

Stay Fit!

Physical Activity
Resources for
Pierce County Adults

Directory of Resources

- Locate specific activities near you
- Find contact information
- Check bus route availability

2008 Edition

Exercise Information Resources for Adults 50+

“Exercise: A Guide from the National Institute on Aging”

An 80-page guide to safe strength, balance and aerobic exercise for adults 65+. Order 1 free copy by phone: 1-800-222-2225, or to receive a DVD or video and the 80-page exercise guide mail a check for \$7, to:

NIAIC, Dept. W, PO Box 8057, Gaithersburg, MD 20898

This guide and other health information is also available online at www.nia.nih.gov

AARP, “Physical Activities Workbook” Call for 1 free copy: 1-888-687-2277; (1-888-OUR-AARP)

AARP “Step Up to Better Health” walking program guide with progress log forms & a step counter (pedometer): \$9 for members, \$14 for non-members; to order call 1-800-861-0168

AARP free online physical activity information:

www.aarp.org/health-active

Arthritis Foundation:

Washington/Alaska Chapter Phone # 1-206-547-2707:

www.arthritis.org

“Exercise and Your Arthritis” 24 pg. free brochure; \$20 annual membership info

A Home Exercise TV Program

“Sit and Be Fit”, 30 minutes, Mon-Fri mornings on PBS TV stations (KCTS in Seattle/Tacoma;)

“Sit and Be Fit” videotapes for general chair and stretching/toning exercise, and exercising with health conditions such as arthritis, COPD, stroke, multiple sclerosis, osteoporosis, and Parkinson’s: call 1-509-448-9438 for a catalog or www.sitandbefit.com

To find a Pierce county senior center in your area for physical activity programs for adults 65+ call Pierce County Aging and Longterm Care at 253-798-4600 or 1-800-562-0332



NORTHWEST ORTHOPAEDIC INSTITUTE
Where Research Meets Community



† CATHOLIC HEALTH
† INITIATIVES

Franciscan Health System

St. Joseph Medical Center
St. Francis Hospital • St. Clare Hospital



Good Samaritan

MultiCare 



Tacoma | Pierce County
Health Department
Healthier. Safer. Smarter.
tpehd.org

Look after your Body

Be careful when lifting:

- always bend your legs and keep your back straight
- do not twist as you lift
- roll or push heavy loads
- invest in a lightweight cart to haul heavy loads
- never attempt to lift more than you can comfortably handle
- don't be shy about asking for help !

Drink plenty of water – as we age our bodies are less able to compensate for fluid loss during exercise, so good hydration is very important. Try taking a few plastic bottles of water outside with you – no need to go back into the house with muddy boots!

Finally – enjoy your gardening workout!

There are 1,440 minutes in a day.
Use 30 of them to Be Active!

Welcome to the STAY FIT! PIERCE COUNTY GUIDE

Physical activity is vital for keeping a high quality of life and independence. Many experts recommend being physically active, including:

- U.S. Surgeon General
- American Heart Association
- American Diabetes Association
- American Cancer Society
- National Institute on Aging
- Centers for Disease Control and Prevention

If you're active now – good for you! Keep it up! If you want or need to be more active, this guide can help get you started.

If you are a program provider and would like to update or include program information in this neighborhood guide, please contact:

NorthWest Orthopaedic Institute
253-627-5144 • info@nwoi.org

PHYSICAL ACTIVITY IS FOR EVERYONE

A recent U.S. Surgeon General's report stressed the benefits of physical activity - especially for older adults.

- Even older adults who are frail can improve their health and independence by being more physically active.
- Physical activity doesn't have to be strenuous to benefit your health. Beneficial activities include walking, gardening, and dancing.
- People who are not physically active can improve their health and well-being through small increases in their level of activity.
- Activities that improve balance, flexibility, strength and endurance help older adults do the tasks they need to do to live independently, and help prevent falls.
- Aim for at least **30 minutes of activity, for at least 10 minutes at a time, five days a week.**

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity:

- Improves your energy, mood, sleep and mental alertness
- Reduces aches and pains
- Reduces risk of falling
- Helps to maintain independence
- Provides a way to spend time with friends and family, or to meet new people

TIPS FOR SAFETY AND FITNESS

- **Check with your doctor.** It's always wise to get advice from your doctor before making a big change in your physical activity. Ask about what types of physical activity are best for you and how to best avoid injury. If a health problem interferes with your physical activity, discuss your concerns, questions, and goals with a health care professional to learn how best to stay active and when to return to exercise.
- **Drink plenty of water every day,** especially before and after any physical activity. Don't wait until you feel thirsty.
- **Pay attention to your pain.** It's common to feel a little soreness, especially when you first start a new activity. But serious muscle pain, neck or low back pain, cramps or nausea can be signs of serious injuries. See your doctor if these symptoms persist.
- **Consider expanding your physical activity regimen.** Once you're comfortable with your new routine, think about adding activities for strength training, flexibility and balance.

