	free	None	None
H. Louis Lake Senior Center	11300 Stanford Ave	Garden Grove	714-741-5253	Fitness (general) some weights	free	None	None
H. Louis Lake Senior Center	11301 Stanford Ave	Garden Grove	714-741-5254	Senior Yoga Class	free	None	None
St. Anselm's Cross-Cultural Center	13091 Galway St.	Garden Grove	714-537-0608	Tai Chi	free	Viet	None
St. Anselm's Cross-Cultural Center	13091 Galway St.	Garden Grove	714-537-0608	Longevity Stick	free	Viet	None
City Gym and Pool	16th and Palm	Huntington Beach	714-960-8884	Arthritis Aquatic Program	\$3 per class	None	None
Huntington Beach Senior Friends	HB Central Library	Huntington Beach	714-843-5061	Aerobics High Intensity	\$29-\$39 for 10 wks	None	None
Huntington Beach Senior Friends	HB Central Library	Huntington Beach	714-843-5061	Streamlined Stretch	\$29-\$39 for 10 wks	None	None
Huntington Beach Senior Friends	HB Central Library	Huntington Beach	714-843-5061	Senior Fitness	\$29-\$39 for 10 wks	None	None
Huntington Beach Senior Friends	HB Central Library	Huntington Beach	714-843-5061	Simply Strength	\$29-\$39 for 10 wks	None	None
Huntington Beach Senior Friends	HB Central Library	Huntington Beach	714-843-5061	Flex & Stretch	\$29-\$39 for 10 wks	None	None
Huntington Beach Senior Friends	Huntington Central Park	Huntington Beach	714-843-5061	Walking Group with supervision	Free	None	None
Huntington Beach Senior Outreach	1718 Orange Ave	Huntington Beach	714-536-9387	Walking Group	free	None	None
Lutheran Church Adult School (HBAS)	9812 Hamilton Ave	Huntington Beach	714-847-2873 x232	Aerobics-Lev 2	free	None	None
Michael E. Rogers Senior Center (HBAS)	1706 Orange Ave	Huntington Beach	714-536-9387	Aerobic Exercise	free	None	None
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Longevity Stick	free	None	Doctor Clearance
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Fitness Exercise Resistance Bands	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Tai Chi	\$5/session	None	
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Chair Tai Chi	free	None	
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Martial Arts	\$90 for 15 weeks	None	
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Yoga	\$65 for 9 weeks	None	
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Pilates	\$55 for 6 weeks	None	
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Tap Dance	\$5/session	None	None
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Line Dancing	free	None	None
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Jazz dance	\$90 for 10 weeks	None	None
Michael E. Rogers Senior Center	1706 Orange Ave	Huntington Beach	714-536-9387	Walking Group	free	None	None
Talbert Medical	19066 Magnolia	Huntington Beach	714-968-0068	Arthritis Exercise Program	free	None	None
Heritage Park Community Center (IVC)	14301 Yale Ave.	Irvine	(949) 724-6721	Country Line Dance	free	None	Complete IVC reg
Jewish Community Center	1 Federation Way	Irvine	949-435-3400	Water Aerobics	free to JCC members	None	None
Jewish Community Center	1 Federation Way	Irvine	949-435-3400	Yoga	free to JCC members	None	None
Lakeview Senior Center (IVC)	20 Lake Road	Irvine	949-724-6808	Country Line Dance	free	None	Complete IVC reg
Lakeview Senior Center (IVC)	20 Lake Road	Irvine	949-724-6808	Beg Chair exercise	free	None	Complete IVC reg
Lakeview Senior Center	20 Lake Road	Irvine	949-724-6900	Dance Chinese Folk	Small fee	Chinese	None
Lakeview Senior Center	20 Lake Road	Irvine	949-724-6900	Dancing Ballroom	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Lakeview Senior Center (IVC)	20 Lake Road	Irvine	949-724-6808	Fitness Exercise for seniors	free	None	Complete IVC reg
Lakeview Senior Center (IVC)	20 Lake Road	Irvine	949-724-6808	Physical Fitness	free	None	Complete IVC reg
