Resource	Address	Phone		Other
Feeling Fit	Over 20 sites throughout San	(858) 495-5500	These free classes build strength, flexibility, and balance and	www.ais-sd.com
	Diego County	for information or	are paced for seniors. Exercise is one of the best things seniors	
		to find a site near	can do to prevent falls. Classes offered by Aging &	
		you	Independence Services and our 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. 22 (Digital	
			124); Adelphia, Ch 66 T	
Gentle Tai Chi Meetup	Downtown - Community Room,		Classes are free. Gentle Tai Chi and Qi Gong, with a break for	http://taichi.meetup.com/125/calendar/
	438 3rd Ave.		tea in the middle.	
	San Diego, CA 92101			
Grossmont Adult School	Foothills Adult Center - 1550	(619) 401-4120	Functional Fitness with Stability Ball, Tai Chi, NO FEE	http://www.guhsd.net/adult/
	Melody Lane			
	El Cajon, CA 92019			
	Helix Adult Center - 7323	(619) 644-3555	Functional Fitness with Stability Ball, NO FEE	http://www.guhsd.net/adult/
	University Ave.			
	La Mesa, CA 91941			
	First Baptist Church of the	(619) 401-4122	Tai Chi, NO FEE	http://www.guhsd.net/adult/
	Willows - 3520 Alpine Blvd.			
	Alpine, CA 91901			
	First Presbyterian Church of El	(619) 401-4122	Tai Chi, NO FEE	http://www.guhsd.net/adult/
	Cajon - 500 Farragut Circle			
	El Cajon, CA 92020			
	La Mesa Adult Enrichment	(619) 464-0505	Tai Chi - \$3 per class - All Levels- Beginning, Intermediate,	http://www.guhsd.net/adult/
	Center - 8450 La Mesa Blvd.		Advanced	
	La Mesa, CA 91941 Santee Civic Center - 10601	(619) 956-0388	Tai Chi Qigong, NO FEE	http://www.guhsd.net/adult/
	Magnolia	(019) 920-0200		<u>Inttp://www.gunsu.net/addit/</u>
	Santee, CA 92071			
	Lakeside Community Center -	(619) 956-0388	Walking for Fitness, NO FEE	http:/www.guhsd.net/adult/
	9841 Vine St.	(010) 000 0000		<u>Intep./ www.gunsu.net/ duait/</u>
	Lakeside, CA 92040			
NIA Exercise Guide				http://www.nia.nih.gov/NR/rdonlyres/8E3B798C-237E-
				469B-A508-94CA4E537D4C/0/Exercise_Guide907.pdf
NIA Exercise Information/Resources				www.nia.nih.gov/HealthInformation/Publications/exerci
				e.htm
Older & Wiser Workout DVD for Active Older	DVD that can be purchased for		By Sue Grant, Certified Master Instructor of Fall Proof and	www.olderwiserworkout.com
Adults	in-home use.		resident of San Diego	Archstone Grant

Poway Adult School	Poway Adult School - 13230 Evening Creek Dr., #220 San Diego, CA 92128	(858) 668-4024	Variety of classes such as Gentle Yoga, Stability Ball, Healing Qigong and Tai Chi taught at elementary and high school locations in and around Poway. Class fees range 10-12 weeks.	www.powayadultschool.com
San Diego Community College District	8401 Aero Dr. San Diego, CA 92123	(619) 388-1833	We offer free classes: Walk Your Way to Health, Health and Wellness Through Tai Chi, Health and Wellness for the Aging Process, Stay Strong and Walk Tall, Health and the Arthritis Foundation Exercise Program & Walk with Ease Program.	www.sdccd.edu
San Dieguito Adult School	800 Santa Fe Encinitas, CA 92024	(760) 753-7073 ext 5102	A variety of classes offered including Qigong, Tai Chi, Yoga for 55+. 9-10 week sessions. Classes held in various locations including community centers, high schools, churches.	http://www.sdadulted.com/
Senior Centers - Central San Diego	Allied Gardens Community Senior Center - 5155 Greenbrier Ave. San Diego, CA 92120	(619) 235-1129	Senior exercise classes- low impact aerobics.	
	Linda Vista - Bayside Community Center - 2202 Comstock St San Diego, CA 92117	(858) 278-0771	Feeling Fit classes focusing on strength, flexibility and balance offered (free)	http://www.baysidecc.org/activities.htm
	Clairemont - LiveWell San Diego - 4425 Bannock St San Diego, CA 92117	(858) 483-5100	Variety of senior exercise classes	http://www.livewellsandiego.org/
	College Ave Senior Center - 4855 College Ave. San Diego, CA 92115	(619) 583-3300	Feeling Fit, Tai Chi, Yoga, PACE and Movement Awareness classes offered - something different every day of the week.	http://jfs.ujcweb.org/page.html?ArticleID=128694
	Florence Riford Senior Center - 6811 La Jolla Blvd. La Jolla, CA 92037	(858) 459-0831	Matter of Balance, Silver Age Yoga, Tai Chi and other exercise classes offered at this center.	http://www.rifordcenter.com/
	Lawrence Family Jewish Community Center - 4126 Executive Dr. La Jolla, CA 92037	(858) 457-3030	Variety of senior exercise classes	http://www.lfjcc.org/seniors/classes.php
	Mira Mesa Senior Center, 8460 Mira Mesa Blvd. San Diego, CA 92126	(858) 578-7325	Senior exercise classes and yoga	http://miramesaseniorcenter.org/events_schedule.aspx

