

Arthritis Foundation,
Pacific Region
800 W. 6th Street, #1250,
Los Angeles, CA 90017
(323) 954-5750
(323) 954-5790 - fax

arthritis foundation

programs for better living

Want to reduce pain? Learn about our programs.

[LEARN MORE](#)

Welcome to the California page of our Programs for Better Living!

Here, you will find a list of our programs at a location near you.

****PLEASE CONTACT EACH SITE FOR PRICE AND SCHEDULE****

Table of Contents:

Area:	Page Numbers:
Greater Sacramento and the Central Valley	2-4
Los Angeles County	5-10
San Fernando Valley	11-14
Santa Barbara and the Central Coast	15-18
Orange County	19-21
Inland Empire	22-24
Coachella Valley	25-27
San Diego and Imperial Counties	28-30

GREATER SACRAMENTO AND THE CENTRAL VALLEY

City, Zip Code	Facility Name	Address	Phone Number	Website
Carmichael, 95608	Swanson McArthur Physical Therapy	6601 Madison Avenue	916-965-8900	
Citrus Heights, 95621	California Family Fitness	7700 Sunrise Blvd	916-242-4400	www.californiafamilyfitness.com
Fair Oaks, 95628	Rollingwood Racquet Club	9373 Winding Oak Drive	916-988-1728	www.rollingwoodclub.com
Folsom, 95630	Burger Physical Therapy	1301 E. Bidwell Street, #101	916-983-5900	www.burger-rehab.com
Folsom, 95630	El Dorado Physical Therapy	990 Riley Street	916-355-1250	www.eldoradopt.com
Fresno, 93720	San Joaquin Valley Rehab	7173 N. Sharon	559-436-3600	www.sanjoaquinrehab.com
Lincoln, 95648	Sun City Lincoln Hills	965 Orchard Creek Lane	916-625-4000	www.lincolnsuncity.org
Lodi, 95240	Hutchins Street Square Pool	125 S. Hutchins Street	209-369-6921	www.hutchinsstreetsquare.com
Los Banos	In Shape Health Clubs	2240 Pacheco Blvd	209-209-4400	www.inshapeclubs.com
Nevada City	Warm Water Fitness	400 Hoover Lane	530-265-3245	
Rancho Cordova	California Family Fitness	1975 Zinfandel Drive	916-631-8800	www.californiafamilyfitness.com
Red Bluff	Physical Therapy and Wellness Center	2490 S. Main Street	530-529-3636	
Roseville	Mike Shellito Indoor Pool	10210 Fairway Drive	916-774-5957	www.roseville.ca.us/pools
Roseville	Roseville Health	1650 Lead Hill	916-677-1200	www.rosevillehwc.com

	and Wellness Center	Blvd		
Roseville	Sierra Regency, Inc.	1015 Madden Lane	916-786-3173	www.sierraregency.com
Lindsay	Lindsay Aquatic Center	740 N. Sequoia Avenue	559-333-6709	
Sacramento	Del Norte Club	3040 Becerra Way	916-483-5111	www.delnorteclub.com
Stockton	In Shape Health Clubs	2303 W. March Lane	209-472-2230	www.inshapeclubs.com
Stockton	O'Connor Woods	3400 Wagner Heights Road	209-956-3400	www.oconnorwoods.org
Tracy	In Shape Health Clubs	101 S. Tracy Blvd	209-836-2504	www.inshapeclubs.com
Yuba City	Butchie's Pool	144 Gibson Avenue	530-671-4373	



GREATER SACRAMENTO AND THE CENTRAL VALLEY

City, Zip Code	Facility Name	Address	Phone Number	Website
Berry Creek	Berry Creek Grange 694	1477 Bald Rock Road	530-589-4629	
Carmichael	Atria – El Camino Garden	2426 Garfield Avenue	916-488-5722	www.atriaseniorliving.com
Carmichael	California Family Fitness – Arden Club	6314 Fair Oaks Blvd	916-482-9100	www.californiafamilyfitness.com
Davis	Atria – Covell Gardens	1111 Alvarado Avenue	530-756-0700	www.atraseniorliving.com
Elk Grove	The Commons at Elk Grove	9564 Sabrina Lane	916-683-6833	www.commonsatelkgrove.com
Fair Oaks	Rollingwood Sports Club	9373 Winding Oak	916-988-1727	www.rollingwoodclub.com