WHO WE ARE

This guide, is brought to you through a collaborative effort of the **NorthWest Orthopaedic Institute; the Washington State Department of Health Injury Prevention Program's Senior Falls Prevention Study**, which is funded by the **Centers for Disease Control and Prevention; Good Samaritan Foundation; Franciscan Health System; MultiCare Health System;** and the **University of Washington Health Promotion Research Center.** Over the next several years, we will be working in South Puget Sound to promote physical activity and increase activity opportunities for senior adults. We hope this guide will prove useful to seniors and the programs that serve them.

And don't forget the exercises you can do at home! Here's an example...

Gardening as Exercise: "Work Out" in The Garden

"Gardening is a Zen approach to health that gives you exercise, relief from stress, nutritious fruits and vegetables, companionship of family and friends and the aesthetic pleasures of working with nature. And it's an activity you can do all your life. Remember to enjoy the process, not just the product."

-- Jeffrey P. Restuccio, *Fitness the Dynamic Gardening Way*

Gardening is a lot more than a hobby. Research shows that many jobs around the yard can be considered valuable exercise. Activities such as digging, raking and planting are equivalent to sports such as snorkeling, volleyball and walking. Typically gardening includes many elements of accepted exercise regimes. If you start viewing your gardening time as an exercise workout, then you can try to incorporate a little of each of these elements into each session:

- *stretching and lunging* (raking leaves, pruning, trimming, weeding)
- *stance and balance* (hoeing, sacking grass, leaves, hauling branches)
- *repetition* (planting seeds, turning soil)

- *strength and resistance* (digging holes for bulbs, watering (with can), laying sod)
- *weight-bearing* (carrying/loading/stacking wood, digging, mowing the lawn)
- *cardiovascular workout* (mowing, digging, shoveling snow, applying fertilizer)

Avoid Stiffness

You are less likely to experience muscle stiffness if you do several different types of activity. Choose activities that require different positions eg crouch, kneel, stand. Try stretching before and after your garden workout:

- Stretch both arms up above your head, reaching for the sky. Hold as you count to 5 and repeat 3 times.
- Circle shoulders 5x forwards and 5x backwards
- Sit towards the front of a chair, one leg extended out in front of you. Keeping back straight, slowly lean forwards until you feel a stretch in the back of your leg. Repeat on other side.
- Standing, holding on to chair for balance, bend one knee, keeping hips forwards: feel the stretch in the front of your thighs. Hold for 10 seconds. Repeat 3x on each leg.

MILTON

Dance
General Exercise
Walking
Yoga

PACIFIC

General Exercise
Walking

PARKLAND

Curves
General Exercise

PUYALLUP

Aerobics
Cardio fitness
Curves
Dance
General Exercise
Miscellaneous
Strength & Balance
Strength Exercises
Walking

SOUTH HILL

Curves
Walking

SPANAWAY

Curves
Golf
Walking

STEILACOOM

Aerobics
Chair exercise
Dance
Stretch
Walking
Yoga

SUMNER

Curves
Dance
General Exercise
Strength & Balance
Swimming & Water

TACOMA

Aerobics
Bowling
Cardio fitness
Chair exercise
Curves
Dance
General Exercise
Golf
Low Impact
Miscellaneous
Pilates
Sports
Strength & Balance
Strength Exercises
Stretch
Swimming & Water
Aerobics
Table Tennis
Tai Chi
Walking
Water aerobics
Water rehabilitation
Wellness
Yoga

UNIVERSITY PLACE

Bowling
Curves
Strength & Balance

THANKS

The **University of Washington Health Promotion Research Center** would like to thank **Get in SHAPE Chicago** and the researchers at the University of Illinois, Chicago involved in the SHAPE program. Their support, advice and direction have greatly informed their surveys and the development of this guide.

Thank you to Mike Eveland and Mike McCue for your help in updating the guide as part of the community practicum with the Pacific Lutheran University School of Nursing program.

IN THIS GUIDE

Please note that all of the information in this guide is intended for use after discussing physical activity with a healthcare provider. None of the material is intended to replace specific recommendations of a doctor or other healthcare provider. Programs have been categorized for your convenience. Please refer to the table of contents. Fees may be associated with programs listed in this guide. All program information is subject to change. Please contact program sites directly for the most current and detailed information. Inclusion of an organization in this guide does not imply endorsement. Additionally, omission of an organization is not intentional and does not negate the value of a program's contribution to the community.

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**Activities available
by city**

ASHFORD	FIRCREST
Walking	Aerobics
BELFAIR	Curves
General Exercise	Golf
BONNEY LAKE	Walking
Curves	Yoga
Strength & Balance	FT.LEWIS
Swimming & Water	Golf
Aerobics	Miscellaneous
Walking	GIG HARBOR
BUCKLEY	Aerobics
Aerobics	Curves
Dance	General Exercise
Walking	Miscellaneous
DUPONT	Swimming & Water
Curves	Aerobics
EATONVILLE	Walking
Curves	Yoga
Dance	GRAHAM
Walking	Walking
EDGEWOOD	LAKEBAY
Curves	Aerobics
ENUMCLAW	Walking
General Exercise	LAKELAND HILLS
Walking	Curves
FEDERAL WAY	LAKEWOOD
Aerobics	Aerobics
Dance	Bowling
Low Impact	Curves
FIFE	Dance
Curves	General Exercise
Swimming & Water	Golf
Aerobics	Miscellaneous
Tai Chi	Strength & Balance
Yoga	Tai Chi
	Walking