Lakeview Senior Center (IVC)	20 Lake Road	Irvine	949-724-6808	Pilates	free	None	Complete IVC reg
Lakeview Senior Center	20 Lake Road	Irvine	949-724-6900	Tai Chi	free	None	None
Lakeview Senior Center	20 Lake Road	Irvine	949-724-6900	Walking Group	free	None	None
Rancho Senior Center	3 Ethel Coplen Way	Irvine	949-724-6800	Fitness Center with machines	Member \$8 per mo.	None	None
Rancho Senior Center (IVC)	3 Ethel Coplen Way	Irvine	949-724-6800	Strength training	free	None	Complete IVC reg
Rancho Senior Center (IVC)	3 Ethel Coplen Way	Irvine	949-724-6800	Physical Fitness	free	None	Complete IVC reg
Rancho Senior Center (IVC)	4 Ethel Coplen Way	Irvine	949-724-6800	Pilates	free	None	Complete IVC reg
Rancho Senior Center (IVC)	5 Ethel Coplen Way	Irvine	949-724-6800	Qi Gong	free	None	Complete IVC reg
Rancho Senior Center (IVC)	3 Ethel Coplen Way	Irvine	949-724-6800	Yoga	free	None	Complete IVC reg
Rancho Senior Center (IVC)	4 Ethel Coplen Way	Irvine	949-724-6801	Laughter Yoga	free	None	Complete IVC reg
Rancho Senior Center (IVC)	3 Ethel Coplen Way	Irvine	949-724-6800	Yoga Stretching	free	None	Complete IVC reg
Rancho Senior Center (IVC)	3 Ethel Coplen Way	Irvine	949-724-6800	Ballroom Dance	free	None	Complete IVC reg
Rancho Senior Center (IVC)	3 Ethel Coplen Way	Irvine	949-724-6800	Dance Stretch	\$88	None	City Reg.
Rancho Senior Center	3 Ethel Coplen Way	Irvine	949-724-6800	Line Dance American style	\$80	None	City Reg.
Rancho Senior Center	4 Ethel Coplen Way	Irvine	949-724-6800	Pi-Yo	\$80	None	City Reg.

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Rancho Senior Center	5 Ethel Coplen Way	Irvine	949-724-6800	Hiking	\$32	None	City Reg.
Rancho Senior Center	5 Ethel Coplen Way	Irvine	949-724-6800	Ping Pong	free	None	City Reg.
Turtle Rock Community Park (IVC)	1 Sunnyhill	Irvine	949-451-5382	Country Line Dance	free	None	Complete IVC reg
Waterworks Aquatics	25 Waterworks Way	Irvine	949-450-0777	Arthritis Aquatic Program	free	None	None
WWJAC	4601 Walnut Ave	Irvine	949-724-6717	Water Aerobics	free	None	None
WWJAC	4601 Walnut Ave	Irvine	949-724-6717	Mild Exercise for Fitness/Water	free	None	None
WWJAC (IVC)	4601 Walnut Ave	Irvine	949-724-6717	Aquatic Fitness Training	free	None	Complete IVC reg
La Habra Community Center (NOCCCD)	101 W. La Habra Blvd	La Habra	562-905-9708	Balance and Mobility	free	None	Doctor Clearance
La Habra Community Center (NOCCCD)	101 W. La Habra Blvd	La Habra	562-905-9708	Physical Fitness for OA	free	None	None
La Habra Community Center (NOCCCD)	101 W. La Habra Blvd	La Habra	562-905-9708	Hatha Yoga	free	None	None
Laguna Beach Community Center (IVC)	380 Third Street	Laguna Beach	949-464-9535	Pilates	free	None	Complete IVC reg
Laguna Beach High Pool (IVC)	625 Park Avenue	Laguna Beach	949-464-9535	Aquatic Fitness Training	free	None	Complete IVC reg
South Coast Medical Center	31872 Coast Highway	Laguna Beach	949-499-7202	Fitness "Get fit"	1st 6 free \$5 per class	None	None
South Coast Medical Center	31872 Coast Highway	Laguna Beach	949-499-7202	Movement Disorder	1st 6 free \$5 per class	None	None
South Coast Medical Center	31872 Coast Highway	Laguna Beach	949-499-7202	Tai Chi	\$10 per month	None	None
Florence Sylvester Senior Center	23721 Moulton Pky.	Laguna Hills	949-380-0155	Balance & Mobility	free	None	None
Florence Sylvester Senior Center	23721 Moulton Pky.	Laguna Hills	949-380-0155	Fitness with Althea bands & weights	\$2 per class	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Florence Sylvester Senior Center	23721 Moulton Pky.	Laguna Hills	949-380-0155	Strength Training	free	None	None
Florence Sylvester Senior Center	23721 Moulton Pky.	Laguna Hills	949-380-0155	Fall Prevention	free	None	None