		Drive		
Manteca	The Commons at Union Ranch	2241 N. Union Ranch Road	209-463-9100	www.commonsatunionranch.com
Modesto	Dale Commons	3900 Dale Road	209-526-2053	www.dalecommons.com
Rocklin	Gracepoint Adventist Church	3500 Sunset Blvd	916-624-4877	www.graceisthepoint.org
Roseville	Mike Shellito Indoor Pool	10210 Fairway Drive	916-774-5957	www.roseville.ca.us/pool
Roseville	Sierra Regency, Inc.	1015 Madden Lane	916-786-3173	www.sierraregency.com
Sacramento	Del Norte Club	3040 Becerra Way	916-483-5111	www.delnorteclub.com
Stockton	O'Connor Woods	3400 Wagner Heights Road	209-956-3400	www.oconnorwoods.org
Lincoln, CA	Marie McCluskey		(530) 263-2537	mccluskey45@gmail.com



GREATER SACRAMENTO AND THE CENTRAL VALLEY

City, Zip Code	Facility Name	Address	Phone Number	Website
Manteca	The Commons at Union Ranch	2241 N. Union Ranch Road	209-463-9100	www.commonsatunionranch.com
Tracy	In Shape Health Clubs	101 S. Tracy Blvd	209-836-2504	www.inshapeclubs.com
Visalia	Visalia YMCA	211 W. Tulare Avenue	559-732-9438	www.goldenstateymca.org

LOS ANGELES COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Alhambra, 91801	West San Gabriel Valley YMCA	401 E. Cortoo Street	626-576-0226	www.wsgvymca.org
Burbank, 91502	Burbank Family YMCA	321 E. Magnolia Blvd	818-845-8551	www.burbankymca.org
Calabasas, 91364	Motion Picture Television Fund	23388 Mulholland Drive	818-876-4075	
Downey, 90241	Downey Family YMCA	11531 Downey Avenue	562-862-4201	www.ymcala.org/downey
Downey, 90241	Talbert Medical Group	8311 Florence Avenue	562-904-2090	www.talbertmedical.com
Glendale, 91206				
Long Beach, 90805	Glendale YMCA – Louise Center	140 N. Louise Street	818-240-4130	www.glendaleymca.org
La Canada Flintridge, 91011	Fairfield YMCA	4949 Atlantic Avenue	562-423-0491	www.lbymca.org
North Hollywood, 91601	Crescenta-Canada Family YMCA	1930 Foothill Blvd	818-790-0123	www.ymcacc.org
Northridge, 91326	East Valley YMCA	5142 Tujunga Avenue	818-763-5126	www.ymcasv.org/eastvalley
Northridge, 91325	North Valley YMCA	11336 Corbin Avenue	818-368-3231	www.ymcala.org/northvalley
Pasadena, 91103	CSU Northridge	18111 Nordhoff Street	818-677-2182	www.csun.edu/hhd/kin
Reseda, 91606	AAF Rose Bowl Aquatics Center	360 N. Arroyo Blvd	626-564-0330	www.rosebowlaquatics.com
San Pedro, 90731	West Valley YMCA	18810 Vanowen Street	818-774-2840	www.ymcala.org/westvalley

Simi Valley	San Pedro YMCA	301 S. Bandini	310-832-4211	www.ymcala.org/sanpedro
Westchester, 90045	Simi Valley Family YMCA	3200 Cochran Street	805-583-5338	www.simiyymca.org
Whittier, 90606	Westchester YMCA	8015 S. Sepulveda Blvd	310-670-4316	www.ymcala.org/westchester
Whittier, 90603	Presbyterian Intercommunity Hospital	12401 Washington Blvd	562-698-0811 x 14691	www.pih.net
Whittier, 90601	East Whittier YMCA	15740 Starbuck Street	562-943-7241	www.ymcawhittier.org
	Uptown Whittier YMCA	12510 Hadley Street	562-907-6530	www.ymcawhittier.org