STEILACOOM

Yoga (Group)
253-581-1076

Steilacoom Community Center
2301 Worthington, Steilacoom
www.townofsteilacoom.org

TACOMA

Gentle Yoga (Group)
253-591-5080 *On bus route*
Lighthouse Senior Center
5016 S. A St, Tacoma
www.cityoftacoma.org

Yoga (Group)
253-591-5504
Centre at Norpoint
4818 Nassau Ave, Tacoma
www.metroparkstacoma.org

Yoga (Group) heated room
253-761-9007 *On bus route*
Bikram Yoga Center
3907 6th Ave, Tacoma
www.bikramyogatacoma.com

Yoga (Group)
253-566-9642 *On bus route*
Dahn Yoga
1812 S. Mildred St., Tacoma
www.dahnyoga.com

Yoga (Group)
253-756-8066
Source Yoga
2712 N. 21st St Ste A, Tacoma
www.sourceyogaonline.com

Yoga (Group)
253-472-6022

Fitness for All Women
4704 So. Oaks Street, Tacoma
www.tacwomensfit.com

Yoga for Everyone Else (Group)
253-591-5299
South Park Community Center
4851 S Tacoma Way, Tacoma
www.metroparkstacoma.org

Yoga with Hal (Group)
253-756-0601 (at times)
Point Defiance/ Ruston Senior Center
4716 N Baltimore, Tacoma
www.metroparkstacoma.org

AEROBICS

BUCKLEY
Aerobic Fitness (Group)
360-829-0190
Buckley Senior Center
811 Main St, Buckley
www.cityofbuckley.com

FEDERAL WAY

Cardio-flex workout (Group)
253-927-5239
Klahanee Lake Community/Senior Center
33901 9th Ave. S., Federal Way



FIRCREST
Aerobics (Group)
253-564-8177 *On bus route*
Fircrest Senior Club
555 Contra Costa, Fircrest
www.cityoffircrest.net

GIG HARBOR
Gig Harbor Athletic Club (Group)
253-858-8777 *On bus route*
www.cityofgigharbor.net

LAKEBAY
Aerobics (Group)
At times during year
253-884-4440
Key Peninsula Community Services
17015 9th St Ct KPN, Lakebay

LAKEWOOD
Aerobics (Group)
253-798-4087 *On bus route*
Lakewood Senior Center
9112 Lakewood Dr SW,
Lakewood

PUYALLUP
Aerobics (Group)
253-841-5555 *On bus route*
Puyallup Senior Center
601 North Meridian, Puyallup
www.cityofpuyallup.org

STEILACOOM
Aerobics (Group)
253-581-1076 *On bus route*
Steilacoom Community Center
2301 Worthington, Steilacoom
www.steilacoom.org

TACOMA
Active Older Adult (Group)
253-564-9622
YMCA
Morgan Family Branch of YMCA, 1002 S Pearl St, Tacoma
www.tacomaymca.org

Aerobics (Group)
253-591-5504
Centre at Norpoint
4818 Nassau Ave, Tacoma
www.metroparkstacoma.org

Aerobics (Group)
253-472-6022
Fitness for All Women
4704 So. Oaks Street, Tacoma
www.tacwomensfit.com

Aerobics (*Individual*)

253-564-6050

Exercise Science Center
1101 Regence Blvd, Fircrest

Fitness in a Hour (*Group*)

253-566-5020

Total Women Health Studio
2301 Worthington, Steilacoom
www.tacomacc.edu

Senior Aerobics (*Group*)

253-591-5299 *On bus route*

South Park Community Center
4851 S Tacoma Way, Tacoma

BOWLING

LAKWOOD

Senior Bowling League

(*Group*) 253-584-0212

www.bowlerolanes.net

Bowlero Lanes
3852 Steilacoom Blvd.
SW, Lakewood

TACOMA

Bowling

253-564-8853

Tower Inn and Lanes
6323 6th Ave, Tacoma
WWW.TOWERLANES.NET

UNIVERSITY PLACE

Senior Bowling League

(*Group*)

253-565-1007

Brunswick Narrows Plaza Bowl
2200 Mildred St W, Univ Place
WWW.NARROWSPLAZA.COM



CARDIO FITNESS

PUYALLUP

Older Adult Cardio (*Group*)

253-841-9622

YMCA

Mel Korum Family Branch of
YMCA, 302 43rd Ave SE, Puyallup
WWW.YMCA.ORG

TACOMA

Cardiac Wellness (*Group*)

253-564-9622

YMCA

Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

CHAIR EXERCISE

STEILACOOM

Chair Exercise (*Group*)

253-581-1076

Steilacoom Community Center
2301 Worthington, Steilacoom

TACOMA

Chair Exercise (*Group*)

On bus route

Held at Tacoma-Pierce Co YMCAs
MultiCare Health System
315 MLK Way, Tacoma
www.multicare.org