	Rancho Bernardo Joslyn Senior	(858) 487-9324	Variety of senior exercise classes, including Tai Chi and Yoga	www.rbjoslyn.org
	Center - 18402 W. Bernardo Dr.			
	San Diego, CA 92127			
	Spanish Speaking - St. Jude's	(619) 263-7785	Exercise classes offered in Spanish	
	Senior Center - 3751 Boston			
	Ave.			
	San Diego, CA 92113			
	Fourth District Senior Resource	(619) 266-2066	Exercise classes and special balance class offered	www.fdsrc.org
	Center - 570 S. 65th St.			
	San Diego, CA 92114			
	University City Senior Center -	(858) 550-5998	Various, exercise, dance, yoga classes.	http://www.jfssd.org/page.html?ArticleID=122429
	9001 Town Centre Dr.			
	San Diego, CA 92112			
Senior Centers - East County	Alpine Community Center -	(619) 445-7330	Exercise classes include strength & balance and yoga.	
	1830 Alpine Blvd.			
	Alpine, CA 92020			www.alpinecommunitycenter.com
	Lakeside Community Center -	(619) 443-9176	Various senior exercise classes, including Tai Chi.	
	9841 Vine St.			
	Lakeside, CA 92040			www.sdcounty.ca.gov/parks/centers/lakeside.html
	La Mesa Adult Enrichment	(619) 464-0505	A wide variety of senior exercise classes including, Tai Chi,	
	Center - 8450 La Mesa Blvd.		Yoga, Yogalates.	
	La Mesa, CA 91941			www.cityoflamesa.com/seniors
	Spring Valley Community Center	(619) 479-1832	Senior hatha yoga.	http://www.co.san- diego.ca.us/parks/centers/springvalley.html
	- 8735 Jamacha Blvd.			diego.ca.us/parks/centers/sphiligvalley.ntmi
	Spring Valley, CA 91977			
Senior Centers - North County Coastal	Carlsbad Senior Center - 799	(760) 602-4650	Variety of senior exercise classes including Balance & Mobility,	http://www.carlsbadca.gov/recreation/sencent.html
	Pine Ave.		Yoga, Tai Chi.	
	Carlsbad, CA 92008			
	Encinitas Senior Center - 1140	(760) 943-2250	The Encinitas Senior Center offers a variety of fitness classes	http://www.ci.encinitas.ca.us/NR/rdonlyres/54DD7D2E- 4012-4059-9B89-F1290971C172/0/Senior_LR.pdf
	Oak Crest Dr.		including Tai Chi Shih class for seniors called "Joy through	4012-4033-3003-1 12303110112/0/0enior_cit.put
	Encinitas, CA		Movement" and Silver Age Yoga classes	
	Fairwinds Ivey Ranch	(760) 439-8090	FallProof Balance and Mobility calssed offered weekly.	
	Retirement Community		Contact: Lauren Spangler	
	4490 Mesa Drive,			
	Oceanside, CA 92056			
	Oceanside Senior Center - 455	(760) 435-5250	Variety of senior exercise classes including Tai Chi	http://www.oceanside-senior-center.org/
	Country Club Lane			
1	Oceanside, CA 92054			