Florence Sylvester Senior Center	23721 Moulton Pky.	Laguna Hills	949-380-0155	Fall Prevention Maintenance	\$2 per class	None	None
Florence Sylvester Senior Center-Saddleback	23721 Moulton Parkway	Laguna Hills	949-380-0155	Yoga	free	None	Bring mat or towel
Florence Sylvester Senior Center	23721 Moulton Parkway	Laguna Hills	949-380-0155	Chi Kong with Rose Ting	Donations	None	None
Florence Sylvester Senior Center	23721 Moulton Parkway	Laguna Hills	949-380-0155	Total Body Fitness With Jen	\$5 per class	None	None
Saddleback College Emeritus	Marriot's Villa Valencia	Laguna Hills	949-582-4200	Chair General exercise	\$50 for 10 classes	None	None
Saddleback College Emeritus	Community Center 25555 Alicia Pkwy	Laguna Hills	949-582-4835	Dance Exercise to music	free	None	None
Saddleback College Emeritus	Community Center 25555 Alicia Pkwy	Laguna Hills	949-582-4835	Exercise General Standing	free	None	None
Saddleback College Emeritus	Community Cent 25555 Alicia Pkwy	Laguna Hills	949-582-4835	Tai Chi Beginning or Adv.	free	None	None
Saddleback Memorial Medical Center	24451 Health Center Drive	Laguna Hills	949-452-7255	Balance and Mobility	\$50 for 10 classes	None	Doctor Clearance
Saddleback Memorial Medical Center	24451 Health Center Drive	Laguna Hills	949-452-7255	Osteoporosis & Exercise	\$50	None	None
Saddleback Memorial Medical Center	24451 Health Center Drive	Laguna Hills	949-452-7255	Strength Weight machines	Members-- Call for fee	None	Join sen. club
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-425-5151	Arthritis Exercise Program	free	None	None
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-498-3322	Strength, Flexibility, and Balance	free	None	None
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-498-3322	Sun Style 12 Movement Tai Chi	\$5 per class	None	None
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-498-3322	Tai Chi Physical Fitness	\$5 per class	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-498-3322	Physical Fitness	free	None	None
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-425-5155	Tai Chi for Arthritis	free	None	None
Sea Country Senior & Community Center	24602 Aliso Creek	Laguna Niguel	949-498-3322	Total Body Fitness	\$5 per class	None	None
YMCA South Coast	29831 Crown Valley Parkway	Laguna Niguel	949-495-9622	Silver Sneakers (general exercise)	Secure Horizons-free	None	None
YMCA South Coast	29831 Crown Valley Parkway	Laguna Niguel	949-495-9622	Stretch and Healthy Back	\$12 /day Free-Secure Horizons	None	None
YMCA South Coast	29831 Crown Valley Parkway	Laguna Niguel	949-495-9622	Gentle Yoga	\$12 /day Free-Secure Horizons	None	None
YMCA South Coast	29831 Crown Valley Parkway	Laguna Niguel	949-495-9622	Functional Fitness	\$12 /day Free-Secure Horizons	None	None
YMCA South Coast	29831 Crown Valley Parkway	Laguna Niguel	949-495-9622	Low impact Aerobics	\$12 /day Free-Secure Horizons	None	None
Laguna Woods Village	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-597-4273	Tai Chi	free	None	L. W. Res. Only
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Aqua/Water Calisthenics	free	None	None
Laguna Woods Village Saddleback Emeritus	Ch #4 Pool 23501 Via Mariposa W.	Laguna Woods	949-582-4835	Aqua/Water Mild exercise	free	none	Surgery/ disability
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Chair Intermediate	free	None	None
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Conditioning Personalized	free	None	None
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Dance Exercise to music	free	None	None
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Exercise Back Problems	free	None	None
Laguna Woods Village Saddleback Emeritus	Ch #4 23501 Via Mariposa W.	Laguna Woods	949-582-4835	Fitness Special equipment	free	none	Doctor Prescript.