Chair Exercise (*Group*)

253-591-5083 *On bus route*

Beacon Senior Center
415 13th St, Tacoma
www.cityoftacoma.org

Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

Water Aerobics (*Group*)

253-841-9622

YMCA

Mel Korum Family Branch of
YMCA, 302 43rd Ave SE,
Puyallup

Water Walking (*Group*)

253-841-9622

YMCA

Mel Korum Family Branch of
YMCA, 302 43rd Ave SE,
Puyallup

Water Walking (*Group*)

253-564-9622

YMCA

Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

WATER REHABILITATION

TACOMA

Water exercise (*Group*)

253-640-3439

Lighthouse senior center
5016 s. Ast. Tacoma
Cityoftacoma.org

WELLNESS

TACOMA

Wellness Program (*Group*)

253-756-6279

St. Lukes

3615 N. Gove St., Tacoma

YOGA

FIFE

Hatha Yoga (*Group*)

253-922-0900 *On bus route*

Fife Community Center

2111 54th Ave E, Fife

www.cityoffife.org

FIRCREST

Yoga (*Group*)

253-566-4546 *On bus route*

Image Studio of Dance

1105 Regents Blvd, Fircrest

GIG HARBOR

Yoga (*Group*)

253-858-9053

Cedarwood Yoga Studio

6659 Kimball Dr., Gig Harbor

www.cedarwoodyoga.com

MILTON

Yoga (*Group*)

253-922-6586 *On bus route*

Milton Adult Activity Center

1000 Laurel Street, Milton



Point Defiance Park, 5400
N.Pearl St., Tacoma
www.metroparkstacoma.org

Walking trails (Individual)

On bus route
Metro Parks Tacoma
Ruston Way Waterfront, From
Starr Street to 49th St.
www.metroparkstacoma.org

Walking trails (Individual)

253-591-6439 *On bus route*
Metro Parks Tacoma
Tacoma Nature Center, 1919
S.Tyler St., Tacoma
www.metroparkstacoma.org

Walking trails (Individual)

253-591-5297 *On bus route*
Metro Parks Tacoma
Titlow Park, 8425 6th Avenue,
Tacoma

www.wfrontmuseum.org

Walking trails (Individual)

253-305-1000 *On bus route*
Metro Parks Tacoma
Wapato Park, 6500 S.Sheridan,
Tacoma
www.metroparkstacoma.org

Walking trails (Individual)

591-5331 *On bus route*
Metro Parks Tacoma
Wright Park, 6th Ave. and "I" St,
Tacoma
www.metroparkstacoma.org

WATER AEROBICS

TACOMA

Arthritis (Group)

253-841-9622
YMCA
Mel Korum Family Branch of
YMCA, 302 43rd Ave SE,
Puyallup

Arthritis Fitness (Group)

253-5649622
YMCA



Morgan Family Branch of
YMCA, 1002 S Pearl St,
Tacoma

Cardiac Wellness (Group)

253-564-9622
YMCA

Morgan Family
Branch of YMCA, 1002
S Pearl St, Tacoma

Flow Motion Gentle Water

Exercise (Group)

253-564-9622
YMCA
Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

Modified Water Aerobics

(Group)

253-564-9622
YMCA
Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

Stroke Fitness (Group)

253-564-9622
YMCA

Chair Aerobics (Group)

253-591-5080 *On bus route*
Lighthouse Senior Center
5016 S. A St, Tacoma
www.cityoftacoma.org

CURVES

WWW.CURVES.COM

BONNEY LAKE

Curves for Women (Circuit)

253-863-6333
Curves
21149 State Rt. 410 E, Bonney
Lake

EATONVILLE/EDGEWOOD



EATONVILLE
EDGEWOOD

**Curves for
Women**

(Circuit)

253-568-7427 *On bus route*
Curves
727 Meridian East, Edgewood

FIRCREST

Curves for Women (Circuit)

253-460-0250
Curves
4916 Center Street, Ste J

GIG HARBOR

Curves for Women (Circuit)

253-853-2075 *On bus route*
Curves
3105 Judson St., Ste.C, Gig
Harbor

LAKESWOOD

Curves for Women (Circuit)

253-588-9700
Curves
7609 Steilacoom Blvd SE,
Ste.200, Lakewood

PARKLAND

Curves for Women (Circuit)

253-531-4553
Curves
10202 Pacific Ave S, Ste 104,
Tacoma

PUYALLUP

Curves for Women (Circuit)

253-446-0166
Curves
1416 E Main Ave, Ste B,
Puyallup

Curves for Women (Circuit)

253-445-1800 *On bus route*
Curves
5401 104th St E Ste. C,
Puyallup

SOUTH HILL

Curves for Women (Circuit)

253-845-5559 *On bus route*
Curves
14611 Meridian E, Ste.C, South
Hill

SPANAWAY
Curves for Women (*Circuit*)
253-537-7500
Curves
16318 Pacific Ave S, Spanaway

Curves for Women (*Circuit*)
253-875-4600
Curves
22219 Mountain Hwy E, Ste.E/F,
Spanaway