	Solana Beach Presbyterian Church Senior Center - 210 Stevens Ave. Solana Beach, CA 92075	(858) 509-2591 ext 1217	Exercise classes include a strength & balance focus.	
Senior Centers - North County Inland	Fallbrook Community Center - 341 Heald Lane Fallbrook, CA 92028	(760) 760-1671	Gentle exercise and yoga classes.	www.sdcounty.ca.gov/parks/centers/fallbrook.html
	Fallbrook Senior Center - 399 Heald Lane Fallbrook, CA 92028	(760) 728-4498	Offers senior exercise classes, and the community center down the street offers yoga	
	Escondido Joslyn Senior Center - 210 East Park Ave. Escondido, CA 92025	(760) 839-4688	Wide variety of senior exercise classes including Feeling Fit, Yoga, Tai Chi.	http://www.ci.escondido.ca.us/facilities/joslyn/
	Poway Senior Center - 13094 Civic Center Dr. Poway, CA 92064	(858) 748-6094	Wide variety of senior exercise classes including Yoga, Tai Chi.	www.powayseniorcenter.org
	Ramona Senior Center - 434 Aqua Lane Ramona, CA 92065	(760) 789-0440	Variety of senior exercise classes including Tai Chi	http://www.ramonarec.com/senior_center.html
	San Marcos Senior Center - 111 Richmar Ave. San Marcos, CA 92069	(760) 744-5535	Variety of senior exercise classes including Tai Chi and Yoga	<u>http://www.ci.san-</u> marcos.ca.us/departments.asp?id=1626
	Vista McClellan Senior Center - 1400 Vale Terrace Dr. Vista, CA 92084	(760) 639-6160	Variety of senior exercise classes including Positively Fit and Yoga	http://www.cityofvista.com/departments/parks/Senio rvices.cfm
Senior Centers - South Bay	National City Nutrition Center - 1415 D Ave. National City, CA 91950	(619) 336-6750	Exercise classes focus on balance.	
	Norman Park Senior Center - 270 F St. Chula Vista, CA 91910	(619) 691-5086	A wide variety of senior exercise classes including, Tai Chi, Yoga, monthly workshops which focus on balance.	http://www.chulavistaca.gov/City_Services/Commun Services/Recreation/Senior/default.asp
Silver Age Yoga	7968 Arjons Dr., Ste 213 San Diego, CA 92126	. , , ,	This program combines geriatric science with yoga practice 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.	Link to locations and times of free senior yoga classes: www.silverageyoga.org
Silver Sneakers Program: Clairemont	Being-Fit Fitness Center, 4971 Clairemont Dr.	(858) 483-9294	Silver Sneakers® I Muscular Strength & Range of Movement - Uses music and exercises designed to increase muscular	

	San Diego, CA 92117		strength, range of movement, and activity for daily living skills. Silver Sneakers® II Muscular Strength & Range of Movement A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.	
Silver Sneakers: Encinitas	24 Hour Fitness, 455 Santa Fe Drive Encinitas, CA	(760) 634-2760		
Silver Sneakers Program: Mira Mesa	Being-Fit Fitness Center, 8292 Mira Mesa Blvd. San Diego, CA 92126	(858) 549-3456	Silver Sneakers® I Muscular Strength & Range of Movement - a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Silver Sneakers® II Muscular Strength & Range of Movement - A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.	
Vista Adult School	305 E. Bobier Dr., Vista, CA 92084	(760) 758-7122	Variety of exercise classes for seniors, including Strong & Flexible for Beginners - Taught at McClellan Senior Center.	www.vistaadultschool.com
YMCA - Active Older Adults (AOA) Programs	AOA programs offered at the following SD County YMCA branches: Copley, East County, Magdalena Ecke, Mission Valley, Mottino, Palomar, Rancho, and South Bay	(858) 453-3483 ext 133	Active Older Adults (AOA) - These programs are designed to encourage Active Older Adults to maintain a healthy lifestyle through wellness, fitness and social opportunities. We offer informative speakers each month covering topics to educate and enlighten. AOA Fitness programs include: Low Motion Water Fitness; Lo Impact; Stretch and Strength; Fall Proof, Line Dancing; Health Walk; Yoga; and Silver Sneakers. For more information please call Dana Rucci at (858) 453- 3483 x133 or drucci@ymca.org.	<u>www.ymca.org</u>
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	
TakeltUpDaily	14672 Brookstone Drive Poway, CA 92064	(858) 382-3799	I teach yoga, Senior Fitness classes, and SilverSneakers classes	
Carlsbad Senior Center	799 Pine Avenue Carlsbad, CA 92008	(760) 602-4650	FallProof Balance and Mobility classes, Tai Chi, Fall Prevention Seminars, Fall Prevention Fair, Fall Prevention Assessments	Archstone Grant

Reneu Health	PO Box 12817	(619) 263-0239	We provide in-home exercise programs administered by one of	www.reneu-health.com
	San Diego, CA 92112		our skilled professionals. We focus on muscle weaknesses,	
			posture and balance to reduce the chances of a fall and to	
			keep our clients in their home, independent and safe for as	
			long as possible.	
Just Keep Movin'	10668 Caminito Duro	(858) 414-9287	One on One/Small Group Fall Prevention exercises, Group	www.justkeepmovin.com
	San Diego, CA 92126		Presentations and Workshops, Posture Assessment and	
			Exercise Design to Improve Posture and Balance.	
SilverSneakers Fitness Program	All over San Diego	(800) 295-4993	We have an instructor workshop ABCs of Fall Prevention that	www.silversneakers.com
			can be incorporated into the daily exercise classes for seniors.	