

## Community Resources Kitsap County



### Allyn

Reference: Gig Harbor for YMCA or other community programs

### Bainbridge Island

#### **Bainbridge Island Senior Community Center**

370 Brien Dr, Bainbridge Island, WA, 98110

(206) 842-1616

M-F, 8am-4pm

<http://www.biparks.org/programs/seniorcenter.php> or [info@biseniorcenter.org](mailto:info@biseniorcenter.org)

Programs offer: Sit & Fit Yoga, Yoga and exercise classes, Exercise, Line Dancing, Arthritis exercise program, Tai Chi

Free and Fee programs: Free and low cost Membership \$10 per year price \$4.50 per session or Punch Card \$40.00 per 10 sessions

Call for current schedule and for registration information

Personal Trainer

#### **Bainbridge Island Metro Parks & Recreation District (Strawberry Hill Park)**

Park District Office (206)842-2306

Programs: (vary per site)

Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

#### **Aquatics Center**

8521 Madison Ave. Bainbridge Island, WA 98110

(206)842-2302 or Park Services Office (206)842-9929

Programs (vary per site)

Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

#### **Camp Yeomalt**

Park Avenue and Dingley Lane, Bainbridge Island, WA 98110

(206)842-5917 or Park Services Office 842-9929

Programs (vary per site)

Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

#### **Eagledale Arts Center**

5055 Rose Avenue off Eagle Harbor Dr. Bainbridge Island, WA 98110

(206)842-7025 or Park Services Office 842-9929

Programs (vary per site)

Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

#### **Strawberry Hill Mini Gym**

Pay Phone 780-8812 or Park Services Office 842-9929

Programs (vary per site)

Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

#### **Island Center Hall**

Park Services Office

(206)842-9929 or Pay Phone (206)842-8832

Programs (vary per site)

Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

### **BI Senior Center Rms**

9330 High School Road Rear of High School, Bainbridge Island, WA 98110  
(206)842-1616 or Park Services Office (206) 842-9929

Programs (vary per site)  
Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

### **BI Teen Center**

7666 NE High School Road, Bainbridge Island, WA 98110  
(206)780- 9622 or Park Services Office (206)842-9929

Programs (vary per site)  
Fee: \$15.00 drop in fee. Classes \$40 and Up

Personal Trainers

### **Strawberry Hill Center**

7666 NE High School Road, Bainbridge Island, WA 98110  
(206)842-9929 or (206)780-9519

[Biparks.org/programsandclasses/instructioninfo.html](http://Biparks.org/programsandclasses/instructioninfo.html)

Programs (vary per site) Yoga, Gentle Yoga , Facial Yoga, Mixed Flow Yoga, Qigong Pilates, Flo Motion, Tai Chi, Exercise, Body Lean & Strong Training, Cross fit Training, Health Zone Cycle, Low Impact Step & Weight Dance, Hiking, Water Exercise,  
Fee: \$15.00 drop in fee. Regular Classes \$40 and Up.

Personal Trainers

### **Bainbridge Island Parks & Recreation**

PO BOX 10010  
280 Madison Ave Bainbridge Island, WA 98110  
(206)842-2306 ext. 16

Web Site: [CityAdmin@ci.bainbridge-isl.wa.us](mailto:CityAdmin@ci.bainbridge-isl.wa.us)

The Bainbridge Island Park & Recreation District maintains and operates more than 1000 acres of developed and undeveloped parkland on Bainbridge Island. This 1.5 mile walking/jogging trail is located within the boundaries of Battle Point Park. The trail passes near a large duck-filled pond near the north park boundary and circumvents various playing fields. The trail composition varies from gravel to paved dirt. The flat terrain provides an easy hike with children. Self directed workout stations are provided at markers around the trail.

### **Battle Point Park**

11299 Arrow Point Dr. NE Bainbridge Island, WA 98110  
Hiking / Walking Blake Island, home of Tillicum Village and Blake Island State Park. Come for the day, or bring your camping gear and stay a while. Relax, Camp, Hike, Bike, Picnic, Beachcomb, Bird watching.

### **Bloedel Reserve**

7571 NE Dolphin DR Bainbridge Island, WA 98110  
(206)842-7631  
Hiking / walking 67.0 Acres - Walking trails, education center and view point Directions: Take Highway 104 in Kingston to Barber Cut-Off Road. The park site is located behind Gordon Elementary School off of Barber Cut-off Road.

### **Fairy Dell Park**

Battle Point Drive and Frey Road Bainbridge Island, WA  
Hiking / walking 27.3 acres, much is forested. Play toy, Tennis court, picnic tables, 2 horseshoe pits, Restroom, 1,320 linear feet of trails 8 parking spaces, Boy Scout Hall on property.

### **Fort Ward State Park**

2241 Pleasant Beach RD NE Bainbridge Island, WA 98110  
(206)842-3931  
Hiking / Walking Two miles northwest of Hansville, near the tip of the Kitsap Peninsula, a stand of 70-foot-tall red alders welcomes visitors to the Foul weather Bluff Preserve. The trail leads to a beautiful beach. Owned by the Nature Conservancy.

### **Gazzam Lake**

At end of Deer path Lane or Marshall Road Bainbridge Island, WA 98110  
Hiking / Walking

### Grand Forest

Miller and Mandus Olson Roads Bainbridge Island, WA 98110  
Hiking / Walking

### Bangor

Reference: Silverdale for YMCA or other community programs

#### **The Bangor Fitness Center**

2700 at Naval Base Kitsap Bangor WA  
(360)315-2134  
Programs offers: Yoga, Total body Step & Sculpt, Step, indoor Cycling and exercise classes  
Free and Fee programs Free and low cost Membership \$10 per year  
Accessibility features: Call for current schedule and for registration information  
No Health Supervision

### Belfair

Reference: Gig Harbor for YMCA or other community programs

#### **North Mason Senior, Theler Community Center**

22871 NE State Route 3 Belfair WA 98528  
(360)275-4898  
Programs: Tai Chi, Line Dancing, fitness class  
Health Supervision: No Blood Pressure checks

### Bremerton

Reference: Bremerton for YMCA or other community programs

#### **Glenn Jarstad Aquatic Center**

2270 Schley Blvd. (in East park) Bremerton, WA 98310  
(360) 473-5376  
swimjac@ci.bremerton.wa.us  
Programs: Arthritis & therapeutic swims, and water aerobics.  
Fee: Seniors 55+, & Disable \$3.00, Adults & Fitness Drop-In \$3.50. Punch Cards\$30 to \$70. 6 month\$125 to \$338.

#### **Kitsap Family YMCA**

60 Magnuson Way Bremerton, WA, 98310  
(360) 377 - 3741  
M-F, 5:15am-9:30pm; SA, 9am-9pm; Su, 12pm-9pm  
Programs offers: Balance Class, Basic step, Bone Builders, Cardiac Wellness, Chair Class, Chair Yoga, Circuit Training, Diabetes Fitness, Functional Health, Gentle Stretch, Gentle Yoga, Healthy Back, Healthy Joints, Pilates, Tai Chi,  
Free and Fee programs: 30 and older \$52.00/Mo  
Web site: kfymca@silverlink.net  
Personal trainers extra cost

#### **Bremerton Senior Center**

1140 Nipsic Bremerton, WA, 98310  
(360) 473 - 5357  
M-F, 8am-3pm  
<http://www.ci.bremerton.wa.us/display.php?id=636>  
Programs: They provide over 30 activities each week which include: exercise, in the form of line dancing, square dancing and Tai Chi,  
Fee: Membership is \$21 for couples, bulk memberships are \$5.75 (resident) / \$11.50 (non-resident), and \$15.50 for associate members.  
Accessibility features: Wheelchair accessible

#### **Harborside Fountain Park**

251 1st Street Bremerton, WA  
Walking (individual)

#### **Arvon Park**

1512 Arvon Street Bremerton WA  
Walking (individual)

Corner of Sylvan & Olympus Bremerton WA  
Walking (individual)

**Bataan Park**

206 Shore Drive Bremerton, WA  
Walking (individual)

**Bachmann Park**

737 Sylvan Way Bremerton, WA  
Walking (individual)

**Blueberry Park**

2nd Street and Washington Bremerton WA  
Walking (individual)

**Louis Mentor Boardwalk**

Callow Avenue Bremerton, WA  
Walking (individual)

**Bremerton Gateway**

East park Nature Area Bremerton WA  
Wheaton Way and Ash Street  
Walking (individual)

**East Park- & Homer Jones**

1400 Park Avenue Bremerton WA  
Walking (individual)

**Evergreen Rotary Park**

110 Summit Avenue Bremerton WA  
Walking (individual)

**Forest Ridge Park**

15th Street & Lafayette Bremerton WA  
Walking (individual)

**Haddon Park**

1978 Price Road Bremerton WA  
Walking (individual)

**Kitsap Lake Park**

Corner of Lebo & Reid Bremerton WA  
Walking (individual)

**Lent Landing Park**

1701 5th Street Bremerton WA  
Walking (individual)

**Kiwanis Park**

408 Lebo Blvd. Bremerton WA  
Walking (individual)

**Lions Park**

### **Lower Roto Vista Park**

North end of Elizabeth Street Bremerton WA  
Walking (individual)

### **NAD Marine Park**

End of Shorewood Drive Bremerton WA  
Walking (individual)

### **NAD Soroptomist Park**

6002 Kitsap Way Bremerton WA  
Walking (individual)  
1.5 miles of nature trail

### **Stephenson Canyon**

2800 Birch Avenue Bremerton WA  
walking (individual)

### **Curves of Bremerton**

3627 Wheaton Way Suite D Bremerton, WA 98310  
(360) 479-7111 or Fax (360) 479-2553  
Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

### **Brownsville**

Reference: Bremerton for YMCA or other community programs

### **Burley**

Reference: Gig Harbor for YMCA or other community programs

### **Chico**

Reference: Bremerton for YMCA or other community programs

### **Fox Island**

Reference: Tacoma & Gig Harbor for YMCA or other community programs

### **Gig Harbor**

### **Camp Seymour Branch YMCA**

9725 Cramer Road KPN Gig Harbor, WA  
(253) 884-3392

M-F 4:45am - 9:30pm Saturday 6:30am - 9:30pm unsay 9:30am - 7:00pm

Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fee: Joining Fee range from \$50.00 to \$125.00 Monthly fee range from \$20.00 to \$97.00 Annual Fees: \$220.00 to \$1164. Military Membership Fees: Joining fee waived fees range from \$36.00 to \$43.00 for single individual and \$42.00 to \$77.00. Some Insurances pay for Silver Sneaker programs. Call for current schedule and for registration information.

www.ymcapk.org

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Gig Harbor Family Branch YMCA**

10550 Harbor Hill Drive Gig Harbor, WA 98332  
(253) 853-9622

M-F 4:45am - 9:30pm Saturday 6:30am - 9:30pm Sunday 9:30am - 7:00pm

Programs offer: Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

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www.ymcapkc.org

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### **Curves**

3105 Judson Street Gig Harbor, WA 98335  
(253) 853-2075

Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.