SUMNER
Curves for Women (*Circuit*)
253-863-3004
Curves
5904 Graham Ave, Sumner

TACOMA
Curves for Women (*Circuit*)
253-627-3700
Curves
1101 A Street, Ste 201, Tacoma
Curves for Women (*Circuit*)
253-460-0250
Curves
4916 S.Center St, Ste. J, Tacoma
Curves for Women (*Circuit*)
253-761-9766
Curves
5719 N 26th St, Tacoma

Curves for Women (*Circuit*)
253-472-2550 *On bus route*
Curves
5849 Tacoma Mall Blvd, Ste. E,
Tacoma

UNIVERSITY PLACE
Curves for Women (*Circuit*)
253-565-1717
3826 Bridgeport Way, Tacoma

DANCE

BUCKLEY
Line Dancing (*Group*)
360-829-0190
Buckley Senior Center
811 Main St, Buckley
www.cityofbuckley.com

EATONVILLE
Line Dancing (*Group*)
360-832-6805 *On bus route*
Eatonville Community Center
305 W Center St, Eatonville

LAKESWOOD
Aerobic Dance (*Group*)
253-798-4087 *On bus route*
Lakewood Senior Center
9112 Lakewood Dr SW,
Lakewood

Line Dancing (*Group*)
253-798-4087 *On bus route*
Lakewood Senior Center
9112 Lakewood Dr SW,
Lakewood

Puyallup Pacers (*Group*)
253-841-5555 *On bus route*
Puyallup Senior Center
601 North Meridian, Puyallup

Puyallup Pacers (*Group*)
253-848-1234
Merrill Gardens at Puyallup, 123
4th Avenue NW, Puyallup

SOUTH HILL
Walking Trail (*Individual*)
On bus route
Nathan Chapman Memorial Trail
128th St E and 144th St E

SPANAWAY
Walking Trails (*Individual*)
On bus route
3-mi gravel trail along lake edge
Pierce County Parks and
Recreation
Spanaway Lake Park Trail,
14905 Gus G. Breseman Road S,
Spanaway

STEILACOOM
Steve's Walkers (*Group*)
253-581-1076
Steilacoom Community Center
2301 Worthington, Steilacoom

TACOMA
Summer Walking People
(*Group*)
253-591-5083 *On bus route*
Beacon Senior Center
415 13th St, Tacoma
www.cityoftacoma.org

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

Walking
253-582-7474 *On bus route*
Evergreen Wanderers
PO Box 111943, Tacoma
www.ava.org

Walking trails (*Individual*)
253-798-4000
70 acres/ entrance to forest is west
of rec. center parking lot
Pierce County Parks and
Recreation
Breseman Forest, Sprinker
Recreation Center, 14824 S C St
Tacoma

Walking Trails
11 mi of trails
Dash Point State Park
Hwy 509/Dash Point Road, 4 mi
W of Federal Way
www.parks.wa.gov

Walking trails (*Individual*)
On bus route
Metro Parks Tacoma
McKinley Park, 9000 Upper
Park St E., Tacoma
www.metroparkstacoma.org

Walking trails (*Individual*)
253-305-1000 *On bus route*
Metro Parks Tacoma

Walking trails (*Individual*)
253-858 On bus route
PenMet Parks
Homestead Park, 78th Ave NW
& Sehmel Drive NW

Walking Trails (*Individual*)
253-858-3400 On bus route
3 mi of trails
PenMet Parks
McCormick Forest, Sehmel Dr.
and Bujacich Rd NW
www.PenMetParks.org

GRAHAM

Walking Trails (*Individual*)
On bus route
50 acres; 6 mi of trails
Pierce County Parks and
Recreation
Frontier Park 21800 Meridian
East, Graham

LAKEBAY

Walking Trails
2.5 mi of trails
Penrose Point State Park
158th Ave KPS, Lakebay
www.parks.wa.gov

LAKWOOD

Gardens (*Individual*)
253-584-4106 On bus route
Lakewold Gardens
Gravelly Lake Drive SW,
Lakewood

LAKWOOD

Walking Trails (*Individual*)
253-798-4177 On bus route

340 acres. 7-mi natural surface trail;
1-mi paved loop
Pierce County Parks and
Recreation
Fort Steilacoom Park, 8714 87th
Ave SW, Lakewood

Walking Trails (*Individual*)
253-798-4176
1.3-mi gravel surface loop/ Trail
parking left of community center
Pierce County Parks and
Recreation
Seeley Lake Park Trail,
Lakewood Community Center,
9112 Lakewood Drive SW,
Lakewood

MILTON

Walking (*Individual*)
253-517-2751 On bus
route
Small park, paved paths.
Wheelchair access
Hill Tower
800 19th Ave, Milton

PACIFIC

Walk to Music (*Group*)
Supermall walking
253-929-1151
Pacific Algona Community
Center
100 3rd Ave SE, Pacific

PUYALLUP

Walking
253-841-0580 On bus route
Daffodil Valley Volkssport
Assn.
12626 129th St E, Puyallup
www.ava.org



MILTON
Tap Dancing (*Group*)
253-922-6586
Milton Adult Activity Center
1000 Laurel Street, Milton



