



Fun with Senior Fitness

530-229-8469

Classes are free unless designated by a \$, indicating class is low-cost or donation

Class Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
City of Redding Recreation Senior Center - 246-3042 2290 Benton Dr., Redding Contact: Iris B. (530) 605-9489	8:00-9:00 a.m.		8:00-9:00 a.m.		8:00-9:00 a.m.	
Dignity Health Connected Living 100 Mercy Oaks Dr., Redding Contact: Jennifer S. (530) 226-3070					10:00-11:00 a.m.	
Lakehead Lions Club 20814 Mammoth Dr., Lakehead Contact: Renee M. (530) 238-8239	8:30-9:30 a.m.		8:30-9:30 a.m.		8:30-9:30 a.m.	
Mt. Senior Center 20635 Roff Way, Burney Contact: Terry S. (530) 335-2164		10-10:45 a.m.		10-10:45 a.m.		
Mountain Vistas Senior Apts. I & II (Residents only) 675 Peppertree Ln., Redding, CA Contact: Helen K. or Madeline T. (530) 241-9053		10:00-11:00 a.m.		10:00-11:00 a.m.		
Open Door Community Church 3383 HWY-44, Shingletown Contact: Linda K. (530) 474-4769		9:00-10:00 a.m.		9:00-10:00 a.m.		
Shasta Estates, Senior Living (Open to public) 1350 Buenaventura Blvd., Redding Contact: Jennifer F. (530) 243-3014		10:00-11:00 a.m.				10:00-11:00 a.m.
Additional Community Sites:						
YMCA, Redding - (530) 246-9622 1155 Court St., Redding Membership or day pass required (Senior discount available) https://www.sfymca.org/programs/seniors						
City of Redding Aquatic Center - (530) 225-4095 - \$ 44 Quartz Hill Rd., Redding (Open June through mid-August)						
Redding Rancheria - (530) 242-7510 2000 Redding Rancheria Rd., Redding (Clinic Patients & members only)						

Please call the class instructor BEFORE you attend to make sure the times are correct

Updated 04/04/2024