Certified Trainer

### **Gorst**

Reference: Bremerton for YMCA or other community programs

### **Grapeview**

Reference: Gig Harbor for YMCA or other community programs

### **Hansville**

Reference: Everett for YMCA or other community programs

### **Holly**

Reference: Bremerton for YMCA or other community programs

### **Indianola**

Reference: NE Seattle for YMCA or other community for programs

### **Indianola Waterfront and Woodland Preserve**

Programs: walking trails

From Bremerton, take Hwy. 3 to the Hwy 305 S. Exit and head east toward Poulsbo. Turns left onto Bond Rd. NE and go 2 miles to Gunderson Road; turn right. Follow Gunderson to its end, at Miller Bay Road. Turn Left onto Miller Bay Road. Go .2 miles and turn Right onto Indianola Road. Drive about 2 miles until you come to Gerald Cliff Dr NE and turn right. The properties are directly at the bottom on NE Sea view Ave.

### **Key Center**

Reference: Gig Harbor for YMCA or other community programs

### **Keyport**

Reference: Bremerton for YMCA or other community programs

### **Kingston**

### **Port Gamble S'Klallam Tribal Center**

31912 Little Boston NE Kingston, WA, 98346

(360) 297 - 2646

Web Site: info@pgst.nsn.us

Free and low cost

Health Supervised No

### **Kingston Fitness**

26001 Barber Cut—off Road Kingston, WA  
(360) 297-3336  
M -F 5:00am-8:30pm, Sat 7:00am-12:00pm, and Sun Closed  
Programs offer: Yoga, Pilates, Zumba, and Gold Circuit (seniors)  
Free and Fee programs Fees  
Health Supervised Physical Therapist on site

### **Little Boston**

Reference: NE Seattle for YMCA or other community programs

### **Manchester**

Reference: Bremerton for YMCA or other community programs

### **Navy Yard City**

Reference: Bremerton for YMCA or other community programs

### **Olalla**

### **Olalla YMCA**

13053 Olalla Valley Road Southeast, Olalla, WA 98359  
(253) 857-7819  
Programs offer: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash®, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers®: Muscular Strength and Range of Motion, Tai Chi  
Fee: Joining Fee range from \$50.00 to \$125.00 Monthly fee range from \$20.00 to \$97.00 Annual Fees: \$220.00 to \$1164. Military Membership Fees: Joining fee waived fees range from \$36.00 to \$43.00 for single individual and \$42.00 to \$77.00. Some Insurances pay for Silver Sneaker programs.  
Call for current schedule and for registration information.  
[www.ymcapkc.org](http://www.ymcapkc.org)  
Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Touchstone Yoga**

7995 SE Culver Road Olalla, WA 98359  
(206) 399-5277  
Hours: two days a week call for days  
Programs: Yoga  
Fees: N/A  
Health supervised: registered yoga trainer

### **Port Gamble**

Reference: NE Seattle for YMCA & other community programs

### **Port Orchard**

Reference: Bremerton for YMCA & other community programs

### **Givens Senior Center**

1026 Sidney Ave Suite 105 Port Orchard, WA, 98366  
(360) 337-4691 or (360) 337- 5743  
M-Thurs, 9am-4pm; F, 9am-2pm  
No Health Supervision

### **Manchester State Park**

7767 E. Hilldale Park Port Orchard, WA 98366  
From I-5: Take the Bremerton exit (Hwy. 16) to the Sedgewick exit in Port Orchard.  
Follow signs to Manchester State Park  
Walking the shoreline

**Poulsbo**

Reference: Bremerton for YMCA or other community programs

**Curves**

5594 NE Minder Rd., Suite 102 Poulsbo, WA 98370

(360)297-5356

Mon- Fri 6am- 8pm, Sat 8am-1pm Sunday Closed

Programs: warm-up, cardiovascular, strength training, cool down, and stretching, Silver Sneaker,

Fees: Join Now 50% & 30 Days Free Group health insurance

Certified Trainer

**Well Being Yoga Studio**

19347 Jenson Way NE Poulsbo, WA 98370

(360)779-9898

Programs: Active Yoga, Gentle Yoga, Therapeutic Yoga, Daily Yoga Vitamin

Fees: Seniors 20% discount & military Single rate ½ hr \$10 to 1hr \$15, class pass \$65 to \$115, intro series workshop is \$25 to \$35

Membership 1 Month unlimited \$80, 2 Month unlimited \$140.00. Ask about Free community workshops & Intro to yoga class

No Health Supervision

**Curves**

19351 8<sup>th</sup> Ave NE Ste H Poulsbo, WA 98370

(360)697-4414 or fax (360)697-3218

Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free call about possible payment by insurance plans

Certified Trainer

**Purdy**

Reference: Gig Harbor for YMCA or other community programs

**Retsil**

Reference: Bremerton for YMCA or other community programs

**Seabeck**

Reference: Bremerton for YMCA or other community programs

**Scenic Beach state Park**

Seabeck WA 98380

360-830-5076

Walking

**James Michael L Park**

Seabeck, WA 98380

360-830-5079

Walking

**Shelton**

Reference Hoquiam for YMCA & other community programs

**Mason County Senior Center**

826 W Railroad Ave. Shelton, WA 98584

360-426-7374

8 AM – 4 PM M-F

Programs: Tai Chi, Line Dancing, fitness class

Fees: Call for program fees

Health Supervision: No Blood Pressure checks

### Skokomish Tribal Center

N 80 Tribal Center Road Shelton WA 98584  
360-352-7344 Call for program fees  
Programs: Tai Chi, Line Dancing, fitness class  
Fees: Call for program fees  
Health Supervision: No Blood Pressure checks

### Squaxin Tribal Center

70 SE Squaxin Lane Shelton WA 98584  
360-426-9781  
Programs: Tai Chi, Line Dancing, fitness class  
Fees: Call for program fees  
Health Supervision: No Blood Pressure checks

### Shelton Civic Center

525 West Cota Street, Shelton, WA 98584  
(360)426-4491  
Hours: Tues 10 am -11:15am,  
Programs: Gentle yoga, Tai Chi, Refresh Yoga between \$15-80  
Fees: Call for programs fees

### Curves

718 W Railroad Ave, Shelton WA  
(360)462-0550  
Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans  
Certified Trainer

## Silverdale

### YMCA

9100 Dickey Road NW Silverdale, WA  
(360) 662-8856  
Programs Aikido, Ballet, Ballroom Dance, Basic Step , Beyond 50 & Fit, Core Balance, Cycling, F.A.B.(Fabulous Abs& Buns),Functional, Hapkido, Irish Dance, Jump-N-Jab, Kung Fu (Traditional), Light Y Aerobics, Boot Camp, Pilates, Pilates Fusion (Pilo) , Power Yoga, Run for your Life, Shake a Tail Feather, Step & Sculpt, Salsa, Stepping, Tai Chi Chuan, WOWWS(Weeding Out Wimps With Stan)Yoga, Zumba... Senior Citizen / Disabled Citizen Swim.  
Fee: Joining Fee range from \$50.00 to \$125.00 Monthly fee range from \$20.00 to \$97.00 Annual Fees: \$220.00 to \$1164. Military Membership Fees: Joining fee waived fees range from \$36.00 to \$43.00 for single individual and \$42.00 to \$77.00.  
Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### Kitsap County Parks and Recreation

9729 Silverdale Way NW, Silverdale, WA, 98383  
(360) 337-5350  
M-Thurs, 9am-4pm; F, 9am-2pm  
[http://www.kitsapgov.com/parks/facilities/rental\\_facilities.htm](http://www.kitsapgov.com/parks/facilities/rental_facilities.htm)  
Programs Aikido, Ballet, Ballroom Dance, Basic Step , Beyond 50 & Fit, Core Balance, Cycling, F.A.B.(Fabulous Abs& Buns),Functional, Hapkido, Irish Dance, Jump-N-Jab, Kung Fu (Traditional), Light Y Aerobics, Boot Camp, Pilates, Pilates Fusion (Pilo) , Power Yoga, Run for your Life, Shake a Tail Feather, Step & Sculpt, Salsa, Stepping, Tai Chi Chuan, WOWWS(Weeding Out Wimps With Stan)Yoga, Zumba... Senior Citizen / Disabled Citizen Swim.  
Fee: Joining Fee range from \$50.00 to \$125.00 Monthly fee range from \$20.00 to \$97.00 Annual Fees: \$220.00 to \$1164. Military Membership Fees: Joining fee waived fees range from \$36.00 to \$43.00 for single individual and \$42.00 to \$77.00.

### Curves

9000 Ridgetop Blvd. NW Silverdale, WA  
(360)695-4560 or (360)692-4558  
Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

**South Colby**

Reference: Seattle for YMCA or other community programs

**Southworth**

Reference: Seattle for YMCA or other community programs

**Suquamish**

Reference: Seattle for YMCA or other community programs

**Tahuya**

Reference: Gig Harbor for YMCA or other community programs

**Tracyton**

Reference: Bremerton for YMCA or other community programs

**Union**

Reference: Gig Harbor for YMCA or other community programs

**Union Gap**

**Union Gap**

2804 Main Street Union Gap, WA 98903

(509)248-7999

Mon- Fr 7am-7pm, Sat 8am-11am Sun and Major holidays Closed

Programs: warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free\*

Health Supervised: Personal trainers

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**Silver Sneakers Program**

If you have Blue Cross Blue Shield, Humana, AARP Medicare complete, AARP, Medicare Supplement, Columbia Community Care, Group Health Cooperative, Spokane Community Care, Care 1<sup>st</sup> Health Plan Anthem Blue Cross, Kaiser Permanente, Medica, Desert Canyon Community Care, Health Choice Generations, Health Choice, Health Net, PacifiCare, Lovelace Senior Plan Presbyterian Health Plan, Secure Horizon by United Arcadian Health Plan, Health Spring, Bravo Health Evercare By United Healthcare, Essence Health Plan, Harmony Health Plan, Health Spring, Anthem Well point, Harmony Health Plan, Health First Health Plans, Well Care, Health Healthy ways Silver Sneaker fitness Programs.

## Community Resources Pierce County



### **Auburn**

#### **Auburn Parks, Arts & Recreation**

808 9th St SE, Auburn, WA 98002

(253)931-3043 or (253)931-3016

Mon-Fri, 8 a.m. - 5 p.m.