Country Cloggers (*Group*)
253-922-6586 On bus route
Milton Adult Activity Center
1000 Laurel Street, Milton

Line Dancing (*Group*)
253-922-6586
Milton Adult Activity Center
1000 Laurel Street, Milton

Senior Dance (*Group*)
253-922-6586 On bus route
Milton Adult Activity Center
1000 Laurel Street, Milton

PUYALLUP

Fun Time Line Dance (*Group*)
253-531-8412 On bus route
Mid-County Community Center
(formerly Midland-Summit
Senior Center)
10205 E 44th Ave, Puyallup,

**Introduction to Line
Dancing** (*Group*)
253-531-8412 On bus route
Mid-County Community Center
(formerly Midland-Summit
Senior Center)
10205 E 44th Ave, Puyallup,

Line Dancing (*Group*)
253-531-8412 On bus route
Mid-County Community Center
(formerly Midland-Summit
Senior Center)
10205 E 44th Ave, Puyallup,

Line Dancing (*Group*)
253-841-5555 On bus route
Puyallup Senior Center
601 North Meridian, Puyallup

STEILACOOM

Aerobic Dance (*Group*)
253-581-1076 On bus route
Steilacoom Community Center
2301 Worthington, Steilacoom

Ballroom Dance (*Group*)
253-581-1076
Steilacoom Community Center
2301 Worthington, Steilacoom

**Enhance Your
Dance** (*Group*)
253-581-1076
Steilacoom
Community
Center
2301
Worthington,
Steilacoom



Line Dancing (Group)
253-581-1076
Steilacoom Community Center
2301 Worthington, Steilacoom

Steilacoom Dance Company (Group)
253-581-1076
Steilacoom Community Center
2301 Worthington, Steilacoom

Tap Dancing (Group)
253-581-1076 *On bus route*
Steilacoom Community Center
2301 Worthington, Steilacoom

SUMNER

Line Dancing (Group)
253-863-2910
Sumner Senior Center
15506 62nd St. East, Sumner

TACOMA

Ballroom Dance (Group)
253-537-1064
Collins Grange
3404 120th St. E.

Ballroom Dance (Group)
253-591-5299
South Park Community Center
4851 S Tacoma Way, Tacoma

Ballroom Dance (Group)
253-591-5297
Titlow Lodge
8425 6th Ave, Tacoma
www.metroparkstacoma.org

Hawaiian and Tahitian Dance (Group)
253-591-5297
Titlow Lodge
8425 6th Ave, Tacoma
www.metroparkstacoma.org

Irish Set Dance (Group)
253-591-5297
Titlow Lodge
8425 6th Ave, Tacoma
www.metroparkstacoma.org

Irish Step Dance (Group)
253-591-5504 *On bus route*
Centre at Norpoint
4818 Nassau Ave, Tacoma
www.metroparkstacoma.org

Spanish Flamenco Dance beginning (Group)
253-591-5297 *On bus route*
Titlow Lodge
8425 6th Ave, Tacoma
www.metroparkstacoma.org

GENERAL EXERCISE

BELFAIR
Exercise for Life (Group)
Video-led class
Christ Lutheran Church
NE North Shore Road, Belfair

ENUMCLAW
Pool, Exercise (Group)
360-825-4741
Enumclaw Sr Activity Center
1350 Cole St.

Tai Chi (Group)
253-591-5297
Titlow Lodge
8425 6th Ave, Tacoma
www.metroparkstacoma.org

Tai Chi (Group)
253-564-9622
YMCA
Morgan Family
Branch of YMCA,
1002 S Pearl St,
Tacoma



WALKING

ASHFORD
Walking Trails (Individual)
360-569-2211
National Park Service
Mount Rainier National Park,
Off Highway 706
www.nps.gov/mora/

BONNEY LAKE
Mall Walk (Group)
253-863-7658
Bonney Lake Senior Center
19304 Bonney Lk Blvd, Bonney
Lake

BUCKLEY
Organized Trail Walk (Group)
360-829-0190
Buckley Senior Center
811 Main St, Buckley
www.cityofbuckley.com

Walking for Fitness and Fun
(Partners)

360-829-0190
Buckley Senior Center
811 Main St, Buckley
www.cityofbuckley.com

EATONVILLE
Walking Trails (Individual)
360-832-6117
Northwest Trek Wildlife Park
11610 Trek Drive E., Eatonville
www.nwtrek.org

ENUMCLAW
Walking Trails
12 mi trails & smaller interpretive
trails
Federation Forest State Park
Federation Forest, Hwy 410, 18
miles east of Enumclaw
www.parks.wa.gov

FIRCREST
Walking (Individual)
On bus route
Sidewalk around park, 1/2 half
mile, Fircrest Park

GIG HARBOR
Cushman Powerline Trail
(Individual)
253-858-3400 *On bus route*
2.5 mi of paved trail. Trail head &
parking at 14th Ave NW, Gig Harbor
PenMet Parks
3614 Grandview St, Gig Harbour

Walking Trails
2 mi of trails
Kopachuck State Park
5 m W of Gig Harbor
www.parks.wa.gov