LOS ANGELES COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Altadena, 91001	Altadena Senior Center	560 E. Mariposa Street	626-798-0505	
Commerce, 90040	Commerce Senior Center	2555 Commerce Way	323-887-4430	ci.commerce.ca.us/seniorcenter
Glendora, 91741	La Fetre Center for Seniors	116 E. Foothill Blvd	626-914-8228, 626-914-8235	pbaker@ci.glendora.ca.us ; shull@ci.glendora.ca.us
Hollywood, 90028	SBBS Hollywood Senior Center at Bethany Towers	1745 N. Gramercy Place	323-957-3900	www.sbssla.org
Los Angeles, 90036	Freda Mohr	330 N. Fairfax Avenue	323-937-5902 x1303	
Los Angeles, 90033	Hollenbeck Park-Centro Comunitario	415 S. Saint Louis Street		
Los Angeles, 90035	RA Physical Therapy and Rehabilitation	910 ½ S. Robertson Blvd	310-657-7220	www.raphysicaltherapy.com
Los Angeles, 90018	Betty Hill Senior Citizen Center	3570 S. Denker Avenue	323-733-1946	Bettyhills.seniorcenter@lacity.org
Long Beach, 90805	Fairfield YMCA	4949 Atlantic Avenue	562-423-0491	www.lbymca.org
Long Beach, 90802	Long Beach Senior Center	1150 E. 4 th Street	562-570-3504	Longbeach.gov/park/recreation/seniors
Manhattan Beach,	Joslyn Senior Center	1601 Valley Drive	310-545-5621 x5409	ci.manhattanbeach.ca.us

90266				
Manhattan Beach, 90266	Manhattan Beach Community Church	303 S. Peck Avenue	310-939-9285	www.mbccucc.org
Pasadena, 91107	Pasadena Senior Center	2575 Paloma Street	626-685-6706	www.pasadenaseniorcenter.org
Redondo Beach, 90277	Beach Cities Health District	514 N. Prospect Avenue	310-374-3426 x 126	www.bchd.org
Redondo Beach, 90278	Perry Park Senior Center	2308 Rockefeller Lane	310-318-0650	www.redondo.org/senior
Redondo Beach, 90277	Redondo Beach Senior Center Veteran's Park	301 Esplanade	310-318-0650	www.redondo.org/senior
San Fernando, 91340	San Fernando Recreation Park	208 Park Avenue	818-365-3673	www.sfcity.org
San Pedro, 90731	San Pedro YMCA	301 S. Bandini	310-832-4211	www.ymcala.org/sanpedro
Santa Clarita	Santa Clarita Parks and Recreation	20880 Centre Pointe Parkway	661-250-3711	
Simi Valley, 93063	Simi Valley Senior Center	3900 Avenida Simi	805-593-6363	
Van Nuys, 91401	Van Nuys Multipurpose Senior Citizen Center	6514 Sylmar Avenue	818-781-1101	
Tarzana, 91356	Ho Rehabilitation	18425 Burbank Blvd	818-996-8386	www.horehab.com
Thousand Oaks, 91361	Seven Oaks Physical Therapy	141 Triunfa Canyon Road	805-373-6560	www.sevenoaksphysicaltherapy.com
Woodland Hills, 91365	Kaiser Permanente Medical Center	5601 De Soto Avenue	818-719-4305	
Westchester	Physical	6214 W.	310-348-	www.ptcare.com

, 90045	Therapy Care	Mancheste r Blvd	8464	
Westchester , 90045	Westchester Senior Citizens Center	8740 Lincoln Avenue	310-649- 3317	
Westchester , 90045	Westchester YMCA	8015 S. Sepulveda Blvd	310-670- 4316	www.ymcala.org/westchester
Westlake Village, 91361	Seven Oaks Physical Therapy	141 Triunfo Canyon Road	805-373- 6560	www.sevenoaksphysicaltherapy.com
Wilmington, 90744	Wilmington Jaycees Foundation	1371 Eubanks Avenue	310-518- 4533	



LOS ANGELES COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Hawthorne, 90245	Hawthorne Senior Center	3901 W. El Segundo Blvd	310-349-1649	
Long Beach, 90802	Long Beach Senior Center	1150 E. 4 th Street	562-570-3504	www.longbeach.gov

WALK WITH EASE
a program for better living



LOS ANGELES COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Commerce, 90040	Bristow Park	1466 S. McDonnell Avenue	323-887-4430	
Commerce, 90040	Rosewood Park, City Hall	2535 Commerce Way	323-887-4430	
Commerce, 90040	Rosewood Park	5600 Harbor Street	323-887-4430	
Los Angeles, 90024	Holmby Park	601 Club View Drive	323-732-0153	
Long Beach, 90808	Rosie the Riveter Park	Clark and Conant	562-496-4734	Heartofida.org
Wilmington, 90744	Wilmington Jaycees Foundation	1371 Eubanks Avenue	310-518-4533	