[www.auburnwa.gov](http://www.auburnwa.gov)

Programs: Dance Tai Chi Yoga, and Pilates, Hiking

Fee: \$5.00 Coverage: Medicare, Medi-gap (Medicare Supplement), Medicaid, Long Term Care, Group Insurance

**No Health Supervision**

#### **Federal Way Senior Center**

4016 S 352<sup>nd</sup> Auburn WA 98001

(253)838-3604 or (253)927-9031

[www.federalwayseniorcenter.org](http://www.federalwayseniorcenter.org)

Programs: Walk for life

Fees: varies

**No Health Supervision**

#### **Auburn Valley Branch YMCA**

1620 Perimeter Road Auburn WA 98001

(253) 833-2770

Mon-Fri 5am-9pm, Sat 8 am-9pm, Sun 11am- 6pm

Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, plyometrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Fee: membership fee \$25.00 to 125.00 for individual, monthly \$47.00 to \$93.00. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

#### **Anytime Fitness**

602 Auburn Way South, Auburn WA

(253) 833-0710

Mon- Thurs 11am- 7pm, Sat 9am-3pm, other times: available by appointment

Programs: Free Weights, Racks, Treadmills, Exercise Cycles

Fees \$0 Joining Fee

**Personal trainer**

#### **Auburn Valley (YMCA)**

1005 12th ST. SE Auburn WA

(253) 833-0931

Mon-Fri 5am-9pm, Sat 8am-9pm Sun 11am-6pm

Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, plyometrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Fee: membership fee \$25.00 to 125.00 for individual, monthly \$47.00 to \$93.00. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

**Muckleshoot Indian Tribe Senior Center (Muckleshoot tribal only)**

39015 172<sup>nd</sup> Ave SE Auburn WA 98002  
(253)939-3311  
8AM-7PM M-F  
Programs: Fitness, Yoga, Aquatic  
Fee: free and fee  
No Health Supervision

**Bonney Lake**

Reference: Puyallup for YMCA or other community programs

**Sumner/Bonney Lake Recreation Department**

1202 Wood Ave. Sumner WA  
(253) 891-6000  
Mon-Fri 8am-5pm.  
[www.sumner.wednet.edu](http://www.sumner.wednet.edu)  
Programs: Step Aerobics, Pilates with Mini-Ball, Step and Pilates Combo, Open Weight Room, Pi-Yoga  
Fees: \$3- \$80  
No Health Supervision

**Bonney Lake Fitness Center (GYM)**

20800 State Route 410 Bonney Lake, WA 98391-6301  
(253) 863-4288  
Mon-Sat 7am-8pm  
Programs: Free Weight,  
Fees: \$9 Monthly Membership Personal trainers free equipment training One free personal training session  
Accessibility Feature: wheel chair accessible  
No Health Supervision

**Prime Fitness**

18209 Hwy 410 E Bonney Lake, WA 98391  
(253) 826-5500  
Mon- Thurs 4:30am-10pm Fri 4:30am-9pm Sat 7am-8pm Sun 8am-8pm  
Programs: Silver and Fit ,Yoga, can modify for sit exercise programs, Gentle Yoga, Tai Chi ,Pilates, piyo (fusion of Pilates and Yoga) Tae Kwon Do  
Fee: \$24.00 to \$35.00 monthly (45 classes included with membership and per class) preferred membership (military ID card).  
No Health Supervision

**Bonney Lake Area Senior Center**

19304 Bonney Lake Blvd Bonney Lake, WA, 98390  
(253) 863 - 7658  
Mon-Fri, 9am-3pm  
[hilbergs@ci.bonney-lake.wa.us](mailto:hilbergs@ci.bonney-lake.wa.us)  
Programs: Mall Walk (Group), Tai Chi,  
Fees: 55 and under\$5.00 over 55 \$3.00 donation  
Accessibility features: Accessible for disabled; Wheelchair accessible: Primarily serves seniors  
No Health Supervision

**The Body Studio, LLC**

20825 SR 410 E #331 Bonney Lake, WA 98391  
(253)321-2181  
Programs: Body Rox Boot Camp BOSU, Pilates PIYO, 20/20/20, Step, Yoga, Spin  
Fee: Membership Senior \$60.00 initial, \$35.00 Monthly yearly \$380.00 Also available is punch card \$50.00 / 10 classes.  
No Health Supervision

**Curves for Women (Circuit)**

21149 State Rt. 410 E, Bonney Lake WA 98391  
(253)863-6333  
Mon- Thurs 6am- 7:30pm, Fri 6am-7pm Sat 8am- 3pm Sun 11pm-3pm  
Programs: Strength and cardio.  
Fees: call for price  
Certified Trainer

**Buckley**

Reference: Puyallup for YMCA or community programs

**Buckley Senior Center**

811 Main St Buckley, WA, 98321  
(360) 829 - 2095 or (360) 829-0190  
Hours: M, Tue, 8am-1pm; W-F, 8am-4pm  
[seniorcenter@cityofbuckley.com](mailto:seniorcenter@cityofbuckley.com) or [www.cityofbuckley.com](http://www.cityofbuckley.com)  
Programs: Aerobics Class, Organized Trail Walk (Group), Walking for Fitness and Fun, Aerobic Fitness (Group)  
Fees: \$1  
**Health Supervised: ASFIA certified as Personal Trainer**

**Anytime Fitness**

135 Jefferson Ave Buckley, WA 98321  
(360) 829-5156  
Mon- Thurs 11am-7pm Sat 9am-3pm Other Times: Available by appointment  
Programs: Workout Equipment  
Fees: \$0 Joining fee. Class fees vary. Accepted Insurance AARP, Humana  
**No Health Supervision**

**Carbonados**

Reference: Puyallup for YMCA or other Community programs

**DuPont**

Reference: Puyallup for YMCA or other Community programs

**Curves**

1100 Station Dr Ste 221 DuPont, WA 98327  
(253) 912-1600  
Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free call about possible payment by insurance plans.  
**Certified Trainer**

**Anytime Fitness**

1525 Wilmington Dr Ste 100 DuPont, WA  
(253) 380-0209  
Programs: Woman's Dance is Tuesdays @ 11:30 Woman's Dance  
Fee: \$30/mo. \$0 Joining

**Eatonville**

Reference: Puyallup for YMCA or other community programs

**Northwest Trek Wildlife Park**

11610 Trek Drive E., Eatonville WA  
(360)832-6117  
[www.nwtrek.org](http://www.nwtrek.org)  
Walking Trails (Individual)

**Mountain Fitness**

129 Mashell Avenue North Eatonville, WA 98328  
(360) 832-7600  
Mon- Fri 5:30am-7:30pm Sat 7am- 12noon  
[www.mountainfitnesscenter.com](http://www.mountainfitnesscenter.com)  
Programs: Aerobic and Strength training  
Fees: Monthly \$28 Registration \$20 Month to Month \$38  
**No Health Supervision**

**Edgewood**

Reference: Auburn for YMCA or other community programs

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### **Curves for Women (Circuit)**

727 Meridian East, Edgewood  
(253)568-7427

Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free call about possible payment by insurance plans.

Certified Trainer

### **Edgewater Park**

9102 Edgewater Dr. SW Edgewood, WA  
Walking

### **Enumclaw**

Reference: Puyallup for YMCA or other community programs

### **Recreation & Cultural Services**

1339 Griffin Ave. – Enumclaw  
(360) 825-3594

Mon- Fri 8am – 4pm

[www.ci.enumclaw.wa.us](http://www.ci.enumclaw.wa.us)

Programs: Jazzercise, Judo, social, health and recreation program of activities and services.

Fees: \$30.00 to \$38.00

No Health Supervision

### **Senior Activity Center**

1350 Cole St. Enumclaw WA  
(360)825-4741

Mon-Fri 8am-4pm

Programs: Social, health and recreations programs, Pool, Exercise (Group)

Fees: Free of Charge \$3 donation for lunch

No Health Supervision

### **Federation Forest State Park Federation Forest,**

Hwy 410, 18miles east of Enumclaw WA

[www.parks.wa.gov](http://www.parks.wa.gov)

Walking Trails 12 mi trails & smaller interpretive trails

### **Enumclaw Wellness Center**

856 Cole St Enumclaw, WA 98022

(360) 825-7837

Mon- Fri 6am- 8pm

[enumclawwellness.com](http://enumclawwellness.com)

Programs: Senior Aerobics, Senior Fit, Strength/Tone, Zumba, Step, Chair Yoga, Pilates, Yoga

Fees: 62 and over Registration \$50/ Monthly \$30

No Health Supervision

### **Federal Way**

### **Federal Way Norman Center YMCA**

33250 21st Ave SW Federal Way 98023-2875

(253) 838-4708

Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: membership fee \$25.00 to 125.00 for individual, monthly \$47.00 to \$93.00. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Community/Senior Center**

33901 9th Ave. S., Federal Way  
(253) 661-4050 or (206) 448-3110 or (800) 972-9990.  
Mon- Fri 8am-2:30pm  
Website: [www.federalwayseniorcenter.org](http://www.federalwayseniorcenter.org)  
Program Low-impact exercise (Group) Cardio-flex workout (Group)  
Fee: Eligibility in the KCRC program may be confirmed and a case manager assigned by calling KCRC.  
No Health Supervision

### **Fife**

Reference: Auburn and Puyallup for YMCA or other community programs

### **Fife Community Center**

2111 54th Ave E, Fife WA 98424  
(253)922-0900  
[www.cityoffife.org](http://www.cityoffife.org)  
Programs: Hatha Yoga, Tai Chi (Group) Zumba  
Fee: \$28.00 per class and month & Free Tai Chi MW F 9-10 AM  
Health Supervised: NO Wheel accessible

### **Fife City**

5410 20<sup>th</sup> St E, Fife WA 98424  
(253)922-7665  
MWF 10-11 AM  
[www.cityoffife.org](http://www.cityoffife.org)  
Aqua Aerobic  
Drop In senior 60+ \$3 Punch Pass 15 for 14 swims \$42 12month/3 months \$225/\$70  
Health Supervised: No, Aquatic lift available

### **Fircrest**

Reference: Lakewood Family Branch YMCA or other community programs

### **Exercise Science Center**

1101 Regence Blvd, Fircrest WA  
(253)564-6050  
Programs: Aerobic, weights strength training 50 years and up  
Fee: \$35.00 per Month  
Health Supervised: Yes respiratory tech cardiac rehab, exercise physiologist.

### **Fircrest Senior Community Center**

555 Contra Costa, Fircrest WA  
(253)564-8177  
[www.cityoffircrest.net](http://www.cityoffircrest.net)  
Programs & Fees : Aerobics (Group), Pilate, Yoga, 20, 20, 20 (Stretching 20 min, Pilate's 20 min Strengthening 20 min \$5.00 per class) Senior Fitness (\$20.00 or \$3.00 Drop in MWF) Belly Dancing (\$50.00 8 wk session,) Zumba (\$35.00 per session or \$6.00 per drop in). Senior per event \$55.00 Resident/ \$65.00 Non Resident.

