



## Free or Low Cost Exercise Classes

Location	Age	Classes
<b>Antioch Senior Center</b> 415 W. 2nd Street Antioch, CA 94509 (925) 778-1158	50+	<b>Free with \$15 annual membership</b> Aerobic Exercise Dance (hula, tap, chair)
<b>Danville Senior Center</b> 400 Hartz Avenue Danville, CA 94526 (925) 314-3490	50+	<b>Free:</b> Tai Gi, Luk Kuen, Dancercise, Traditional Korean Dance, Wii
<b>Hercules Senior Center</b> 111 Civic Drive Hercules, CA 94547 (510) 799-8219	50+	<b>Free with \$10 annual membership</b> Low Impact Exercise, Tai Chi
<b>Lafayette Senior Services</b> 500 St. Mary's Road Lafayette, CA 94549 (925) 284-5050	55+	<b>Low cost:</b> Tea Dancing
<b>Martinez Senior Center</b> 818 Green Street Martinez, CA 94553 (925) 370-8770	50+	<b>Free with \$7 annual membership</b> Walking Club <b>Low cost:</b> Chi Gong, Tai Chi, Line Dancing
<b>Pinole Senior Center</b> 2500 Charles Ave. Pinole, CA 94564 (510) 724-9800	50+	<b>Free:</b> Walking Group <b>Low cost:</b> Aerobics, Tai Chi, Weight Training

Call the Fall Prevention Program at (925) 937-8311 or  
 visit [www.mowsos.org](http://www.mowsos.org) to learn more about preventing falls.

<b>Pittsburg Senior Center</b> 300 Presidio Lane Pittsburg, CA 94565 (925) 252-4890	50+	<b>Free:</b> Tea Dancing, Wii
<b>Pleasant Hill Senior Center</b> 233 Gregory Lane Pleasant Hill, CA 94523 (925) 798-8788	50+	<b>Free:</b> Flex for Fitness, Wii <b>Low cost:</b> Walking Group
<b>Richmond Senior Center</b> 2525 MacDonald Ave. Richmond, CA 94804 (510) 307-8087	60+	<b>Free:</b> Strong Bodies Stay Young, Line Dancing, Tango, Swing <b>Low Cost:</b> Aerobics, Qi Gong, Chair Yoga, Tai Chi
<b>San Pablo Senior Center</b> Community Center 13831 San Pable Ave. San Pablo, CA 94806 (510) 215-3096	60+	<b>Free:</b> Silver Sneakers (exercise class)
<b>San Ramon Senior Center</b> 9300 Alcosta Blvd. San Ramon (925) 973-3250	55+	<b>Low Cost:</b> Aerobics, Line Dancing, Ballroom Dancing, Toning with Weights
<b>Walnut Creek Senior Center</b> North Broadway and Civic Dr. Walnut Creek, CA (925) 943-5858	50+	<b>Free:</b> Walking Buddies

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