SAN FERNANDO VALLEY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Burbank, 91502	Burbank Family YMCA	321 E. Magnolia Blvd	818-845-8551	www.burbankymca.org
Calabasas, 91364	Motion Picture Television Fund	23388 Mulholland Drive	818-876-4075	
Glendale, 91206				
La Canada Flintridge, 91011	Glendale YMCA Louise Center	140 N. Louise	818-240-4130	www.glenymca.org
North Hollywood, 91601	Crescenta-Canada YMCA	1930 Foothill Blvd	818-790-0123	www.ymcacc.org
Northridge, 91326	East Valley YMCA	5142 Tujunga Avenue	818-763-5126	www.ymcala.org/eastvalley
Northridge, 91330	North Valley Family YMCA	11336 Corbin Avenue	818-368-3231	www.ymcala.org/northvalley
Reseda, 91335	Brown Center of Achievement	18111 Nordhoff Street	818-667-2182	www.csun.edu/hhd/kin
Tujunga, 91042	West Valley YMCA	18110 Vanowen Street	818-774-2840	www.ymcala.org/westvalley
Woodland Hills, 91371	Verdugo Hills YMCA	6840 Foothill Blvd	818-352-3255	www.ymcacc.org
Valencia, 91355	Pierce College	6201 Winnetka Avenue	818-719-6425	www.extension.piercecollege.edu
Van Nuys	Santa Clarita	26147	661-253-	www.ymcala.org/santaclarita

	Family YMCA	McBean Parkway	3593	
	Mid-Valley Family YMCA	6901 Lennox Avenue	818-989-3800	www.ymcala.org/midvalley

EXERCISE
a program for better living



SAN FERNANDO VALLEY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Calabasas	Motion Picture Television Fund	23388 Mulholland Drive	818-845-8551	
La Canada Flintridge, 91011	Crescenta-Canada Family YMCA	1930 Foothill Blvd	818-790-0123	www.ymcacc.org
Moorpark, 93021	Moorpark Active Adult Center	799 Moorpark Avenue	805-517-6261	
Newbury Park, 91320	Miller Family YMCA	320 Via Las Brisas	805-480-0309	www.sevymca.org/miller
Northridge, 91324	The Village at Northridge	9222 Corbin Avenue	818-350-2951	www.srgseniorliving.com/northridge
Oxnard, 93030	St. John's Hospital Community Health Education Department	1600 North Rose Avenue	805-988-2865	
Reseda, 91335	West Valley YMCA	18810 Vanowen Street	818-774-2840	www.ymcala.org/westvalley

Santa Clarita, 91350	Santa Clarita Parks and Recreation	20880 Centre Pointe Parkway	661-250- 3711	
Simi Valley, 93063	Simi Valley Senior Center	3900 Avenida Simi	805-593- 6363	
Tarzana, 91356	Ho Rehabilitation	19425 Burbank Blvd Suite 413	818-996- 8386	www.horehab.com
Thousand Oaks, 91361	Seven Oaks Physical Therapy	141 Triunfo Canyon Road	805-373- 6560	www.sevenoaksphysicaltherapy.com
Woodland Hills, 91365	Kaiser Permanente Medical Center	5601 De Soto Avenue	818-719- 4305	

WALK WITH EASE
a program for better living



SAN FERNANDO VALLEY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Lancaster, 93534	Antelope Valley Senior Center	777 W. Jackman Street	661-726-4400	
Camarillo, 93010	Camarillo Health Care District	3639 Las Posas Road Suite 117	805-388-1952	www.camhealth.com
Northridge, 91324	Wilkinson Senior Center	8956 Vanalden Avenue	818-756-7741	
Oxnard, 93030	St. John's Hospital Community Health Education Department	1600 N. Rose Avenue	805-988-2865	
Sherman Oaks, 91411	Village at Sherman Oaks	5450 Vesper Avenue	818-885-5220	
Thousand oaks, 91360	Conejo Valley Adult School	1025 Old Farm Road	805-497-2761	www.conejoadultschool.org

AQUATICS
a program for better living



SANTA BARBARA AND THE CENTRAL COAST

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Camarillo, 93012	Camarillo Family YMCA	3111 Village at the Park Drive	805-484-0423	www.ciymca.org
Lompoc, 93436	Walnut Pier Health Club	805 E. Walnut Avenue	805-736-3493	
Santa Barbara, 93105	Cottage Rehabilitation Hospital	2415 De la Vina Street	805-687-7444 x 2552	www.cottagehealthsystem.org
Santa Barbara	Muller Aquatic Center	22 Anacapa Street	805-682-3870	www.mulwebt.com
Santa Barbara	Vista del Monte Fitness and Aquatic	2775 Modoc Road	805-879-5556	www.vistadelmonte.org
San Luis Obispo, 93405	Village at the Palms	55 Broad Street	805-543-2300	www.villagesofslo.com
Ventura, 93003	Ventura Family YMCA	3760 Telegraph Road	805-642-2131	www.ciymca.org/ventura