### **Fircrest Park (Individual)**

555 Contra Costa Avenue Fircrest WA  
(253) 564-8177  
Sidewalk around park, 1/2 half mile,

### **Image Studio of Dance**

1105 Regents Blvd, Fircrest  
(253)566-4546  
Tue, 8:30am- 9:30am Wed, 8:30am-9:30am/ 12noon- 1pm Thurs 8:30am-9:30 am  
Programs: Yoga (Group)  
Health Supervised: NO

## **Gig Harbor**

### **Gig Harbor Family YMCA**

10550 Harbor Hill Drive, Gig Harbor WA 98332  
(253)853-YMCA (9622)

Monday- M-F, 4:45am-9:30pm; SA, 6:30am-9:30pm; Su, 9:30am-7pm

Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention, Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Gig Harbor Athletic Club (Group)**

2002 36<sup>th</sup> ST Gig Harbor WA 98335  
(253)858-8777

Mon- Fri 5:30 am-10pm Sat 7am-7pm Sun 11am -7pm  
www.cityofgigharbor.net

Programs: Aerobics, kickboxing, Pilates, Step, Yoga, Cycling

Fees: senior rates. Membership vary

Health Supervised: No certified fitness trainers

### **Curves for Women (Circuit)**

4916 Center Street, Ste J Fircrest WA  
(253)460-0250

Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free\*

Certified Trainer

### **Camp Seymour Branch (YMCA)**

9725 Cramer Road KPN Gig Harbor, WA 98335  
(253)884-3392

Programs: water exercise, yoga, Aerobic, silver sneakers, fitness

Fees: No charge to the member; Call for membership fees.

Accessibility Feature: wheelchair accessible

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised) Personal trainer

### **Curves for Women (Circuit)**

3105 Judson St., Ste. C, Gig Harbor WA 98335  
(253)853-2075

Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.

Certified Trainer

### **Gig Harbor Senior Meal Site**

7400 Pioneer Way, Gig Harbor WA 98335  
(253)858-8284

Tai Chi (Group) Exercise (Group)

### **Cushman Power line Trail (Individual) Pen Met Parks**

3614 Grandview St & 14th Ave NW, Gig Harbor WA 98335  
(253)858-3400

2.5 mile paved trail.

### **Kopachuck State Park**

1101 56th St NW, Gig Harbor, WA 98335  
(253) 265-3606

www.parks.wa.gov

5 m W of Gig Harbor (2 miles of walking Trails)

## **Lakebay**

Reference: Gig Harbor for YMCA or other community programs

### **Key Peninsula Community Services Aerobics (Group)**

17015 9th St Ct KPN, Lakebay WA  
(253)884-4440 or (253)884-9924  
Wed and Fri 10-11 am

<http://www.keypeninsulacommunityservices.org/>

Programs: S.A.I.L (Stay Active & Independent Program) Strength & balance fitness class, Wii bowling, light weight lifting, aerobics  
Fees: Call for fees (\$2.00-\$2.50 donation requested for Senior Meals)

## **Lakewood**

### **Lakewood Family Branch (YMCA)**

9715 Lakewood Dr SW, Tacoma WA, 98499  
(253)584-9622

Mon-Thurs, 5am-10:30pm; Fri 5am-9:30pm; Sat, 7am-9pm; Sun, 11am-7pm

Programs: training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash®, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers®: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### **Pierce County Parks and Recreation**

9112 Lakewood DR SW Lakewood, WA 98499  
(253) 798 - 4176

Hours: M-F, 8:30am-5pm

[mdobb@co.pierce.wa.us](mailto:mdobb@co.pierce.wa.us) or <http://www.Co.pierce.WA.us/parks>

Programs including aerobics, Jazzercise, Stretch and De-Stress, Hatha Yoga, Vine Yoga, Surya Sun Yoga, Koran Dance, Belly Dance, Salsa, Argentine Tango, Cha Cha, Ballroom, Beginning and Intermediate Tai Chi & Qigong, and Zumba.

Fees: Free and Fee programs

Accessibility Feature: Accessible for disabled

No Health Supervision

### **Curves for Women (Circuit)**

7609 Steilacoom Blvd SE, Ste.200, Lakewood WA 98499 (253)588-9700

Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free\*

Certified Trainer

### **Lakewood Gardens (Individual)**

Gravelly Lake Drive SW Lakewood WA (253)584-4106

Walk group

\$20.00 Individual yearly \$5.00 admission

### **Fort Steilacoom Park**

8714 87<sup>th</sup> Ave SW, Lakewood WA

(253)798-4177

340 acres, 7-mile natural surface trail; 1-mile paved loop, walking trail

### **Tillicum American Lake Gardens Community Service Center**

14916 Washington Ave SW Lakewood, WA 98498

(253) 584-1280

Mon and Thurs call for times

Programs: many different activities

Fees: Donation

No Health Supervision

10506 Russell Rd SW Lakewood WA  
Walking Trail

#### **Lakewood Active Park**

Phillips Road, East Oakbrook  
Walking, bicycling

#### **Lakewood Game Refuge**

9222 Veteran Drive SW Lakewood WA  
Swimming beach, walking lunch 10.00

#### **American Lake Park**

Lakewood drive & 100<sup>th</sup> St. SW Lakewood WA  
Walkers, runners

#### **Seeley Lake Park**

2716 84th Street Lakewood WA  
walking trail

#### **Wards Lake Park**

8928 North Thorne Lane SW Lakewood WA  
swimming beach access, walking

#### **Harry Todd Park**

9701 Onyx Drive SW Lakewood WA  
Walking

#### **Oakbrook 7<sup>th</sup> Addition Park**

12601 Addison St. SW Lakewood WA  
Walking

#### **Springbrook Park**

11528 Military rd. SW  
walking trail

#### **Washington Park**

### **Milton**

Reference: Auburn and Federal Way for YMCA or other community programs

#### **Milton Activity Center**

1000 Laurel St. Milton WA 98354  
Phone (253)922-6586  
M -F 8 am to 4 pm  
aballard@cityofmilton.net  
Programs: "Sit and Get Fit" aerobics, low impact aerobics Yoga Tai Chi, Adult fitness, Walking and etc...  
Free and Fee programs check with center for classes.  
Accessibility features: Accessible for disabled; Wheelchair accessible 55 and over  
**Health Supervised Programs (fee based programs only)**

#### **Walking (Individual) Hill Tower**

800 19th Ave, Milton WA  
(253)517-2751  
Programs: Walking Small park, paved paths.  
Wheelchair access

### **Orting**

Reference: Puyallup for YMCA and Community programs

#### **Orting Senior Center**

120 Washington Ave, N. P O BOX 100, Orting WA PO  
(360)893-5827  
Mon-Thu 8am-2pm Fri 7-11am

#### **Pierce County Library (Orting)**

202 Washington Avenue South Orting, WA 98360  
(360) 893-2661  
M W F  
<http://www.piercecountylibrary.org/services/55-active-older/health-fitness.htm>  
Programs: Exercise, Zumba fitness  
Fees: \$45 punch 12 visit card & \$5 per drop in each visit

### **Orting City Park**

City Center Orting WA 98360  
110 Train St SE (PO BOX 489) Orting WA 98360  
(360)893-2219 or fax (360)893-6809  
[www.cityoforting.org](http://www.cityoforting.org)  
Walking

### **Pacific**

Reference: Puyallup Or Auburn for YMCA's and Community programs

### **Pacific Algona Community Center**

100 3rd Ave SE, Pacific  
(253)929-1151  
Programs: Exercise (Group) supermall walking, Low impact aerobic T TH @ 9AM, Walking to music Wed @ 9AM.8  
Fees: Donation Suggested Only

### **Parkland**

Reference: Puyallup for YMCA's and other community programs

### **Trinity Lutheran Church**

12115 Park Ave. S. (510 121<sup>st</sup> St.) Parkland  
(253)537-0201  
M-F  
Video-led class, Exercise for Life (Sit & Fit)

### **Pacific Lutheran University (seniors)**

(253)535-8225  
M W F 7:30 AM- 8:30, T TH 8 IS-9AM  
Programs water aerobics, enhances fitness, WII Bowling, walking, Weight Room  
Fees: Yes, sliding scale  
Non Health Supervised Has Medicare consults session

### **Puyallup**

### **Mel Korun Family Branch (YMCA)**

302 43rd Avenue SE Puyallup, WA 98374  
(253) 841-9622  
M-S Call for times  
Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.  
Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.  
Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Puyallup Senior Center Aerobics (Group)**

601 North Meridian, Puyallup (253)841-5555 or (253)862-0967 on bus route  
[www.cityofpuyallup.org](http://www.cityofpuyallup.org)  
Water Aerobics (Group) Exercise for Life (Group) Video-led class  
fees apply; classes and program prices may vary Residents \$40/Non Residents 74  
Personal Trainer Resident \$28/ Non Resident \$34 per hr (Wed)

### **Senior Centers**

210 West Pioneer, Puyallup (253)841-5555 M-F 8am – 4pm  
M W F 7:30 AM- 8:30, T TH 8 IS-9AM  
Programs: Water aerobics, Enhances fitness, WII Bowling, walking, Weight Room, Line Dancing (Group)  
Fees: Yes sliding scale. No membership fees apply.  
**Non Health Supervised Medicare consults session**

### **Salvation Army Senior Center**

4009 9th St SW, Puyallup  
Exercise for Life (Group)  
Video-led class

### **Daffodil Valley Volkssport**

8718 159th St E PUYALLUP, WA 98375  
(253)845-6592 Carolyn Warhol,  
jcwarhol@comcast.net,  
Programs: You may walk for free however the dues are for the credit program  
Fees: Dues are \$5/year, \$10/year per family or \$3/year for seniors over 65.  
**No Health Supervision**

### **Mid-County Community Center (Formerly Midland-Summit Senior Center)**

10205 E 44th Ave, Puyallup WA  
(253)531-8412  
1pm – 3pm  
www.co.pierce.wa.us  
Programs: Yoga, Stay Active and Independent for life (SAIL)  
Fee: Seniors: \$10/30 min. Non-Seniors: \$20/30 min.  
**Licensed Massage Therapist: Kari Elliott**

### **Curves for Women (Circuit)**

1416 E Main Ave, Ste B, Puyallup WA  
(253)446-0166  
Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\*\* call about possible payment by insurance plans.  
**Certified Trainer**

### **Curves for Women (Circuit)**

5401 104th St E Ste. C, Puyallup, WA  
(253)445-1800  
Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
**Certified Trainer**

### **Puyallup Family ( YMCA)**

1110 W Pioneer Puyallup, WA 98371-5354  
(253) 460-8935  
Programs: Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.  
Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs  
**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### **Puyallup Recreation Center**

