

Exercise Programs and Classes

Description: Exercise is the most important step you can take to prevent a fall. Look for a class or program that focuses on strength, balance, flexibility and improving gait patterns.

Resource	Contact E-mail	Address	Phone	Description of FP Services	Website
Allied Gardens Community Senior Center	flutu@sanidiego.gov	5155 Greenbrier Ave. San Diego, Ca. 92120	(619) 235-1129	Senior exercise classes-low impact aerobics are available in the summer.	https://www.sandiego.gov/park-and-recreation/centers/recctr/allied
Alpine Community Center	cindi@alpinecommunitycenter.com	1830 Alpine Blvd. Alpine, Ca. 91901	(619) 445-7330	Exercise classes include strength & balance and yoga.	www.alpinecommunitycenter.com
Carlsbad Senior Center	valerie.fisher@carlsbad.ca.gov	799 Pine Ave. Carlsbad, Ca. 92008	(760) 602-4650	Variety of senior exercise classes are offered including Balance & Mobility, Yoga, Tai Chi, and Body Conditioning.	http://www.carlsbadca.gov/services/depts/parks/programs/seniors/
Cathy Hooper Clairemont Friendship Center		4425 Bannock St San Diego, Ca. 92117	(858) 581-9926	Variety of senior exercise classes	
College Ave Senior Center -Temple Emanuelhttp:	elissal@lficc.org	6299 Capri Dr. San Diego, CA 92120	(858) 637-3270	Feeling Fit, Tai Chi, Yoga and Stretch and Balance classes are offered - something different every day of the week.	http://www.jfssd.org/site/PageServer?pagename=programs_older_college_avenue
Ed Brown Center at Rancho Bernardo		18402 W. Bernardo Drive, San Diego CA 92127	(858) 487-9324	We offer various exercise classes that improve strength, increase balance and improve flexibility (e.g., yoga, arthritis & balance, zumba, adult fitness, tappercize, ballroom dance, tai chi, etc.). Classes are held weekly, year round, check schedule for days and times.	edbrowncenter.org
Encinitas Senior Center	cgoodsel@encinitas.ca.gov	1140 Oak Crest Dr. Encinitas, Ca.	(760) 943-2250	The Encinitas Senior Center offers a variety of fitness classes including Beginners' Yoga and Encinitas Happy Feet.	http://www.ci.encinitas.ca.us/Resident/Senior-Citizens/Community-Senior-Center
Escondido Joslyn Senior Center		210 East Park Ave. Escondido, Ca. 92025	(760) 839-4688	Offer a wide variety of senior exercise classes including Feeling Fit, Yoga, and Tai Chi, billards, shuffle board, and once a month we offer dances.	https://www.escondido.org/escondido-senior-center.aspx
Fairwinds Ivey Ranch -Retirement Community	paularichards@leisurecare.com	4490 Mesa Drive. Oceanside, Ca. 92056	(760) 439-8090	FallProof Balance and Mobility calsses are offered weekly. Some classes may require you to sign up through Mira Costa Community College.	www.leisurecare.com
Fallbrook Community Center		341 Heald Lane Fallbrook, Ca. 92028	(760) 760-1671	Offer gentle exercises and yoga classes.	http://www.fallbrookcommunitycenterfriends.org/
Fallbrook Senior Center		399 Heald Lane Fallbrook, Ca. 92028	(760) 728-4498	Offer senior exercise classes, yoga, line dancing, and card games. We also have a community center down the street offers yoga classes.	http://www.fallbrookseniorcenter.com/
FallProof!	suemotleygrant@cox.net	Magdalena Ecke Family YMCA 200 Saxony Road Encinitas, CA 92024	(760) 815- 0005	FallProof is a balance and mobility class taught at the Encinitas YMCA which meets twice a week. Each session is 8 weeks long. Contact Sue Grant at suemotleygrant@cox.net for details.	http://www.ymca.org/ecke/programs/fitness/aoa-fitness.html