SANTA BARBARA AND THE CENTRAL COAST

City, Zip Code	Facility Name	Street Address	Phone	Website
Atascadero, 93422	California Manor	10165 El Camino Real	805-466-0754	
Buellton, 93427	Total Life Fitness	157 W. Hwy 246	805-699-0789	www.totalllifefitness.com
Camarillo, 93010	Pleasant Valley Rec Center	1605 E. Burnley Street	805-482-4881	www.pvrpd.org
Camarillo, 93010	Camarillo Health Care District	3639 Las Posas Road Suite 117	805-388-1952	www.camhealth.com
Guadalupe, 93434	Guadalupe Senior Center (Spanish)	4545 10 th Street	805-343-1889	
Lompoc, 93436	Anderson Recreation Center	125 W. Walnut Avenue	805-875-8100	
Lompoc, 93436	Walnut Pier Health Club	803 E. Walnut Avenue	805-736-3493	www.walnutpierhealthclub.com
Moorpark, 93021	Moorpark Active Adult Center	799 Moorpark Avenue	805-517-6261	
Newbury Park, 91320	Miller Family YMCA	320 Via Las Brisas	805-480-0309	www.sevymca.org/miller
Ocean, 93445	Oceano Community Center	1425 19 th Street	805-474-3900	
Orcutt, 93455	Luis Oasis Senior Center	420 Soares Avenue	805-937-9750	www.oasisorcutt.org
Oxnard, 93030	La Colonia Center (Spanish)	135 Amelia Court	805-385-8163	
Oxnard, 93033	South Oxnard Senior Center	200 E. Bard Road	805-385-8042	

Oxnard, 93030	Wilson Center	350 N. C Street	805-385-8028	
Oxnard, 93030	St. John's Hospital Community Health Education Department	1600 N. Rose Avenue	805-988-2865	
Pismo Beach, 93449	Pismo Veteran's Hall	1000 Bello Street	805-773-7039	www.pismoeach.org
San Luis Obispo, 93405	Village at the Palms	55 Broad Street	805-543-2300	www.villagesofslo.com
Santa Barbara, 93105	The Samarkand	2550 Treasure Drive	805-687-0701	www.thesamarkand.org
Guadalupe, 93434	Guadalupe Senior Center	4545 10 th Street	805-343-3004	
Santa Maria, 93454	Merrill Gardens	1220 Suey Road	805-310-4102	www.merrillgardens.com
Simi Valley, 93063	Simi Valley Senior Center	3900 Avenida Simi	805-583-6363	
Solvang, 93463	Solvang Senior Center	1745 Mission Drive	805-688-3793	www.solvangseniorcenter.org
Ventura, 93003	SCAN Senior Resource Center	1001 Partridge Street	805-658-2182	

SANTA BARBARA AND THE CENTRAL COAST

City, Zip Code	Facility Name	Street Address	Phone	Website
Buellton, 93427	Total Life Fitness	157 W. Hwy 246	805-688-0789	
Camarillo, 93010	Camarillo Health Care District	3639 Las Posas Road #117	805-388-1952	www.camhealth.com
Oxnard, 93030	St. John's Hospital Community Health Education Department	1600 N. Rose Avenue	805-988-2865	
Thousand Oaks, 91360	Conejo Valley Adult School	1025 Old Farm Road	805-497-2761	www.conejoadultschool.org
Santa Barbara	Arthritis Foundation	2261 Las Positas Road	805-563-4685	
Santa Barbara	Maravilla	5486 Calle Real	805-308-9585	
Santa Barbara	The Samarkand	2550 Treasure Drive	805-687-0701	www.thesamarkand.org

ORANGE COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Anaheim, 92805	Salvation Army	1515 W. North Street	714-491-1450	www.salvationarmyusa.org
Foothill Ranch, 92610	Aqua Wave Swim School	27025 Burbank Road	949-455-2535	www.aquawaveonline.com
Fullerton, 92835	YMCA	2000 Youth Way	714-879-9622	www.ymcaoc.org/fullerton
Huntington Beach, 92648	City Gym and Pool	1600 Palm Avenue	714-960-8884	www.ci.huntington-beach.ca.us
Huntington Beach, 92648	Huntington Terrace	18800 Florida Street	714-848-8811	
Irvine, 92618	Waterworks Aquatics	25 Waterworks Way	949-450-0777	www.waterworksswim.com
Mission Viejo, 92691	Sierra Recreation and Fitness	26887 Recodo Lane	949-859-4348	www.cityofmissionviejo.org/recreation
Orange, 92866	Rehabilitation Institute of Orange	1800 E. La Veta Avenue	714-532-3916	www.rio-rehab.com
San Clemente, 92672		987 Avenida Vista Hermosa	949-429-8797	