808 Valley Ave NW Puyallup, WA 98371  
(253) 841-5457  
Fax: (253) 770-3369

### **Puyallup Activity Center (Senior Services)**

210 West Pioneer Puyallup, WA 98371  
8am- 4:30pm  
(253) 841-5555  
<http://www.cityofpuyallup.org/page.php?id=416>  
Programs: offer classes in aerobics, yoga and jazzercise  
Fees: Please call for Free and Fees programs.  
No Health Supervision

### **Celebrate Seniority Multi-Care Good Samaritan Volunteer Center**

(253) 697-7385  
Mall walker club,  
Single membership is only \$25 a year, and if you're joining with a partner, the yearly fee is \$39

### **Foothills Rails to Trails River Avenue**

P.O. Box 192 – Puyallup WA  
(253) 841-2570  
[www.piercecountytrails.org](http://www.piercecountytrails.org)  
The trail begins in Buckley next to the National Guard Armory  
A trailhead is also pen at South Prairie, which continues into Orting, McMillin, and Puyallup.  
An asphalt trail for bicycles, walking, in-line skating and  
Wheelchairs

### **Fitness Pros Plus**

9606 124 Thurs Street East Puyallup WA 98373  
(253) 770-5606  
Programs: Exercise workout varies  
Fees 1-3 sessions/mo \$65, 4-7 sessions/mo \$55, 8+ sessions/mo \$50  
Personal trainers

### **Yoga Soleil**

110 East Stewart Avenue Puyallup, WA 98372 (253)446-7045 - Anne Arntson - (downtown)\*  
M-F 9am- 9pm  
Programs: Yoga, all level Hatha, Vine yoga, prenatal, flow, restorative, yin, gentle yoga classes, workshops, events and more.  
Fee: Pre-registration Intro Series, 6 weeks - \$65/ Weekend Intro Intensive - \$55 New Student only \$99 unlimited yoga for two months. 5 and 10 drop-in class packages are good for 3 months and begin when first used. Unlimited Memberships: 1 Month Unlimited \$105/ 6 Month Unlimited \$550/\$93 a month/ 1 Year Unlimited \$950/\$ 83 a month Series Requiring

### **The Pilates Studio of Puyallup**

1011 East Main Suite 108 Puyallup, WA 98372  
(253) 241-9217  
Kelly @ pilatesinpuyallup.com or Ann @ pilatesinpuyallup.com  
Programs: Reformers, Cadillac, Stability Chair, Ladder Barrel and mats in a relaxing setting  
Fees: (1) session \$50/ (5) Sessions \$235/ (10) sessions \$450 Mat Classes (6) wks \$90  
KELLY bachelor of science degree in nursing from Seattle University and then a master's from Boston College.  
Ann associates degree in respiratory therapy from Allegheny College. Ann started working with Pilates in 2000 to rehabilitate after an injury.

### **Roy**

Reference: Lakewood Family Branch YMCA or other community programs

### **Ruston**

Reference: Tacoma Morgan Family Branch of YMCA or other community programs

### **Ladies Workout Express**

4939 N Pearl St, Ruston, WA, 98407  
(253)752-8599  
Sun 9am-1pm/ Mon- Fri 6am- 8pm/ Sat 8am-1pm  
Programs: Zumba, Walk It Fit, Kick Boxing, Stability Ball, Martial Arts,  
Fees: Month to Month no contract, will except insurance

### **South Hill**

Reference: Puyallup for YMCA or other community programs.

### **Nathan Chapman Memorial Trail**

128th St E and 144th St E

Walking Trail (Individual)  
On bus route

### Curves for Women (Circuit)

14611 Meridian E, Ste. C, South Hill  
253-845-5559 on bus route  
Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\*call about possible payment by insurance plans  
Certified Trainer

### South Prairie

Reference: Puyallup for YMCA or other Community programs

### Spanaway

Reference: Puyallup for YMCA or other Community programs

### Pierce County Parks and Recreation

Spanaway Lake Park Trail,  
14905 Gus G. Breseman Road S, Spanaway WA  
Walking Trails (Individual) 3-miles of gravel trail along lake edge

### Curves

16318 Pacific Ave S, Spanaway  
(253)875-4600  
Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free call about possible payment by insurance plans  
Certified Trainer

### Curves

22219 Mountain Hwy E, Ste. E/F, Spanaway  
Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\*call about possible payment by insurance plans  
Certified Trainer

### Steilacoom

### Steilacoom Community Center

2301 Worthington, Steilacoom  
(253)566-5020 or (253)-581-1076  
www.tacomacc.edu or www.steilacoom.org  
Programs: Aerobics ( Group) Fitness in a Hour (Group), chair exercise Total Women Health Studio Fitness in a Hour (Group) Walkers, Tap Dancing (Group), Line Dancing (Group) Chair Exercise Yoga (Group), Aerobic Dance , Tai Chi, Halta, Yoga,& Stretching.  
No health supervision: BP check on Wed.

### Fort Steilacoom Park

8714 87<sup>th</sup> Ave, SW Fort Steilacoom Park WA  
walking trail

### Sumner

Reference: Puyallup for YMCA's and other community programs

### Sumner Senior Center

15506 62nd Street Court East, Sumner, WA 98390  
(253)-863-2910 or fax 253-299-5739  
Monday - Friday, 10 am - 4 pm  
Programs: Tai Chi, line dancing Aqua Aerobics (Group) Exercise, Life Time Fitness (Group), Low-impact exercise (Group)  
Fees: no membership fee call for class prices  
No Health supervision: once a month Good Samaritan Nurse provides health info.

### **The Body Studio**

15178 East Main Sumner WA 98390  
(253)321-2181 • info@thebodystudio.org

Mon-Sun 6am- 7:30pm

Programs: Body Rox, Boot Camp, BOSU Cardio Kids, Kickboxing Pilates, PIYO, Spin, Step Yoga, Zumba

Accessibility Feature: No Wheel Chair or Disability Programs

Fee: Membership Senior \$60.00 initial, \$35.00 Monthly yearly \$380.00 Also available is punch card \$50.00 / 10 classes. Some free classes.

**Personal Trainers**

### **Curves for Women (Circuit)**

5904 Graham Ave, Sumner WA 98390

(253)863-3004

Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.

**Certified Trainer**

### **Valley Dance Center**

1705 Willow Street Sumner WA 98390

(253) 298-2900

M-F 9:15am, 4:30pm/ Sat 8:30 am- 4:30 pm

jazzwithlisa@yahoo.com

Programs: Yoga, Pilates Hip, Hop, Kick Boxing, & resistance training.

Fee: joining fee \$35, Single class \$10, 2/mo pass \$92.00

### **Sumner Park & Recreations**

3 Middle Schools locations

(253)891-6500 (Call for locations)

Step Pilates, Pilates, PI Yoga, Yoga

\$ 3 per visit. \$ 40- \$ 80 per session.

**No health supervision**

## **Tacoma**

### **Morgan Family Branch of YMCA**

1002 S Pearl St, Tacoma, WA, 98465

(253) 597-6444 or (253) 564-9622

M-Thurs, 4:45am-10:30pm; F, 4:45am-9:30pm, SA, 6:30am-9:30pm Su, 11am-7pm

[http:// www. ymcatacoma. org](http://www.ymcatacoma.org)

Programs: Functional Strength/Health (Group), Healthy Back (Group), Pilates (Group), Rhythmic Stretch (Group), Tai Chi (Group), Water Walking

(Group), Arthritis Fitness (Group, Stroke Fitness (Group), Active Older Adult (Group), Cardiac Wellness (Group), Modified Water Aerobics

(Group), Flow Motion Gentle Water Exercise (Group), Spirit , Mind & Body programs, such as Group Exercise classes, Yoga, Pilates, Cycling

(Group), Dance and Zumba Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### **Tacoma Center YMCA**

1144 S Market St, Tacoma, WA, 98402

(253) 597-6444

M-F, 5am-9:30pm; SA, 7am-8pm; Su, 10am-6pm

Programs Spirit, Mind & Body programs, such as Group Exercise classes, Yoga, Pilates, Group Cycling, Dance and Zumba Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### **Lakewood Family Branch (YMCA) Health & Wellness Centers**

9715 Lakewood Dr SW, Tacoma WA, 98499  
(253) 854-9622 (253)584-9622

M-Thurs, 5am-10:30pm; F, 5am-9:30pm; SA, 7am-9pm; Su, 11am-7pm

Programs: Functional Strength/Health (Group), Healthy Back (Group), Pilates (Group), Rhythmic Stretch (Group), Water Walking (Group), Arthritis Fitness (Group), Stroke Fitness (Group), Active Older Adult (Group), Cardiac Wellness (Group), Modified Water Aerobics (Group), Flow Motion Gentle Water Exercise (Group), Spirit, Mind & Body programs, such as Group Exercise classes, Yoga, Pilates, Cycling (Group), Dance and Zumba Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### **Multi-Care Health System (Tacoma-Pierce Co YMCAs)**

315 MLK Way, Tacoma WA  
(253)403-7895

<http://www.ymcatacoma.org> or [www.multicare.org](http://www.multicare.org)

Programs: Chair Exercise (Group)

Fee: Joining fee \$15.00 single class \$10.00, Bulk pass \$92.00

Health Supervised individual monitored fitness program (Individual)

### **Midland-Summit Senior Center YMCA**

10205 E 44<sup>th</sup> Ave Tacoma WA  
(253)531-8412

Programs: Functional Strength/Health (Group), Healthy Back (Group), Pilates (Group), Rhythmic Stretch (Group), Water Walking (Group), Arthritis Fitness (Group), Stroke Fitness (Group), Active Older Adult (Group), Cardiac Wellness (Group), Modified Water Aerobics (Group), Flow Motion Gentle Water Exercise (Group), Spirit, Mind & Body programs, such as Group Exercise classes, Yoga, Pilates, Cycling (Group), Dance and Zumba Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### **Titlow Lodge**

8425 6th Ave, Tacoma, WA  
253-591-5297 call for pricing  
[www.metroparkstacoma.org](http://www.metroparkstacoma.org)

Programs: Hawaiian and Tahitian Dance (Group), Irish Set Dance (Group), Spanish Flamenco Dance beginning (Group), Tai Chi (Group),

No Health Supervision

### **Beacon Senior Center YMCA** 415 13th St, Tacoma

253-591-5083

M/W/F 9:30am-10:30am

[vpac@ci.tacoma.wa.us](mailto:vpac@ci.tacoma.wa.us) or [www.cityoftacoma.org](http://www.cityoftacoma.org)

Programs: Water exercise Sail Exercise, Yoga

Fee: Free for city residents 50+

Health Supervision

### **Lighthouse Senior Center**

5016 S. A St, Tacoma  
253-591-5080 on bus route  
[www.cityoftacoma.org](http://www.cityoftacoma.org)

Programs: Tai Chi (Group), Water Aerobics, Chair Aerobics (Group), Water Rehabilitation Water exercise (Group), Water exercise (Group), Gentle Yoga (Group)

