

Exercise Resources

Name	Address & Phone	Service Info
Adorni Center	1011 W. Waterfront St., Eureka/441-4248	Gym, aerobic exercises and weight training
Arcata Community Pool	1150 16 th St., Arcata/822-6801	Pool and gym facilities
Curves	4015 Walnut Dr., Eureka/443-9300 3022 Broadway, Suite C, Eureka/442-7750 2720 Central Ave, McKinleyville/839-4000 455 N. Fort Blvd., Fortuna/725-3500 600 F Street, Arcata/825-8246	Hydro-kinetic exercises & equipment
Easter Seals Pool	3289 Edgewood Rd., Eureka/441-2448	Pool programs through Eureka Adult Education
Eureka Adult School	674 Allard Ave., Eureka/441-2448	Please call for class specific information
Eureka High School Pool	Through Adult Education – Call 441-2448 for information	"Aqua Aerobics"
Eureka Physical Therapy	2306 Dean Street, Eureka/443-8354 1551 Giuntoli Lane, Arcata/825-7250 2600 Newburg Drive, Fortuna/725-6995 1585 Heartwood Dr, Ste H McKinleyville/839-1802	Gym, aerobic equipment, weight training
Fortuna Fireman's Pavilion Sponsored by RMH Foundation	Call 725-3361/ext 2010 for more info	Redwood Aerobic Program Mon, Wed & Fri - 4:30-5:30 p.m.
Fortuna Parks & Recreation	5 Park St. Fortuna 725-7620	"Tai Chi for Arthritis" Fridays – 10:00-11:30 a.m. "Results Fit Camp" An 8-week course with personal trainers for all ages, sizes and fitness levels (Call 725-8735)
HealthSport	1724 Central Ave., McKinleyville/839-4363 300 Community Parkway, Arcata/822-3488 721 S. Fort Blvd., Fortuna/725-9484	Gym, weight room & pool
General Hospital Outpatient Rehab	721 E. St., Eureka/442-1114	Call for times

McKinleyville Senior Center	1620 Pickett Rd., McKinleyville/839-8975	<p>"Tai Chi" Mon, Wed & Fri – 8:30 a.m.</p> <p>"Stretching" Tues & Thurs – 10:45 a.m.</p>
Senior Resource Center/Eureka	1910 California St. Eureka/443-9747 ext 228	<p>"Strong" Mon & Wed - 1:00-1:45 p.m. Tues – 10:45-11:45 a.m. Thurs – 1:00-2:00 p.m.</p> <p>"Salum Dafa" (similar to Tai Chi) Fridays – 9:00-11:00 a.m.</p> <p>"Yoga" Fridays – 11:00-12:30 p.m.</p> <p>"Beginning Line Dancing" Wednesdays – 4:30-5:50 p.m.</p>
Vector Health Programs	2121 Myrtle Avenue, Eureka/442-6463	<p>"Tai Chi" Thurs 12:00-1:00 pm/\$5 Charge</p>

Revised 12/01/07