EXERCISE

a program for better living



ORANGE COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Anaheim, 92801	Anaheim Regional Medical Center	1111 W. La Palma Avenue	(714) 999-5749	www.anaheimregionalmc.com
Anaheim, 92801	Anaheim Shores	1919 Coronet Avenue	714-774-1360	
Anaheim, 92801	Emerald Court	1731 Medical Center Drive	714-778-5100	
Anaheim, 92804	Grace Bible Church	2550 Orange Avenue	714-828-7066	
Buena Park, 90620	Buena Park Senior Center	8150 Knott Avenue	714-236-3870	www.bplegacy.org
Brea, 92821	Synergy, A Medical Fitness Center	2767 E. Imperial Hwy	714-578-8770	www.synergymedfit.com
Cypress, 90630	Cypress Senior Center	9031 Grindlay Street	714-229-2005	www.ci.cypress.ca.us/recreation
Garden Grove, 92840	H. Louis Lake Senior Center	11300 Stanford Avenue	714-741-5253	www.ci.garden-grove.ca.us
Huntington Beach, 92648	Rodgers Senior Center	1706 Orange Avenue	714-536-9387	www.huntingtonbeachca.gov
Laguna Hills, 92653	Florence Sylvester Memorial Senior Center	23721 Moulton Parkway	949-380-0155	
Laguna Niguel, 92677	Sea Country Senior Center	24602 Aliso Creek Road	949-425-5151	
Long Beach, 90802	Long Beach Senior Center	1150 E. 4 th Street	562-570-3504	
Mission Viejo, 92692	Norman Murray	24932 Veterans	(949)470-3036	

	Community Center	Way		
Orange, 92866	Orange Senior Center	170 S. Olive Street	(714) 538-9633	
Stanton, 90680	Stanton Community Center	7800 Katella Avenue	(714) 379-9222	

TAI CHI
 a program for better living



ORANGE COUNTY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Dana Point, 92629	Dana Point Community Center	34052 Del Obispo Street	949-248-3530	
Long Beach, 90802	Long Beach Senior center	1150 E. 4 th Street	562-570-3504	www.longbeach.gov
Mission Viejo, 92691	Saddleback College PE 306	28000 Marguerite Parkway	949-582-4632	www.saddleback.edu
San Clemente, 92672	San Clemente Senior Center	242 Del mar	949-498-3322	www.san-clemente.org
San Juan Capistrano, 92675	San Juan Capistrano Senior Center	25925 Camino del Avion	949-493-5911, 949-493-0658	
Brea, CA	Instructor Hong Yang		909 718 9318	yanghong5678@yahoo.com

INLAND EMPIRE

City, Zip Code	Facility Name	Address	Phone Number	Website
Barstow, 92311	Chaparral Physical Therapy	525 Melissa Avenue	760-256-1888	
Corona, 92882	Valencia Terrace	2300 S. Main Street	951-493-3842	www.kiscoseniorliving.com
Highland, 92346	Highland Family YMCA	7793 Central Avenue		www.ymcaeastvalley.org
San Bernardino, 92404	San Bernardino Family YMCA	808 E. 21 st Street	909-881-9622	www.ymcaeastvalley.org
San Jacinto	Powerhouse Gym	1635 S. San Jacinto Street	951-487-0725	www.powerhousegym-sj.com
Riverside, CA	Patricia Tennyson		909-362-3118	ptpmtn@sbcglobal.net

INLAND EMPIRE

City, Zip Code	Facility Name	Address	Phone Number	Website
Claremont, 91711	Joslyn Senior Center	660 N. Mountain Avenue	909-399-5488	www.ci.claremont.ca.us
Claremont, 91711	Blaisdell Senior Center	440 S. College Avenue	909-399-5367	