Call about Instructor availability

### **Metro Parks Tacoma (Titlow Park)**

8425 6th Avenue, Tacoma  
253-591-5297 on bus route  
[www.wfrontmuseum.org](http://www.wfrontmuseum.org)  
Walking trails (Individual)

**Metro Parks Tacoma Wapato Park**

6500 S. Sheridan, Tacoma  
253-305-1000 on bus route  
www.metroparkstacoma.org  
Walking trails (Individual)

**Metro Parks Tacoma Wright Park**

8355 6th Ave. and "I" St Tacoma  
253-591-5331 on bus route,  
www.metroparkstacoma.org  
Walking trails (Individual)

**Metropolitan Market**

2420 N. Proctor St.  
Walk, Stretch & Enjoy Gardens (Group)  
Northend Walkers

**Metro Parks Tacoma (McKinley Park)**

9000 Upper Park St E., Tacoma  
253-305-1000 on bus route  
www.metroparkstacoma.org  
Walking trails (Individual)

**Metro Parks Tacoma (Pen Met Parks Homestead Park)**

78th Ave NW & Sehmel Drive NW  
253-858 on bus route  
www.metroparkstacoma.org  
Walking trails (Individual)

**People Neighborhood Resource Center (Metro Parks Tacoma-Recreation Services)**

1602 MLK Jr Way, Tacoma, WA, 98405  
(253) 591-5321  
http://www.metroparkstacoma.org  
8am to 8pm and limited weekend hrs  
Programs: Fitness, sports, aquatics, lifelong learning, and environmental education. Call for current schedule and for registration information  
Fee: \$3.00 per day or \$24.00 per Month  
Accessibility features: Accessible for disabled; Wheelchair accessible  
No Health Supervision

**Metro Parks Tacoma-Recreation Services**

4702 S 19th Street, Tacoma, WA, 98405  
(253) 305-1022  
7:30am-5:30pm  
Programs: Swimming, fitness, & Adaptive recreations  
Fee: Call for Fees  
No Health Supervision

**South Park Community Center (Metro Parks Tacoma-Recreation Services)**

4851 South Tacoma Way, Tacoma, WA, 98409  
(253) 591-5291 call for current schedule and for registration information  
M-Thurs, 9am-8:30pm: F SA, 8am-1pm  
http://www.metroparkstacoma.org  
Programs: Fitness & Adaptive recreation Senior Aerobics (Group), Senior Aerobics (Group), Ballroom Dance (Group), Senior Aerobics (Group),  
Yoga for Everyone Else.  
Fee: Vary  
No health supervision

**Metro Parks Tacoma-Recreation Service**

3513 Portland Avenue, Tacoma, WA, 98404  
(253) 591-5391  
http://www.metroparkstacoma.org  
Walking trails

**South End Neighborhood Resource Center (Metro Parks Tacoma-Recreation Service)**

7802 S. L Street, Tacoma, WA, 98408  
(253)591-5098  
[http:// www. metroparkstacoma. org](http://www.metroparkstacoma.org)  
Programs: Line dancing, dance, fitness, sports  
Fee: \$3.00 per clas\$24.00 per month

**Metro Park Tacoma Centre at Norpoint**

4818 Nassau Ave, Tacoma  
(253)591-5504 on bus route  
[www.metroparkstacoma.org](http://www.metroparkstacoma.org)  
Programs: Yoga (Group), Irish Step Dance (Group), Aqua Aerobics (Group), Lap swims (Individual), Arthritis/ Therapeutic exercise (Group), Aerobics (Group), South Park ,and swimming  
Fees: vary  
No health supervision.

**Point Defiance/ Ruston Senior Center**

4716 N Baltimore, Tacoma  
(253)756-0601  
Monday - Friday, 9am - 3pm  
Programs: Wellness/exercise classes, yoga, massage, educational and cultural classes, chorus, arts and crafts, games  
Fees: No fees you can make donations  
Accessible to persons with disabilities

**Fitness for All Women**

4704 So. Oaks Street, Tacoma WA  
(253)472-6022  
M-F 7:30am-11:30am & 5:30pm- 7:30pm  
[www.maturefitnessforwomen.com](http://www.maturefitnessforwomen.com)  
Programs: Pilates (Group), Aerobics (Group), Yoga (Group) Zumba

**Evergreen Wanderers**

PO Box 111943, Tacoma  
(253)582-7474 on bus route  
[www.ava.org](http://www.ava.org)  
Walking, bicycling, swimming and cross-country skiing  
Fees: Membership \$5.00 Renewal \$5.00

**Pierce County Parks and Recreation Breseman Forest, Sprinker Recreation Center**

14824 S C St Tacoma  
(253)798-4000  
Walking trails (Individual) 70 acres/ entrance to forest is west of rec. center parking lot

**Pen Met Parks McCormick Forest,**

Schmel Dr. and Bujacich Rd NW  
(253)858-3400 on bus route  
[www.PenMetParks.org](http://www.PenMetParks.org)  
Walking Trails (Individual) 3 mi of trails

**City of Tacoma Senior Services**

415 S 13th St Tacoma, WA, 98402 Map  
(253) 591 - 5083  
M-F, 8am-3pm  
Programs: water exercise, sail exercise  
Fees: \$3.00 for lunch  
Free van transportation

**City of Tacoma Senior Services**

5016 A St Tacoma, WA, 98408  
(253) 591 - 5080  
M-F, 8am-3pm  
[mwilliam@cityoftacoma.org](mailto:mwilliam@cityoftacoma.org)  
Programs: Fitness Equipment, Water Exercise, Gentle Yoga, Tai Chi.  
\$3.00 and up  
No health supervision.

### **Pilates Bodies in Motion**

7326 27th St W. Tacoma, WA  
(253) 472-7117 Call for current schedule and for registration information  
Mon/Tue 7am -8pm, Wed 7am-9pm, Thurs 7:30am- 8:30pm, Fri 6am- 6:30pm, Sat 8am - 3pm  
Programs: Pilates  
Fees: Drop in \$13/class, 6 Session Card \$60, 12 Session Card \$100, unlimited \$100 month  
Accessibility features: Accessible for disabled; Wheelchair accessible  
Certified Trainer

### **Curves for Women (Circuit)**

3826 Bridgeport Way, Tacoma  
(253)565-1717  
Mon/Wed/Fri 6am-7:30pm, Tues/Thurs 8am-7:30pm, Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

### **Curves for Women (Circuit)**

1101 A Street, Ste 201, Tacoma WA  
(253)627-3700  
Mon/Wed/Fri 6am-7:30pm, Tues/Thurs 8am-7:30pm, Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

### **Curves for Women (Circuit)**

4916 S. Center St. Ste. J, Tacoma  
253-460-0250  
Hours: Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

### **Curves for Women (Circuit)**

5849 Tacoma Mall Blvd, Ste. E, Tacoma  
(253)472-2550 on bus route  
Mon/Wed/Fri 6am-7:30pm ,Tues/Thurs 8am-7:30pm ,Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

### **Curves for Women (Circuit)**

10202 Pacific Ave S, Ste 104, Tacoma, WA  
(253)531-4553  
Mon/Wed/Fri 6am-7:30pm ,Tues/Thurs 8am-7:30pm, Sat 8am-11:30am  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

### **Merlino Arts Center (Tai Chi)**

508 Sixth Avenue #8 (6th & Fawcett) Tacoma 98417(Mailing P.O. Box 7704 Tacoma, WA 98417)  
(253)272-4045  
Mon- Sat 10am- 2pm  
Bryan @tacomaachi.org  
Programs: Tai Chi, Qigong  
Fees \$60 per Block  
Instructor /Personal Trainer

### **Bikram Yoga Center**

3907 6th Ave, Tacoma WA  
(253)761-9007 on bus route  
Mon- Fri 9:30am, 4:30pm  
[www.birkmayogaatacoma.com](http://www.birkmayogaatacoma.com)

Programs: Yoga

Fees: Introductory offer \$18, Drop In \$18, 4 Classes \$48 10 Classes \$105 35 Classes \$350 One Month unlimited \$125, Two month unlimited \$230  
(Discounts for full time students, police, fire, active military. Private Instructions \$75 hr

Health suppression: NO

### **Source Yoga**

2712 N. 21st St Ste A, Tacoma WA  
(253)756-8066  
Mon-Sat 6am-8pm  
[www.sourceyogaonline.com](http://www.sourceyogaonline.com)

Programs: Yoga

Fees: Drop in \$15 community class drop in \$7 five class card \$65 (good for 2 months) monthly membership 1 month \$105 / 3 months \$285 / 6 months \$525 / 12 months \$1020 Seniors get 10% off all class cards and monthly membership

Health Supervision: No, Personal trainer on site

### **Gong & Self care Center**

Tai Chi Qi 508 6<sup>th</sup> Ave Tacoma WA  
(253) 272-4045  
M-F 8 am - Noon

Programs: Zin wellness, Chi Gong, Tai Chi Workshops, Yang Family Style Workshops

Fees: \$60 for each block

### **Tillicum**

#### **Tillicum/American Lake Gardens Community Center**

14916 Washington Ave SW. Tacoma, WA, 98498 Map

Phone: (253) 584 – 1280

Hours: M-F, 9am-5pm

administrator@talgcsc.org or <http://www.talgcsc.org/news.htm>

Programs: play card games and meet new people

Fees: None donations accepted

### **University Place**

Reference: Lakewood Family Branch (YMCA) and other community programs

#### **University Place Senior Center**

2534 Grandview Drive University Place, WA

(253)564-1992

Program: (SAIL) Stay Active & Independent for Life) Strength & Balance Fitness Class for adults 65+

Call for fees and class dates

#### **Pilates Bodies in Motion**

7326 27th St W. Tacoma, WA

(253)472-7117

M- F 7am- 9pm (lunch 12-1) Sat 8am -3pm

[www.thepilatesmotion.com](http://www.thepilatesmotion.com)

Programs: mat classes, group equipment classes, privates Pilates, semi privates Pilates, circuit classes, and Yoga

Fee: Private \$70, Drop in \$13, 6 Session Card \$60, 12 Session Card \$100, Unlimited Classes \$100/month

Personal Trainers on Site.

**Wilkeson**

Reference: Puyallup for YMCA and more Community programs

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**Silver Sneakers Program**

If you have Blue Cross Blue Shield, Humana, AARP Medicare complete, AARP, Medicare Supplement, Columbia Community Care, Group Health Cooperative, Spokane Community Care, Care 1<sup>st</sup> Health Plan Anthem Blue Cross, Kaiser Permanente, Medica, Desert Canyon Community Care, Health Choice Generations, Health Choice, Health Net, PacifiCare, Lovelace Senior Plan Presbyterian Health Plan, Secure Horizon by United Arcadian Health Plan, Health Spring, Bravo Health Evercare By United Healthcare, Essence Health Plan, Harmony Health Plan, Health Spring, Anthem Well point, Harmony Health Plan, Health First Health Plans, Well Care, Health Healthy ways Silver Sneaker fitness Programs.