Feeling Fit		Over 30 sites throughout San Diego County	(858) 495-5500	These free classes build strength, flexibility, and balance and designed for seniors. Exercise is one of the best things seniors can do to prevent falls. Classes are offered by Aging & Independence Services and community partners. The class is shown on CTN at 8:00 and 1:00, Monday through Friday: Cox Channels 19 or 24; Time Warner, Ch. 124; Uverse Ch 99 and scroll. To view the schedule, see the website. Also, we can send you a stretchband and Feeling Fit DVD, please call 858-495-5500.	http://www.sandiegocounty.gov/hhsa/programs/ais/health_promotions/feeling_fit_club.html
Fourth District Senior Resource Center (George L. Stevens Senior Center)	fssrc@sdcglobal.net	570 S. 65th St. San Diego, Ca. 92112	(619) 266-2066	Exercise classes and special balance class offered.	http://fdsrc.org/
Function First		3974 Dove St. San Diego, Ca 92103	(619) 285- 9218	Corrective exercise, personal training, and group exercise classes our programs are specifically designed to improve core strength, stability, balance, and functional movement. We also offer nutrition counseling and metabolic testing.	http://www.functionfirst.com/
George H. Waters Nutrition Center	mwright@nationalcity.ca.gov	1415 D Ave.National City, Ca. 91950	(619) 336-6760	Exercise classes focus on strength, flexibility, and balance	http://www.nationalcityca.gov/city-government/community-services/senior-services/nutrition-center
Incremental Fitness	incrementalfit@gmail.com	Morley Field- 2221 Morley Field Drive San Diego, CA 92104 Liberty Station NTC Park- 2455 Cushing Rd San Diego, CA 92106	(312) 622-2867	Provide individualized strength and conditioning personal training services to increase endurance, strength, balance and agility. Such results are attained through a program that changes over time with the individual's progress to continually challenge them through variation.	https://incrementalfit.com/
La Jolla Community Center	info@ljcommunitycenter.org	6811 La Jolla Blvd. La Jolla, Ca. 92037	(858) 459-0831	Matter of Balance, Silver Age Yoga, Tai Chi and other exercise classes are offered at this center.	http://ljcommunitycenter.org/
La Mesa Adult Enrichment Center	flutu@sandiego.gov	8450 La Mesa Blvd. La Mesa, Ca. 91941	(619) 235-1129	A wide variety of senior exercise classes including, Tai Chi, Yoga, and Yogalates.	http://www.cityoflamesa.com/416/Adult-Services
Lakeside Community Center	ashley.westbrook@sdcounty.ca.gov	9841 Vine St. Lakeside, Ca. 92040	(619) 443-9176	Various senior exercise classes including Tai Chi.	www.sdcounty.ca.gov/parks/centers/lakeside.htm !
Lawrence Family Jewish Community	paulb@lfjcc.org	4126 Executive Dr. La Jolla, Ca. 92037	(858) 362-1337	Variety of senior exercise classes are offered for a small fee for non-members and free for members.	http://www.lfjcc.org/
Linda Vista-Bayside Community Center		2202 Comstock St. San Diego, Ca. 92117	(858) 278-0771	Feeling Fit classes focusing on strength, flexibility and balance. Classes are free.	http://www.baysidecc.org/
Mira Mesa Senior Center	miramesacenter@miramesacenter.org	8460 Mira Mesa Blvd. San Diego, Ca. 92126	(858) 860-5355	Senior exercise classes offered such as Tai Chi, and yoga. For the schedule of classes please contact us or look on the website.	http://miramesacenter.org/
NIA Exercise Information/Resources		31 Center Dr. MSC 2292 Bethesda, MD. 20892	(800)222-2225	Welcome to Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging! The National Institute on Aging (NIA) is part of the National Institutes of Health, and the goal of our research is to improve the health and well-being of older adults.	https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction
North County Inland Senior Center		15905 Pomerado Rd. Poway Ca 92064	(858) 674- 1123	We offer a variety of fitness classes for seniors. We provide strength training, balance and coordination classes.	http://seniorcenter.us/sc/north_county_inland_center_poway_ca