Corona, 92882	Valencia Terrace	2300 S. Main Street	951-493-3842	www.kiscoseniorliving.com
Fontana, 92335	Fontana Community Senior Center	16710 Ceres Avenue	909-854-5151	www.seniors.fontana.org
Murrieta, 92562	Center for Medical Weight Loss	40663 Murrieta Hot Springs Road	951-200-6796	www.medicalweightloss4u.com
Rancho Cucamonga, 91730	Atria del Rey	8825 Baseline Road	909-989-4346	www.atriaseniorliving.com
Rancho Cucamonga, 91730	James Brulte Senior Center	11200 Baseline Road	909-447-2780	www.rcpark.com
Redlands	First Lutheran Church	1207 W. Cypress Avenue	909-793-2267	www.firstlutheranredlands.com
Redlands	Plymouth Village	900 Salem Drive	909-793-9195	www.plymouthvillage.org
Riverside	Riverside Community Health Foundation	8856 Arlington Avenue	951-710-3970	www.rchf.org



INLAND EMPIRE

City, Zip Code	Facility Name	Address	Phone Number	Website
Fontana, 92335	Fontana Community Center	16710 Ceres Avenue	909-854-5151	www.seniors.fontana.org
Riverside	Riverside Community Health Foundation	8856 Arlington Avenue	951-710-3970	www.rchf.org

WALK WITH EASE
a program for better living



INLAND EMPIRE

City, Zip Code	Facility Name	Address	Phone Number	Website
Claremont, 91711	Joslyn Senior Center	660 N. Mountain Avenue	909-399-5488	www.ci.claremont.ca.us
Claremont, 91711	Blaisdell Senior Center	440 S. College Avenue	909-399-5367	www.ci.claremont.ca.us
Redlands, 92373	Redlands YMCA	500 E. Citrus Avenue	909-798-9622	www.ymcaeastvalley.org

COACHELLA VALLEY

City, Zip Code	Facility Name	Address	Phone Number	Website
Cathedral City	Date Palm Country Club	36-200 Date Palm Drive	760-328-6514	
Cathedral City	Park David Senior Apartments	27700 Landau Blvd	760-327-9090	
Desert Hot Springs	Quail Valley (residents only)	70-201 Aurora Street	760-285-4669	
Indian Wells	Renaissance Esmeralda Hotel	44-400 Indian Wells Lane	760-773-4444	
Palm Desert	Atria Palm Desert (residents only)	44-300 San Pascual	760-773-3772	
Palm Desert	Chaparral Country Club (residents only)	100 Chaparral Drive	760-340-1501	
Palm Desert	Marrakesh Country Club (residents only)	47-000 Marrakesh Drive		
Palm Desert	Palm Desert Aquatic Center	73-751 Magnesia Falls Drive	760-565-7467	
Palm Desert	Sun City (residents only)	38-180 Del Webb Blvd	760-200-2232	
Palm Desert	Villa Portofino (residents only)	4001 Via Portofino	760-404-1888	
Palm Springs	Canyon Sands	2269 Miramonte Circle West		
Palm Springs	Seven Lakes Country Club	1 Desert Lakes Drive	408-966-9373	
Rancho Mirage	Mission Hills Country Club (members only)	71501 Dinah Shore Drive	760-328-5800	
Rancho Mirage	San Jacinto Villas (residents only)	71-300 San Jacinto Drive	760-341-8460	

Rancho Mirage	The Springs – Fitness Activity Center	75 Columbia Drive	760-324-4146	
Rancho Mirage	Santa Rosa Villas (residents only)	19 Juniper Lane		



COACHELLA VALLEY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Desert Hot Springs	World Gym	12155 Palm Avenue		
La Quinta	Trilogy (residents only)	60-800 Trilogy Parkway	760-777-6000	
Palm Desert	Atria Hacienda (residents only)	44-600 Monterey Avenue	760-341-0890	
Palm Springs	Demuth Community Center	3601 E. Mesquite Avenue	760-323-8272	
Palm Springs	Braille Institute	70-251 Ramon Road	760-321-1111	
Palm Springs	Eisenhower Medical Center – Renker Wellness Center	39-000 Bob Hope Drive	760-773-4535	

TAI CHI

a program for better living



COACHELLA VALLEY

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Indio	Heritage Palms	44291 Heritage Palms Drive South	760-772-7334	
Palm Desert	Joslyn Center	73-750 Catalina Way	760-340-3220	
Palm Desert	Villa Portofino (residents only)	4001 Via Portofino	760-773-3076	
Palm Desert	Sun City (residents only)	38180 Del Webb Blvd	760-200-2245	
Palm Desert	Eisenhower Medical Center	39-000 Bob Hope Drive	760-773-4535	