Swimming

253-591-5504

Public Swimming Pools

Centre at Norpoint

4818 Nassau Ave, Tacoma

www.metroparkstacoma.org

Swimming

253-591-2042 *On bus route*

Public Swimming Pools

Eastside Community Pool, 3524

E. L St, Tacoma

www.metroparkstacoma.org

Swimming

253-591-5323 *On bus route*

Public Swimming Pools

People's Center Pool, 1602

Martin Luther King Jr. Way,

Tacoma

www.metroparkstacoma.org

YMCA Water exercise (Group)

253-591-5083

Beacon Senior Center

415 13th St, Tacoma

www.cityoftacoma.org

YMCA Water exercise (Group)

253-591-5080

Lighthouse Senior Center

5016 S. A St, Tacoma

www.cityoftacoma.org

Swimming (Individual)

253-591-2042 *On bus route*

Public Swimming Pools

Metro Parks Aquatic Info.

www.metroparkstacoma.org

TABLE TENNIS

TACOMA

Table Tennis

253-591-5083

Beacon Senior Center

415 13th St, Tacoma

www.cityoftacoma.org

TAI CHI

FIFE

Tai Chi (Group)

253-922-0900

Fife Community Center

2111 54th Ave E, Fife

LAKESWOOD

Tai Chi (Group)

253-798-4087 *On bus route*

Lakewood Senior Center

9112 Lakewood Dr
SW, Lakewood

TACOMA

Tai Chi (Group)

253-591-
5083

Beacon

Senior

Center

415 13th St, Tacoma

www.cityoftacoma.org

IF INSTRUCTOR PRESENT

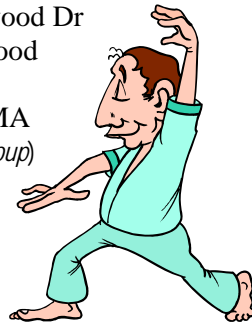
Tai Chi (Group)

253-591-5080 *On bus route*

Lighthouse Senior Center

5016 S. A St, Tacoma

www.cityoftacoma.org



GIG HARBOR

Exercise (Group)

253-858-8284 *On bus route*

Gig Harbor Senior Meal Site

7400 Pioneer Way, Gig Harbor

98335

LAKESWOOD

Movement with Grace (Group)

253-798-4087

Lakewood Senior Center

9112 Lakewood Dr SW,

Lakewood

Senior Strength (Group)

253-798-4087

Lakewood Senior Center

9112 Lakewood Dr SW,

Lakewood

MILTON

Adult Fitness (Group)

253-922-6586 *On bus route*

Milton Adult Activity Center

1000 Laurel Street, Milton

PACIFIC

Exercise (Group) supermall walking

253-929-1151 *On bus route*

Pacific Algona Community

Center senior center

100 3rd Ave SE, Pacific

PARKLAND

Exercise for Life (Group)

Video-led class

Trinity Lutheran Church

12115 Park Ave. S. (510 121st

St.) Parkland

PUYALLUP

Diabetes Exercise Program

(Group)

253-841-9622

YMCA

Mel Korum Family Branch of

YMCA, 302 43rd Ave SE,

Puyallup

Exercise (Group)

253-841-1491 *On bus route*

Salvation Army Senior Center

4009 9th St SW, Puyallup

Exercise for Life (Group)

On bus route

Video-led class

Pilgrim Lutheran Church

10510 136th St. East, Puyallup

Exercise for Life

(Group)

253-862-

0967 *On*

bus route

Video-led class

Puyallup Senior Center

601 N. Meridian, Puyallup

Exercise for Life (Group)

253-841-5555 *On bus route*

Puyallup Senior Center

601 North Meridian, Puyallup

Senior Fitness (Group)

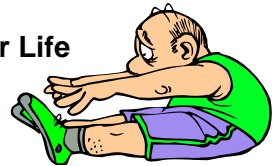
253-531-8412

Mid-County Community Center

(formerly Midland-Summit

Senior Center)

10205 E 44th Ave, Puyallup



Silver Sneakers (Group)
253-845-7620
Puyallup Athletic Club
15406 Meridian E., Puyallup

SUMNER
Life Time Fitness (Group)
253-863-2910
Sumner Senior Center
15506 62nd St. East, Sumner

Low-impact exercise (Group)
253-863-2910 *On bus route*
Sumner Senior Center
15506 62nd St. East, Sumner

TACOMA
Arthritis/ Therapeutic exercise (Group)
253-591-5504
Centre at Norpoint
4818 Nassau Ave, Tacoma
www.metroparkstacoma.org

Bone Builders Osteoporosis Class (Group)
253-841-9622 *On bus route*
YMCA
Mel Korum Family Branch of
YMCA, 302 43rd Ave SE,
Puyallup

Conditioning and Toning (Group)
253-756-0601
Point Defiance/ Ruston Senior
Center
4716 N Baltimore, Tacoma

Exercise for Life (Group)
253-591-5083 *On bus route*
Beacon Senior Center
415 13th St, Tacoma
www.cityoftacoma.org