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Strength training (machines)	free	None	None
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Stretch and Flex Resistance Bands	free	None	None
Laguna Woods Village Saddleback Emeritus	LW Ch. #1 24232 Calle Aragon	Laguna Woods	949-582-4835	Yoga	free	None	None
Lake Forest Beach and Tennis Club (IVC)	22921 Ridge Route Drive	Lake Forest	949-867-6100	Aquatic Fitness Training	free	None	Complete IVC reg
Lake Forest Community Center (IVC)	25550 Commercentre Dr	Lake Forest	949-461-3450	Yoga	free	None	None
Lake Forest Community Center (IVC)	25550 Commercentre Dr	Lake Forest	949-461-3450	Tai Chi (Ch'uan)	free	None	Complete IVC reg
Lake Forest Community Center (IVC)	25550 Commercentre Dr	Lake Forest	949-461-3450	Physical Fitness/Back	free	None	Complete IVC reg
Lake Forest Community Center (IVC)	25550 Commercentre Dr	Lake Forest	949-461-3450	Resistance Bands	free	None	Complete IVC reg
Lake Forest Sun and Sail Club (IVC)	24752 Toledo Way	Lake Forest	949-586-0860	Physical Fitness	free	None	None
Lake Forest Sun and Sail Club (IVC)	24752 Toledo Way	Lake Forest	949-586-0860	Pilates	free	None	None
City of Los Alamitos	Water Polo Pool 11200 Lexington	Los Alamitos	562-430-1073	Aqua Lap swimming	\$3 per use	None	Ability to swim
Los Alamitos Community Center	10911 Oak St	Los Alamitos	562-430-1073	Line Dancing	\$3 per class	None	None
Los Alamitos Senior Center (NOCCCD)	10911 Oak Street	Los Alamitos	562-430-1073	Balance & Mobility for OA	Free		
Midway City Community Center	14900 Park Lane	Midway City	714-898-0203	Longevity Stick	free	Viet English	None
Costa Del Sol Saddleback Emeritus	Costa Del Sol Clubhouse	Mission Viejo	949-582-4200	Aqua/Water Calisthenics	free	none	None
Costa Del Sol Saddleback Emeritus	Costa Del Sol Clubhouse	Mission Viejo	949-582-4200	Exercise -General standing	free	none	None
Montanoso Recreation & Fitness	25800 Montanoso Dr	Mission Viejo	949-582-5639	Arthritis Aquatic Program	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Montanoso Recreation & Fitness	25800 Montanoso Dr	Mission Viejo	949-582-5639	Tai Chi for Arthritis	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Arthritis Exercise Program	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Chair General exercise	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Dance Line	\$4.00/Beg/day, \$5/Int/day	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Dancing Ballroom	\$5.00 per class	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Exercise to music	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Fitness Exercise for seniors	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Tai Chi	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Walking Group	free	None	None
Norman P. Murray Senior Center (SE)	24932 Veterans Way	Mission Viejo	949-470-3062	Yoga	free	None	None
Norman P. Murray Senior Center (SE)	24933 Veterans Way	Mission Viejo	949-470-3063	Stretch Class	free	None	None
Norman P. Murray Senior Center (SE)	24934 Veterans Way	Mission Viejo	949-470-3064	Walking Class	free	None	None
Palma Rec. Center Saddleback Emeritus	21455 Monterey	Mission Viejo	949-582-4200	Aqua/Water mild exercise	free	None	Recent surgery
Palma Rec. Center Saddleback Emeritus	21455 Monterey	Mission Viejo	949-582-4200	Chair Exercise Intermediate	free	none	None
Saddleback Valley YMCA	27341 Trabuco Circle	Mission Viejo	949-859-9622	Silver Sneakers (general exercise)	Secure Horizons-free	None	Member-ship
Saddleback Valley YMCA	27341 Trabuco Circle	Mission Viejo	949-859-9622	Aqua/Water Aerobic Exercise	\$12/day	None	Member-ship

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Saddleback Valley YMCA	27341 Trabuco Circle	Mission Viejo	949-859-9622	Strength Training (Women's)	\$12/day	None	Member-ship