## Community Resources Thurston County



### **Beachcrest**

Reference: Olympia for YMCA and other community programs

### **Belmore**

Reference: Olympia for YMCA and other community programs

### **Bordeaux**

Reference: Olympia for YMCA and other community programs

### **Boston Harbor**

Reference: Olympia for Briggs YMCA and other community programs

### **Bucoda**

Reference: Olympia Downtown for YMCA & other community programs

### **Chain Hill**

Reference North Spokane YMCA & other community programs (23 miles)

### **Delphi**

Reference Olympia Downtown for YMCA & other community programs

### **Essex**

Reference: Olympia Downtown for YMCA & other community programs

### **Five Corners**

Reference: Port Townsend for YMCA and other community programs

### **Four Corners**

Reference: Port Townsend for YMCA and other community programs

### **Grand Mound**

Reference: Olympia Downtown for YMCA & other community programs

### **Helsing Junction**

Reference: Olympia Downtown for YMCA & other community programs

### **Independence**

Reference: Olympia Downtown for YMCA & other community programs

### **Kelly's Korner**

Reference: Olympia Downtown for YMCA & other community programs

### **Lacey**

Reference: Olympia Downtown for YMCA & other community programs

### **Lacey City Hall (City of Lacey Parks and Recreation Dept )**

420 College ST SE Lacey, WA 98503  
(360) 491-0857 Call for location: Call for location of class varies throughout Lacey.  
Programs: Sunday Aqua aerobic, yoga, Tai Chi, Cardio Party Abs explosion,  
Fee: per Session quarterly \$25.00 to 65.00  
No Health supervision

### **The Lacey Senior Center**

6757 Pacific Avenue SE, PO Box 3522 Lacey, WA 98509  
Fax: 407-3973 or Phone: 407-3967  
M-F 8am- 6pm  
laceysc@southsoundseniors.org  
Programs: Morning Manna, Floor Yoga, Enhance Fitness, Tai Chi Chair, Tai Chi,  
Fees: \$2 a class or \$25 a month

### **Lacey Senior Center**

6757 Pacific Ave SE, Lacey, WA  
(360) 407-3967  
southsoundseniors.org

### **Sunrise for Women**

Lacey, WA 98503  
(360)456-6077  
Programs: Boot Camp, Yoga, Zumba, Cardio Sculpting  
Fee: Membership \$19.00 to 39.00 monthly. Senior Discount  
Certified Trainers

### **Maytown**

Reference: Olympia Downtown for YMCA & other community programs

### **Michigan Hill**

Reference: Olympia Downtown for YMCA & other community programs

### **Mima**

Reference: Olympia Downtown for YMCA & other community programs

### **Nisqually**

Reference: Olympia Downtown for YMCA & other community programs

### **North Olympia**

Reference: Olympia Downtown for YMCA & other community programs

### **North Yelm**

Reference: Yelm or Downtown Olympia for YMCA & other community programs

### **Offutt Lake**

Reference: Olympia Downtown for YMCA & other community programs

### **Olympia**

### **Olympia Downtown Branch YMCA**

510 Franklin St SE Olympia, WA 98501  
<http://www.southsoundymca.org>  
(360)357-6609  
Programs: Boot Camp, Cardio Kickboxing, Indoor cycling Minute mania, Muscle Works, Simple Step, Step challenge, Step & Core Challenge, Total Body Conditioning, Zumba Active Older Adults: Early Bird Walking, Silver Streak, EZ Exercise, Lets Dance, Music Maters, Chair Yoga, Core Classes, Land Arthritis Class, Zumba Gold, Pool Pals, Tai Chi, Pool Buddies, Flamingos, M&M, Fun Aquatics, Polar Bears Stoop Troop, Arthritis Aquatic Exercise, Senior Water Volleyball.  
Fees: Joining fees \$55.00 to \$97.00 monthly: \$35.00 to \$74.00 Day passes range \$3.00 to \$10.00 Most Adult classes are free to Full Members. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.  
Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### South Sound YMCA

1530 Yelm Hwy SE Olympia, WA 98501  
(360)753-6576

<http://www.southsoundymca.org>

Programs: Boot Camp, Cardio Kickboxing, Indoor cycling Minute mania, Muscle Works, Simple Step, Step challenge, Step & Core Challenge, Total Body Conditioning, Zumba Active Older Adults: Early Bird Walking, Silver Streak, EZ Exercise, Lets Dance, Music Maters, Chair Yoga, Core Classes, Land Arthritis Class, Zumba Gold, Pool Pals, Tai Chi, Pool Buddies, Flamingos, M&M, Fun Aquatics, Polar Bears Stoop Troop, Arthritis Aquatic Exercise, Senior Water Volleyball.

Fees: Joining fees \$55.00 to \$97.00 monthly: \$35.00 to \$74.00 Day passes range \$3.00 to \$10.00 Most Adult classes are free to Full Members.

Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### Briggs Community Branch YMCA

1530 Yelm Hwy SE Olympia, WA 98501

(360)753-6576

Monday-Friday 5am-9pm/Saturday 8am-6pm/Sunday Noon-5pm

<http://www.southsoundymca.org>

Programs Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Boot Camp, Cardio Kickboxing, Indoor cycling Minute mania, Muscle Works, Simple Step, Step challenge, Step & Core Challenge, Total Body Conditioning, Zumba Active Older Adults: Early Bird Walking, Silver Streak, EZ Exercise, Lets Dance, Music Maters, Chair Yoga, Core Classes, Land Arthritis Class, Zumba Gold, Pool Pals, Tai Chi, Pool Buddies, Flamingos, M&M, Fun Aquatics, Polar Bears Stoop Troop, Arthritis Aquatic Exercise, Senior Water Volleyball

Fees: Joining fees \$55.00 to \$97.00 monthly: \$35.00 to \$74.00 Day passes range \$3.00 to \$10.00 Most Adult classes are free to Full Members.

Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### Recreation Services

4131 Mud Bay Rd. Olympia WA 98502

FAX: (360) 754-2956 Phone: (360) 786-5595 TDD (360)754-2933

[www.thurston-parks.org](http://www.thurston-parks.org)

Aqua Aerobics Fun water exercises designed to improve strength, flexibility, and all around fitness. Open to both swimmer and non-swimmers of all abilities. Family and friends are welcome but must register.

Sunday's \$27/month

5:30pm - 6:30pm

### Providence St. Peter Hospital

413 Lilly Rd NE Olympia WA 98506-5166

(360)491-9480 or (888)492-9480 toll free

Recreation club(360)493-4433, Core conditioning (360)740-6543, Fall Prevention (360)493-7768, Fitness after 55 \$25.00 the \$25.00 per month

(360)493-7768 senior Weight Training 6 wk program (360)493-7768, Weight Loss Class \$55. for 5-wk program (360)330-8741 & Yoga 360-493-7348 .

Physician Recommended Exercise Program (PREP)-Health supervision 6 month program \$75 (360)330-8627,

### Thurston County Parks & Recreation

2617 A 12<sup>th</sup> Ct. SW Olympia, WA 98502

M-F 8AM -5PM

(360)786-5595

Program: Swimming, Dancing ( program for people with disabilities)

Fee: Low cost and Scholarships available on individual basis.

### Senior Center for South Sound

222 Columbia St. NW Olympia WA 98501

(360)586-6181

M-F 9AM-4 PM

[ssss@southsoundseniors.org](mailto:ssss@southsoundseniors.org)

Membership \$30.00 Per Year , \$20.00 class registration fee.

Programs: Exercise (advanced, basic, intermediate) class \$25.00 a Month designed by university of Washington & Group Health, Group Health pays for the their members age 65 & older Dance, Life time fitness program , Tai, Chi, Yoga, Wii Fitness, Walking ,Reflexology & Hawaiian Dance class beginning.

Trained Instructors

### **Strong Center**

1820 Black Lake Blvd., Suite 101. Olympia, WA  
(360) 705-1658

thestrongcenter.com

Weight Loss & Nutrition coaching - in person and online! Corrective Exercise & Yoga & Flexibility Training a Fun, Supportive Setting something for every budget and ability

Personal Training & Group Workouts

### **North Thurston High School**

600 Sleater Kinney Rd NE Olympia WA 98509

(360)491-8497

Programs: Exercise & Fitness

### **5<sup>th</sup> Avenue Fitness**

505 Plum Street SE Olympia, WA 98501

(360) 352-2533 or Fax: (360) 352-1448

Programs Provided: Body Attack, Body Combat, Body Flow, Body Jam, Body Pump, Body Step, RPM, Silver Sneakers, Silver Sneakers I, Silver Sneakers II, Silver Sneakers Yoga Stretch and Super Back.

Fee: \$39.00 to 59.00 monthly, 3 month 159.00 month 99.00 Joining feed (Discount: Silver Sneaker eligible Free check insurance company)

### **Fit 4 Life Personal**

P.O. Box 4416 Olympia, WA 98501

(360)790-6767

Programs: Strength Training, Group Training, Home Gym Building, We provide training at our local fitness facility, home, or at your place of business

Fees \$15-\$100

Certified Personal Trainer

### **Senior Services for South Sound: Olympia Senior Center**

222 Columbia St NW, Olympia, WA

(360) 586-6181

ssss@southsoundseniors.org

Programs: Lifetime Fitness Program, Yoga, Walking,

Fees: \$30 annual membership \$20 quarterly class registration for unlimited

### **Wild Grace Arts Yoga & Dance**

507 Cherry St Olympia, WA

(360)754-3983

Monday, Wednesday & Thursday Locations: TBA Time: 6:45-7:45am Age: Adult

Programs: Yoga immersion, all levels, from beginners to more experienced students.

Fee: Min/Max: 5/25 Fee: \$56 - Monday & Wednesdays; \$75 - Mondays, Wednesdays & Fridays Yoga

Instructor: Vanessa Charles, Certified Yoga Instructor, and BA with an emphasis in Movement and Dance.

### **The Fit Stop**

1212 Black Lake Blvd SW Olympia, WA

(360)956-3400

Open 24 Hours

Programs: Mat Pilates, Zumba, RPM, Body combat, Body flow

Fees: All access membership, Empowerment Membership

Personal Trainer

### **Curves For Women**

Olympia, WA 98502

(360)943-6997

Mon/Wed/Fri 6am-7:30pm Tues/Thurs 8am-7:30pm Sat 8am-11:30am

Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching

Fees: Join Now 50% & 30 Days Free call about possible payment by insurance plans.