Oceanside Presbyterian Church	fpc@fpc.oceanside.org	2001 S. El Camino Real Oceanside, Ca. 92054	(760) 757 3560	Exercise classes focus on strength & balance.	http://www.fpcoceanside.org/default.asp?sec_id=180015323
Older & Wiser Workout DVD for Active Older Adults		140 Encinitas Blvd. P.O. Box 165 Encinitas, CA 92024		By Sue Grant, Certified Master Instructor of Fall Proof and resident of San Diego. DVD can be purchased for home use.	http://www.olderwiseworkout.com/
Parkinson's Association of San Diego		2095 W. Vista Way, Suite 217 Vista, CA 92083	(760) 940-4097	Dance Practice for Parkinson's provides a unique movement experience to affect positive change. It provides exercise, mental stimulation, conscious use of the senses and social interaction in a joyful activity. It incorporates exercise with music, assisting participants in moving to rhythm, beat, melody and mood. Classes are designed to accommodate participants at all levels of mobility (seated, needing support, ambulatory), with dancers encouraged to engage at their own comfort level. Movement is the key to managing balance, coordination and gait and can help revitalize your strength flexibility which helps prevent falls. Dance Practice for Parkinson's is an opportunity for people with Parkinson's to take part in one of the latest exercise programs which has been recommended to improve mobility. Spouses and care partners are welcomed and are encouraged to participate.	http://parkinsonsassociation.org/exercises/
Poway Senior Center		13094 Civic Center Dr.Poway, Ca. 92064	(858) 748-6094	We provide a wide variety of senior exercise classes including Yoga and Tai Chi. Silver Yoga is also offer, some exercise classes do include a small fee for the exercise instructors. Line dancing is also offered twice a week.	http://www.powayseniorcenter.org/
Ramona Senior		434 Aqua Lane Ramona, Ca. 92065	(760) 789-0440	Provide a variety of senior exercise classes including Tai Chi.	http://www.ramonaseniorcenter.com/
San Diegito Adult School		800 Santa Fe Encinitas, CA 92024	(760) 753-7073 ext 5102	A variety of classes are offered including Qigong, Tai Chi, Yoga for those 55 and over. Classes are held at various locations including community centers, high schools, and churches.	https://www.sandiegounified.org/adult-education
San Diego Community College Continuing Education		7350 Armstrong Place, San Diego, CA 92111	(619) 388-1950	San Diego Continuing Education offers free classes for those 55 and older. This program focuses on wellness and fall prevention, feeling fit and being healthy. It also offers programs to walk your way to health, health and wellness through Tai Chi, stay strong and tall for health, health and wellness for the aging process, and health education/brain fitness.	http://www.sdce.edu/
San Marcos Senior Center		111 Richmar Ave.San Marcos, Ca. 92069	(760) 744-5535	Provide a variety of senior exercise classes including Tai Chi and Yoga.	http://www.san-marcos.net/play/adults-50
Silver Age Yoga		P.O. Box 160 Del Mar, CA 92014	(858) 693-3110 / Toll Free (844) 7234-3110	This program combines geriatric science with yoga practices and trains certified yoga teachers to teach easy yoga postures, breathing exercises, and meditation to older adults. Health enhancing yoga is provided to improve the lives of the economically disadvantaged at no cost throughout the county.	http://www.silverageyoga.org/
Silver Sneakers Fitness		All over San Diego	1(888) 423-4632	We have an instructor workshop, "ABCs of Fall Prevention", that can be incorporated into the daily exercise classes for seniors.	https://www.silversneakers.com/
Solana Beach Presbyterian Church Senior Center		120 Stevens Ave. Solana Beach, Ca. 92075	(858) 509-2591 ext 1217	Exercise classes focus on strength & balance.	http://www.solanapres.org/get-connected/adults/mature-adults/senior-center

Spring Valley Community Center	joanne.mcghee@sdcounty.ca.gov	8735 Jamacha Blvd.Spring Valley, Ca. 91977	(619) 479-1832	Offer senior gentle yoga classes.	http://www.sdparks.org/content/sdparks/en/park-pages/SpringValleyCommunityCenter.html
Tai Chi: Moving For Better Balance		Locations around the County	(858) 495-5500 (extension 3)	Tai Chi: Moving For Better Balance is an evidence-based fall prevention program for older adults. This program is free.	http://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/Tai_Chi_Schedule.pdf
University City Senior Center	avivas@jewishfamilyservices.org	9001 Town Centre Dr. San Diego, Ca. 92112	(858) 550-5998	Senior exercise classes are offered.	
Vista Adult School		510 Sunset Drive Vista, CA 92081	(760) 758-7122	We offer a variety of exercise classes for seniors, including to improve strength and flexibility for beginners, Prime Time Senior Intermediate, Fit for Life Senior Beginners, & Soul Line Dancing.	http://www.vistaadultschool.org/active-seniors-55-.html
Vista McClellan Senior Center		1400 Vale Terrace Dr.Vista, Ca. 92084	(760) 643-5281	Provide a variety of senior exercise classes including Geri-Fit, Positively Fit, Tai Chi for Beginners, and Yoga. We also offer sole dancing.	http://seniorcenter.us/sc/gloria_mcclellan_adult_activity_resource_center_vista_ca
Yoga for Caregivers DVD		DVD that is available through Aging & Independence Services for in-home yoga.	(858) 495-5500	By Frank Iszak, Silver Age Yoga	