Saddleback Valley YMCA	27341 Trabuco Circle	Mission Viejo	949-859-9622	Gentle Yoga	\$12/day	None	Member-ship
Saddleback Valley YMCA	27341 Trabuco Circle	Mission Viejo	949-859-9622	Yoga Stretch	\$12/day	None	Member-ship
Sierra Recreation and Fitness	26887 Recodo Lane	Mission Viejo	949-582-5639	Arthritis Aquatic Program	free	None	None
United Studios of Self Defense	24170 Alicia	Mission Viejo	949-586-3818	Tai Chi for Arthritis	call	None	None
Newport Coast Community Center - Oasis Senior Ctr.	6401 San Joaquin Hills Road	Newport Beach	949-644-3244	Pilates	free	None	Complete IVC reg
Newport Coast Community Center - Oasis Senior Ctr.	6401 San Joaquin Hills Road	Newport Beach	949-644-3244	Ballroom dance	free	None	Complete IVC reg
Newport Coast Community Center - Oasis Senior Ctr.	6401 San Joaquin Hills Road	Newport Beach	949-644-3244	Physical Fitness	free	None	Complete IVC reg
Newport Coast Community Center - Oasis Senior Ctr.	6401 San Joaquin Hills Road	Newport Beach	949-644-3244	Pilates	free	None	Complete IVC reg
Oasis Senior Center	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Balance to go	\$65 Reg. fee	None	Doctor Clearance
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Abs and Back	\$37 per mo or Secure Horizons	None	Member-ship
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Early Morning Energizer	\$37 per mo or Secure Horizons	None	Member-ship
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Aqua/Water Fitness & deep	\$37 per mo or Secure Horizons	None	Member-ship
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Silver Sneakers (general exercise)	Secure Horizons-free	None	Member-ship

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Strength Training with machines	\$37 per mo or Secure Horizons	None	Member-ship
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Senior Stretch	\$37 per mo or Secure Horizons	None	Member-ship
Central Orange Coast YMCA	2300 University Drive	Newport Beach	949-642-9990 ext.110 Sally	Senior Strength	\$37 per mo or Secure Horizons Hour	None	Member-ship
Oasis Senior Center	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Yoga	\$48/ 8 sessions	None	None
Oasis Senior Center	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Balance	\$65/ 8 sessions	None	None
Oasis Senior Center Coastline College	800 Marguerite Corona Del Mar	Newport Beach	942-644-3244	Physical Training	free	None	None
Oasis Senior Center Coastline College	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Functional Fitness	free	None	None
Oasis Senior Center Coastline College	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Chair Resistance bands	free	None	None
Oasis Senior Center Coastline College	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Dancing Line	free	None	None
Oasis Senior Center Coastline College	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Strength Training with weights	free	None	None
Oasis Senior Center Coastline College	800 Marguerite Corona Del Mar	Newport Beach	949-644-3244	Tai Chi	free	None	None
Newport Coast Community Center	6401 San Joaquin Hills Road	Newport Beach	949-6443244	Pilates (Mat)	free	None	None
West Newport Community Center	883 W. 15th St.	Newport Beach	949-644-3244	Aerobics 4 seniors Resistance Bands	free	None	None
Orange Senior Center (Santiago Community College)	1001 E. Lincoln	Orange	714998-4010	Fitness Exercise for seniors	\$15 per month	None	None
Orange Senior Center (The Arthritis Foundation)	170 South Olive	Orange	714-538-9633	Arthritis Exercise Program	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Orange Senior Center (Santiago Community College)	170 So. Olive St	Orange	714-538-9633	Balance and Mobility	free	None	Doctor Clearance & Instructor Assessment Clearance)
Orange Senior Center	170 So. Olive St	Orange	714-538-9633	Line Dancing	\$2 per class	None	None