SAN DIEGO AND IMPERIAL COUNTIES

City, Zip Code	Facility Name	Address	Phone Number	Website
Mission Beach, 92109	Wave House Athletic Club	3115 Ocean Front Walk	858-228-9300	www.wavehouseathleticclub.com
La Jolla, 92037	White Sands of La Jolla	7450 Olivetas Avenue	858-450-5199	www.whitesandslajolla.com (Residents Only)
La Mesa, 91941	Grossmont Hospital	5555 Grossmont Center Drive	619-740-4100	www.sharp.com/grossmont/index.cfm
El Cajon, 92019	Pure Fitness	522 Jamacha Street	619-277-6926	www.purefitness.com
El Cajon, 92019	St. Madeleine Sophie's Center	2119 E. Madison Avenue	619-442-5129	www.stmsc.org
El Cajon, 92021	Women's Fitness World	733 Broadway	619-443-5161	www.womensfitnessworld.com
San Diego, 92111	Kearny Mesa Pool	3170 Armstrong Street	858-573-1389	www.sandiego.gov/park-and-recreation/aquatics/kearnymesa.s.html
San Diego, 92110	Mission Valley YMCA	5505 Friars Road	619-298-3576	www.missionvalley.ymca.org
San Diego, 92126	Ned Baumer Aquatics Center	10440 Black Mountain Road	858-775-4990	
San Diego, 92115	Ray and Joan Kroc Corps Center	6845 University Avenue	619-269-1460	www.kroccenter.org
San Diego, 92122	Swanson Pool	3585 Governor Drive	858-552-1653	
San Diego, 92123	Toby Wells YMCA	5105 Overland Avenue	858-496-9622	www.missionvalley.ymca.org
Encinitas, 92024	Seacrest Village	211 Saxony Road	760-632-0081	www.seacrestvillage.org
San Diego, 92103	Vibra Hospital of San Diego	555 Washington Street	619-686-4878	www.vibrahealthcare.com
Fallbrook, 92028	Fallbrook Physical Therapy	521 E. Elder Street, Ste. 106	760-723-8337	www.ranchopt.com/clinicfallbrook.php
Escondido, 92025	Iceoplex	555 N. Tulip Street	760-489-5550	www.iceoplexescondido.com
San Diego, 92129	Rancho Family YMCA	9410 Fairgrove Lane	858-484-8788	www.rancho.ymca.org
Escondido, 92025	Redwood	1151 S. Redwood	760-480-1030	www.redwoodelderlink.com

	Elderlink	Street		
Carlsbad	Tri-City Wellness Center	6250 El Camino Real	760-931-3171	www.tricitywellness.com
Coronado	Coronado Aquatic Center	1845 Strand Way	619-522-2464	www.coronado.ca.us
National City	Paradise Village	2700 E. 4 th Street	619-399-5417	www.liveatparadise.com
Chula Vista	Women's Fitness World	310 Third Avenue	619-549-3821	www.womensfitnessworld.com
El Centro	Jacques 'N Jills Health Club	220 Wake Avenue	760-352-6030	www.jjhealthclub.com



SAN DIEGO AND IMPERIAL COUNTIES

City, Zip Code	Facility Name	Address	Phone Number	Website
San Diego, 92122	Vi at La Jolla Village	8515 Costa Verde Blvd	858-646-7721	www.viliving.com
La Mesa, 91942	East County YMCA	8881 Dallas Street	619-464-1323	www.eastcounty.ymca.org
Spring Valley, 91978	McGrath Family YMCA	12006 Campo Road	619-462-9622	
San Diego, 92115	College Avenue Center	4855 College Avenue	858-637-3247	www.kpbs.org
San Diego, 92108	Hazard Center YMCA	7610 Hazard Center Drive #101	619-298-3576	www.missionvalley.ymca.org
San Diego, 92110	Mission Valley YMCA	5505 Friars Road	619-298-3576	www.missionvalley.ymca.org
San Diego, 92117	Emeritus at Clairemont	5219 Clairemont Mesa Blvd	858-292-8044	www.emeritus.com
Oceanside, 92058	Mira Costa College	1831 Mission Avenue	760-795-8727	www.miracosta.edu
National City, 91950	Paradise Village	2700 E. 4 th Street	619-399-5417	www.liveatparadise.com
Chula Vista, 91915	Salt Creek Community Center	2710 Otay Lakes Road	619-585-5619	

TAI CHI

a program for better living



SAN DIEGO AND IMPERIAL COUNTIES

City, Zip Code	Facility Name	Address	Phone Number	Website
San Diego, 92108	Hazard Center YMCA	7610 Hazard Center Drive #101	619-298-3576	www.missionvalley.ymca.org