Certified Trainer

**Fusion The Integrated Body**

Olympia, WA98501  
(360)596-9696  
Monday 11am-9pm  
Programs: Dance, Tai Chi, Yoga, Healing, Pilates  
Fees: \$14 - \$600 and we accept most insurance plans  
Certified Trainer

**Puget**

Reference: Olympia for YMCA & other community programs

**Rainier**

Reference: Olympia for YMCA & other community programs

**Rainier Senior Center**

108 Michigan St S Rainier WA 98576  
(360) 446 – 2258  
M W, 10am-2pm  
rainierseniors@fairpoint.net  
Anyone 55 years and older

**Rochester**

Reference: Olympia for YMCA & other community programs

**Rochester Community Center**

10140 Highway 12 SW Rochester WA 98579  
(360)273-0398 or (360)858-7086  
[www.rochest-wa.com](http://www.rochest-wa.com) or [rochesterpark@hotmail.com](mailto:rochesterpark@hotmail.com)  
Walking

**Curves Rochester,**

19810 Old Highway 99 SW Rochester WA 98579  
(360)273-0762  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

**Saint Clair**

Reference: Olympia for YMCA & other community programs

**Schneider's Prairie**

Reference: Olympia for YMCA & other community programs

**Skookumchuck**

Reference: Olympia for YMCA & other community programs

**South Bay**

Reference: Olympia for YMCA & other community programs

**South Union**

Reference: Olympia for YMCA & other community programs

**Sunnvale**

Reference: Seattle for YMCA & other community programs

**Tanglewilde**

Reference: Port Townsend YMCA & other community programs

**Tenino**

Reference: Olympia for YMCA & other community programs

**Thompson Place**

Reference: Port Angeles for YMCA & other community programs

**Tono**

Reference: Olympia for YMCA & other community programs

**Tumwater**

Reference: Olympia for YMCA & other community programs

**Abstract Precision Exercise**

3411 Capital Blvd Tumwater, WA 98501  
(360)754-7544

**Old Town Center**

215 N. 2nd Avenue SW Tumwater, WA 98512  
(360) 754-4160 or (360) 754-2063(fax)  
M-F 8am – 2:30pm  
Programs: Old Town Center Walkers

**Tumwater Middle School**

6335 Little rock Rd SW Tumwater WA  
(360)709-7500  
Monday & Wednesday: 6:45 – 7:45 pm Thursday: 6:00 – 7:00 pm  
Program: Exercise & Jazzercise. It combines total body conditioning with the fun of dance. Each class includes warm-up, aerobic conditioning, toning and strengthening of major muscle groups.  
Fee: \$35/10 classes  
Instructor: Beth Parker

**Curves for Women-Tumwater**

Tumwater, WA 98501  
(360)528-3422  
Programs: exercise program - warm-up, cardiovascular, strength training, cool down, and stretching  
Fees: Join Now 50% & 30 Days Free\* call about possible payment by insurance plans.  
Certified Trainer

**Union Mill**

Reference: Olympia for YMCA & other community programs

**Vail**

Reference: Olympia for YMCA & other community programs

**Western Junction**

Reference: Olympia for YMCA & other community programs

**Yelm**

Reference: Olympia for YMCA & other community programs

**Yelm Adult Community Center**

16530 103rd Avenue SE Yelm, WA, 98597 Map  
(360) 458 – 7733  
M-F 9 AM - 5 PM  
srcenter1285@fairpoint.net  
Programs : Exercise  
Membership \$36.00 per Year  
No Health Supervision

**Anytime Fitness - Yelm**

1304 Yelm Ave. E, Yelm, WA 98597  
(360)400-3880  
Open 24 Hours  
Programs: Aerobics, Cardio, Free Weights, Yoga, Pilates, and Step Aerobics  
Fees: \$0 Joining \$35.10 Monthly  
Personal trainer

### **Fit stop 24 - Yelm**

16910 Hwy 507, Yelm, WA 98597  
(360)400-4000  
Open 24 Hours  
Programs: Martial Arts, Kickboxing, Yoga, Pilates, Stationary Bicycles  
Fees: \$25.00 Joining \$25 Monthly

### **(Tai Chi)**

1201 E. Yelm Ave. Yelm, WA  
(360)359-5569

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#### **Silver Sneakers Program:**

If you have Blue Cross Blue Shield, Humana, AARP Medicare complete, AARP, Medicare Supplement, Columbia Community Care, Group Health Cooperative, Spokane Community Care, Care 1<sup>st</sup> Health Plan Anthem Blue Cross, Kaiser Permanente, Medica, Desert Canyon Community Care, Health Choice Generations, Health Choice, Health Net, PacifiCare, Lovelace Senior Plan Presbyterian Health Plan, Secure Horizon by United Arcadian Health Plan, Health Spring, Bravo Health Evercare By United Healthcare, Essence Health Plan, Harmony Health Plan, Health Spring, Anthem Well point, Harmony Health Plan, Health First Health Plans, Well Care, Health Healthy ways Silver Sneaker fitness Programs.

## Seattle & Surrounding Community



### Seattle

#### **Kung Fu Club of Seattle**

658 South King Street Seattle, WA 98104  
(206) 624-3838

M- F 12pm-9m

Program Offers: Hung Gar training emphasizes strong stances, iron-hard blocks, low snapping kicks, ambidexterity, deceptive hand techniques and power.

Free and Fee Programs: Submit completed application forms and initiation fee. Tuition is due by the first lesson. Thereafter, tuition is payable on a monthly basis. Family and youth rates are available.

Website: <http://www.seattlekungfuclub.com/>

Health Supervised: Instructor

#### **University of Washington IMA**

Intramural Activities (IMA) Building  
3924 Mont Lake Avenue NE Seattle, WA 98105

(206) 525-9898

M- F 12pm-9m

Program Offers: Hung Gar training emphasizes strong stances, iron-hard blocks, low snapping kicks, ambidexterity, deceptive hand techniques and power.

Free and Fee Programs: Submit completed application forms and initiation fee. Tuition is due by the first lesson. Thereafter, tuition is payable on a monthly basis. Family and youth rates are available.

Website: <http://www.seattlekungfuclub.com/>

Health Supervised: Instructor

#### **Aurora/ North Seattle**

7622 Aurora Ave North Seattle, WA 98103

(206) 525-9898

M- F 12pm-9m

Program Offers: Hung Gar training emphasizes strong stances, iron-hard blocks, low snapping kicks, ambidexterity, deceptive hand techniques and power.

Free and Fee Programs: Submit completed application forms and initiation fee. Tuition is due by the first lesson. Thereafter, tuition is payable on a monthly basis. Family and youth rates are available.

Website: <http://www.seattlekungfuclub.com/>

Health Supervised: Instructor

#### **YMCA**

17874 Des Moines Memorial Dr Seattle, WA 98148

(206)244-5880

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group) Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy & Celebrate Seniority Medical Supervised)

### **West Seattle Branch YMCA**

4515 36th Ave SW Seattle, WA 98126  
(206)-35-6000

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Metro center Branch YMCA**

909 4th Ave Seattle, WA 98104  
(206)382-5013

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Downtown Branch YMCA**

909 4th Ave Seattle, WA 98104  
(206)382-5000 or (206)382-5009

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Coal Creek Family YMCA**

13750 Newcastle Golf Club Rd Newcastle, WA 98059  
(425)282-1500

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)

### **Lake Heights Branch**

12635 SE 56th Street, Bellevue, WA 98006

(425)644-8417

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### **Meredith Mathews East Madison Branch YMCA**

1700 23rd Ave Seattle, WA 98122

(206)322-6969

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### **University Family YMCA**

5003 12th Ave NE Seattle, WA 98105

(206)524-1400

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### **Bellevue Branch YMCA**

14230 Bel Red Rd Bellevue, WA 98007

(425)746-9900

Web: <http://www.seattleyymca.org>

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.

Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

**Health Supervised (Biggest Winner, Healthy 2 Works, Get Fit & Healthy& Celebrate Seniority Medical Supervised)**

### Chinese Wushu & Tai Chi Academy

709 1/2 S King St, Seattle, WA, 98104  
(206) 749-9513  
Tai Chi

### Magnolia Karate Academy

2428 32nd Ave, Seattle, WA, 98199  
(206) 281-9668  
Tai Chi

### Embrace The Moon Tai Chi & Chi Kung

1716 NW Market St, Seattle, WA, 98107  
(206) 789-0993 –  
Tai Chi

### Taoist Studies Institute

225 N 70th St., Seattle, WA, 98103  
(206) 784-5632  
Tai Chi

### Seattle Qigong School –Golden Light Qigong

3703 S Edmunds ST #133 Seattle, WA 98118  
(206) 721-4898  
Tai Chi , Yoga

### YMCA of Grays Harbor

2500 Simpson Avenue, Hoquiam, WA 98550  
(360)537-9622

Programs: Older Adult Cardio (Group), Arthritis (Group) Diabetes Exercise Program, Water Aerobics (Group), Older Adult Cardio (Group), Water Walking (Group) Bone Builders Osteoporosis Class (Group)Adult Swim Instruction, Adult Dance, Fitness Classes, basic step, Cardio Express, Cardio Kickboxing, Circuit training, Yoga, Group cycle, HEAT, High Energy Athletic Training, poly metrics, strength training core work, Leg, Abdominal, and Bun exercises, Pilates, conditioning, body weight, weight loss, tone, weights, bars and bands, mat exercises, posture, stability, quiet, calm environment, Zumba, Fitness Orientations, Fitness Classes, Medical Referral Classes, Strength Orientation, Cardio Orientation, Specialized Orientation, Personal Training, Adult Gymnastics, Adult Martial Arts, Small Groups, potlucks, outings, support groups Pickle ball, Active Older Adults, Water Aerobics, Deep Water Aerobics, Silver Splash, range of motion, balance, Stroke fitness, Modified Water Aerobics, Balance Class, cardio fitness, balance, flexibility, strength and fall prevention. Cardiac Wellness, Chair class, Silver Sneakers: Muscular Strength and Range of Motion, Tai Chi.  
Fees: Membership or pay by individual classes. Medicare A & B clients with Humana, Secure Horizon, and Group Health Insurances may pay for Silver Sneaker programs.

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### Body & Mind Enso Center

9215 195th Ave, Redmond, WA, 98053  
(425) 861-8222  
Tai Chi ,Yoga

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#### Silver Sneakers Program:

If you have Blue Cross Blue Shield , Humana, AARP Medicare complete, AARP, Medicare Supplement, Columbia Community Care , Group Health Cooperative , Spokane Community Care , Care 1<sup>st</sup> Health Plan Anthem Blue Cross, Kaiser Permanente , Medica, Desert Canyon Community Care, Health Choice Generations, Health Choice, Health Net , PacifiCare, Lovelace Senior Plan Presbyterian Health Plan, Secure Horizon by United Arcadian Health Plan, Health Spring, Bravo Health Evercare By United Healthcare, Essence Health Plan , Harmony Health Plan, Health Spring, Anthem Well point, Harmony Health Plan, Health First Health Plans, Well Care, Health Healthy ways Silver Sneaker fitness Programs .