Orange Senior Center	170 So. Olive St	Orange	714-538-9633	Stretching Exercise	\$1 per class	None	None
Orange Senior Center	170 So. Olive St	Orange	714-538-9633	Strength Training with weights	\$5.00 per class	None	Doctor clearance
Orange Senior Center	170 So. Olive St.	Orange	714-538-9633	Tai Chi	\$4 per class	None	None
Rehabilitation Institute RIO	1800 E. La Veta	Orange	714-633-7400	Arthritis Aquatic Program	\$25 once \$50 per mo	None	None
Santiago Canyon College/Cont. Educ.	1465 N. Batavia St. and other locations	Orange	714-628-5900	General Exercise for Seniors	free	None	Register in person
Santiago Canyon College/Cont. Educ.	1465 N. Batavia St.	Orange	714-628-5900	Yoga for Seniors	free	None	Bring towel or mat
Easter Seals Senior Day Care (NOCCCD)	2050 N. Valencia Ave	Placentia	714-672-0343	Physical Fitness for OA	free	None	
Placentia Senior Center (NOCCCD)	201 N. Bradford Backs Bldg	Placentia	714-986-2332	Balance and Mobility	free	None	Doctor Clearance
Placentia Senior Center (NOCCCD)	143 S. Bradford	Placentia	714-986-2332	Physical Fitness	free	None	None
Placentia Senior Center (NOCCCD)	143 S. Bradford	Placentia	714-986-2332	Tai Chi	free	Spanish	None
Whitten Community Center (NOCCCD)	900 S. Melrose	Placentia	714-986-2333	Balance & Mobility	free	None	Register in person
Bell Tower Regional Community Center	22232 El Paseo	R.S. Margarita		Get Stronger, Live Longer	\$25/month		
Bell Tower Regional Community Center	22232 El Paseo	R.S. Margarita		Balance & Mobility	\$55/18 classes		

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Ole Hanson Club Pool	105 West Avenida Pico	San Clemente	949-361-8264	Arthritis Aquatic Program	\$35 per month	None	None
San Clemente Senior Center	242 Avenida del Mar	San Clemente	949-498-3322	Strength and Flexibility Training	free	None	None
San Clemente Senior Center	242 Avenida del Mar	San Clemente	949-498-3322	Tai Chi Physical Fitness	free	None	None
San Clemente Senior Center	242 Avenida del Mar	San Clemente	949-498-3322	Tai Chi Physical Fitness	free	None	None
San Clemente Senior Center	242 Avenida Del Mar	San Clemente	949-361-8264	Tai Chi for Arthritis	free	None	register first
San Juan Capistrano Community Center	25925 Camino del Avion	San Juan Capistrano	949-443-6358	Pilates	free	None	None
San Juan Capistrano Community Center	25925 Camino del Avion	San Juan Capistrano	949-443-5911	Chair exercises	free	None	Doctor Clearance
San Juan Capistrano Community Center	25925 Camino del Avion	San Juan Capistrano	949-443-5911	Stretch and Tone	free	None	Doctor Clearance
San Juan Capistrano Community Center	25925 Camino del Avion	San Juan Capistrano	949-443-5911 CUSD	Balance and Mobility	register first	None	Doctor Clearance
San Juan Capistrano Community Center	25925 Camino del Avion	San Juan Capistrano	949-443-5911 Saddleback	Yoga beginning	register first	None	None
San Juan Capistrano Community Center	25926 Camino del Avion	San Juan Capistrano	949-443-5911 Saddleback	Tai Chi Beginning	register first	None	None
San Juan Capistrano Community Center	25925 Camino del Avion	San Juan Capistrano	949-451-5382	Tai Chi for Arthritis	free	None	register first
Delhi Community Center	505 E. Central Ave.	Santa Ana	714-481-9600	Fitness Exercise for seniors	free	Spanish	None
Latino Health Access	1717 N. Broadway	Santa Ana	714-542-7792 x3158	Women's Wellness	free	Spanish only	Spanish-speakers
Main Place Mall & St. Joseph's Med. Ctr.	Main Place Mall	Santa Ana	Mgt.office 714-547-7000	Walking Group "Pacers Club"	free	None	register
Santa Ana College	1530 W. 15th St. W111	Santa Ana	714-564-6900	Exercise Adaptive Fitness	Small health fee only	Spanish	None
Santa Ana College	2900 W. Edinger	Santa Ana	714-241-5749	Aerobics	free	Spanish	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Santa Ana College	2900 W. Edinger	Santa Ana	714-241-5749	Tai Chi	free	Spanish	None
Santa Ana College	2900 W. Edinger	Santa Ana	714-241-5749	Yoga	free	Spanish	None
Santa Ana Senior Center	424 W. Third St	Santa Ana	714-647-6540	Chair General exercise	free	Spanish Chinese	None
Santa Ana Senior Center	424 W. Third St	Santa Ana	714-647-6540	Dancing Ballroom	free	Spanish Chinese	None
Santa Ana Senior Center	424 W. Third St	Santa Ana	714-647-6540	Dancing Line	free	Spanish Chinese	None
Santa Ana Senior Center	424 W. Third St	Santa Ana	714-647-6540	Fitness Exercise for seniors	free	Spanish Chinese	None
Santa Ana Senior Center	424 W. Third St	Santa Ana	714-647-6540	Tai Chi	free	Spanish Chinese	None
Southwest (Santa Ana) Senior Center	2201 W. McFadden	Santa Ana	714-647-5306	Fitness Exercise for seniors	free	Spanish	None
Southwest (Santa Ana) Senior Center	2201 W. McFadden	Santa Ana	714-647-5306	Yoga	free	None	None
Southwest (Santa Ana) Senior Center	2201 W. McFadden	Santa Ana	714-647-5306	Tai Chi	free	None	None
Southwest (Santa Ana) Senior Center	2201 W. McFadden	Santa Ana	714-647-5306	Tennis for seniors	free	None	None
Southwest (Santa Ana) Senior Center	2201 W. McFadden Ave	Santa Ana	714-647-5306	Walking Group	free	None	None
Vietnamese Catholic Hope Cntr.	1438 N. Century Blvd.	Santa Ana	714-265-1181	Longevity Stick	free	Vietnamese	None
Vietnamese Catholic Hope Cntr.	1438 N. Century Blvd.	Santa Ana	714-265-1181	Tai Chi	free	Vietnamese	None
Vietnamese Community of O.C.	1618 W. 1st St	Santa Ana	714-558-6009	Tai Chi	free	Vietnamese	None
North Seal Beach Center	3333 St. Cloud Drive	Seal Beach	562-431-2527 x344	Ballroom Dancing	some fees	None	None
North Seal Beach Center	3333 St. Cloud Drive	Seal Beach	562-431-2527 x344	Latin Dancing	some fees	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
North Seal Beach Center	3333 St. Cloud Drive	Seal Beach	562-431-2527 x344	Waltz	some fees	None	None
North Seal Beach Center	3333 St. Cloud Drive	Seal Beach	562-431-2527 x344	Jazzercise	some fees	None	None
North Seal Beach Center	3333 St. Cloud Drive	Seal Beach	562-431-2527 x344	Aikido for Adults	some fees	None	None
North Seal Beach Center	3333 St. Cloud Drive	Seal Beach	562-431-2527 x344	Aerobic Dancing	some fees	None	None
Seal Beach Senior Center	709 Electric Ave	Seal Beach	562-431-2527 x344	Fitness Exercise for seniors	some fees	None	None
Seal Beach Senior Center	707 Electric Ave	Seal Beach	562-431-2527 x344	Memory Fitness	some fees	None	None
Seal Beach Senior Center	707 Electric Ave	Seal Beach	562-431-2527 x344	Yoga	some fees	None	None
Seal Beach Senior Center	707 Electric Ave	Seal Beach	562-431-2527 x344	Meditation	some fees	None	None
Seal Beach Senior Center	707 Electric Ave	Seal Beach	562-431-2527 x344	Pilates	some fees	None	None
Marina Center	151 Marina Dr	Seal Beach	562-431-2527 x344	Jazzercise	some fees	None	None
Marina Center	151 Marina Dr	Seal Beach	562-431-2527 x344	Belly Dance Fitness	some fees	None	None
Marina Park	151 Marina Dr	Seal Beach	562-431-2527 x344	Tennis	some fees	None	None
Coastline College St Polycarp Church	8100 Chapman St.	Stanton	714-241-6213	Stretching (slow)	free	None	None
New Horizon Lodge, Inc (NOCCCD)	8541 W. Cerritos Ave	Stanton	714-821-5780	Physical Fitness for OA	free	None	None
Stanton Community Center	7800 Katella	Stanton	714-379-9222	Arthritis Exercise Program	free	None	None
Stanton Community Center (NOCCCD)	7800 Katella	Stanton	714-379-9222 ext. 270	Fitness Exercise for seniors	free	None	None
Tustin Area Senior Center (IVC)	200 So. C Street	Tustin	714-573-3340	Aerobic Workout	free	None	Complete IVC reg

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Tustin Area Senior Center	200 So. C Street	Tustin	714-573-3340	Fit	free	None	Doctor Clearance
Tustin Area Senior Center (IVC)	200 So. C Street	Tustin	714-573-3340	Intermediate Chair Exercise	free	None	Complete IVC reg
Tustin Area Senior Center (IVC)	200 So. C Street	Tustin	714-573-3340	Mild Fitness	free	None	Complete IVC reg
Tustin Area Senior Center (IVC)	200 So. C Street	Tustin	714-573-3340	Physical Fitness	free	None	Complete IVC reg
Tustin Area Senior Center (IVC)	201 So. C Street	Tustin	714-573-3340	Pilates	free	None	Complete IVC reg
Tustin Area Senior Center	200 So. C Street	Tustin	714-573-3340	Senior Fitness	free	None	None
Tustin Area Senior Center	200 So. C Street	Tustin	714-573-3340	Stick Art	free	None	None
Tustin Area Senior Center	200 So. C Street	Tustin	714-573-3340	Walking Club	free	None	None
Tustin Area Senior Center (IVC)	200 So. C Street	Tustin	714-573-3340	Tai Chi (Chih & Ch'uan)	free	None	Complete IVC reg
Tustin Area Senior Center (IVC)	200 So. C Street	Tustin	714-573-3340	Yoga	free	None	Complete IVC reg
Westminster Senior Center (HBAS)	8200 Westminster Blvd	Westminster	714-847-2873 x232	Aerobics-Lev 1&2 Dance Aerobics	free	None	Intro to Dance Aer
Westminster Senior Center	8200 Westminster Blvd	Westminster	714-895-2878	Line Dancing	free	None	None
Westminster Senior Center	8200 Westminster Blvd	Westminster	714-895-2878	Longevity Stick	free	None	None
Westminster Senior Coastline College	8200 Westminster Blvd	Westminster	714-895-2878	Balance and Mobility	free	None	Doctor Clearance
Westminster Senior Coastline College	8200 Westminster Blvd	Westminster	714-895-2878	Chair Aerobics	free	None	None
Westminster Senior Coastline College	8200 Westminster Blvd	Westminster	714-895-2878	Fitness Exercise Resistance bands	free	None	None
Westminster Senior Coastline College	8200 Westminster Blvd	Westminster	714-895-2878	Adult Fitness	free	None	None

## EXERCISE LIST

SPONSOR FACILITY	ADDRESS	CITY	PHONE	ACTIVITY TYPE	FEES	OTHER LANGUAGES	REQUIREMENTS
Rose Drive Friends Church	4221 Rose Drive	Yorba Linda	714-528-6496	Flex & Stretch	free	None	None
St. Jude Villa Yorba Center (NOCCCD)	17451 Bastanchury Ste 102D Bldg. 2	Yorba Linda	800-870-7537	Balance and Mobility	free	None	Doctor Clearance
St. Jude Villa Yorba Center	17451 Bastanchury Ste 102D Bldg. 2	Yorba Linda	800-870-7537	Chair Sit & Be Fit	\$30 per month	None	None
St. Jude Villa Yorba Center	17451 Bastanchury Ste 102D Bldg. 2	Yorba Linda	800-870-7537	Yoga for Seniors	\$45 per 8 weeks	None	None
St. Jude Villa Yorba Center	17451 Bastanchury Ste 102D Bldg. 2	Yorba Linda	800-870-7537	Young at Heart	\$30 per month	None	None
St. Jude Villa Yorba Center (NOCCCD)	17451 Bastanchury Ste 102D Bldg. 2	Yorba Linda	800-870-7537	Tai Chi	free	None	None
Yorba Linda Senior Citizen Center	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Fitness Equipment Bike & Treadmill	free	None	Release form
Yorba Linda Senior Citizen Center	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Line Dancing	\$2.00/class	None	None
Yorba Linda Senior Citizen Center (NOCCCD)	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Fitness Exercise for seniors	free	None	None
Yorba Linda Senior Citizen Center (NOCCCD)	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Tai Chi	free	None	None
Yorba Linda Senior Citizen Center	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Longevity Stick	free	None	Bring own stick
Yorba Linda Senior Citizen Center (NOCCCD)	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Beg Yoga	free	None	Bring mat or towel
Yorba Linda Senior Citizen Center (NOCCCD)	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Int/Adv Yoga	free	None	Bring mat or towel

<b>SPONSOR FACILITY</b>	<b>ADDRESS</b>	<b>CITY</b>	<b>PHONE</b>	<b>ACTIVITY TYPE</b>	<b>FEES</b>	<b>OTHER LANGUAGES</b>	<b>REQUIREMENTS</b>
Yorba Linda Senior Citizen Center	4501 Casa Loma Ave	Yorba Linda	714-961-7181	Arthritis Stretching Exercise Class	free	None	Release form
Yorba Linda Senior Citizen Center	4501 Casa Loma Ave	Yorba Linda	(714)-961-7181	Balance and Mobility Class	free	None	None