Functional Strength/Health (Group)
253-564-9622 *On bus route*
YMCA
Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

Healthy Back (Group)
253-564-9622
YMCA
Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

Individual monitored fitness program (Individual)
253-403-7895
Held at Tacoma-Pierce Co YMCAs
Multicare Health System
315 MLK Way, Tacoma
www.multicare.org

Pilates (Group)
253-564-9622
YMCA
Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

Pilates (Group)
253-472-6022
Fitness for All Women
4704 So. Oaks Street, Tacoma
www.tacwomensfit.com

STRETCH

STEILACOOM
Rejuvenate Yourself (Group)
253-581-1076
Steilacoom Community Center
2301 Worthington, Steilacoom

TACOMA
Rhythmic Stretch (Group)
253-564-9622
YMCA
Morgan Family Branch of
YMCA, 1002 S Pearl St, Tacoma

SUPPORT GROUPS

Weight Control Support
253-845-8693 or 253-863-9872 1-800-932-8677
Support Groups

SWIMMING & WATER AEROBICS

BONNEY LAKE
Swimming (Group)
253-863-7658 *On bus route*
Bonney Lake Senior Center
19304 Bonney Lk Blvd,
Bonney Lake



FIFE
Swimming
253-922-7665
Public Swimming Pools
Fife City Swimming, 5410 20th
St E, Fife
www.cityoffife.org

GIG HARBOR
Swimming (Individual)
253-858-5665
Public Swimming Pools
Gig Harbor High School 5101
Rosedale St. Gig Harbor

Swimming (Individual)
253-857-3533 summer time
Public Swimming Pools
Peninsula High School, 14105
Purdy Dr NW, Gig Harbor
www.pools.psd401.net

SUMNER
Aqua Aerobics (Group)
253-863-2910
Sumner Senior Center
15506 62nd St. East, Sumner

TACOMA
Aqua Aerobics (Group)
253-591-5504
Centre at Norpoint
4818 Nassau Ave, Tacoma

Lap swim (Individual)
253-591-5504
Centre at Norpoint
4818 Nassau Ave, Tacoma
www.metroparkstacoma.org

SUMNER

EnhanceFitness (Group)

253-863-2910

Sumner Senior Center

15506 62nd St. Ct. E., Sumner

Stay Active & Independent for Life (Group)

253-770-3803

Life Manor Independent Living

1601 South Union Avenue

Tacoma

Stay Active & Independent for Life (Group)

253-591-5083

Beacon Senior Center

415 13th St, Tacoma

Stay Active & Independent for Life (Group)

253-591-5504

Centre at Norpoint

4818 Nassau Ave, Tacoma

Stay Active & Independent for Life (Group)

253-591-5080

Lighthouse Senior Center

5016 S. A St, Tacoma

UNIVERSITY PLACE

Stay Active & Independent for Life (Group)

253-564-1992

University Place Senior Center

2534 Grandview Dr

University Place



STRENGTH

PUYALLUP

Older Adult Strength (Group)

253-841-9622

YMCA

Mel Korum Family Branch of

YMCA, 302 43rd Ave SE,

Puyallup

TACOMA

Strength Building (Individual)

253-564-6050

Exercise Science Center

1101 Regence Blvd, Fircrest

Strength Building (Group)

253-591-5080 *On bus route*

Lighthouse Senior Center

5016 S. A St, Tacoma

www.cityoftacoma.org

Silver Sneakers (Group)

253-564-9622

YMCA

Morgan Family Branch of

YMCA, 1002 S Pearl St, Tacoma

Silver Sneakers (Group)

253-597-6444

YMCA

Tacoma Center Branch of

YMCA, 1144 Market St,

Tacoma

GOLF

FIRCREST

Private Golfing

253-564-5792 *On bus route*

Fircrest Golf Course

1500 Regents Blvd, Fircrest

www.golfcourses.net

FT.LEWIS

Public Golfing

253-967-6522

Ft. Lewis Golf Course

Mounts Rd, Ft Lewis

www.golfcourses.net

LAKWOOD

Private golf course

253-588-0404

Private Country Club

Tacoma Country and Golf Club

13204 Country Club Dr SW,

Lakewood

www.golfcourses.net

Private golf course

253-584-8770

Private Country Club

Oakbrook Golf Country Club

8102 Zircon Dr SW, Lakewood

www.golfcourses.net

Public Golfing

253-588-0613 *On bus route*

Ft. Steilacoom Golf Course

8202 87th Ave SW, Lakewood

www.co.pierce.wa.us

SPANAWAY

Public Golfing

253-531-3660

Lk. Spanaway Golf

15602 Pacific Ave S, Tacoma

www.golfcourses.net



TACOMA

Public Golfing

253-759-3622

Highland Golf

1400 N Highland Pkwy, Tacoma

www.golfcourses.net

Public Golfing

253-537-4400

Brookdale Golf Club

1802 Brookdale Rd E, Tacoma

www.golfcourses.net

Public Golfing

On bus route

Allenmore Public Golf

2125 S Cedar St, Tacoma
www.golfcourses.net

Public Golfing

800-447-1375
Northshore Golf Course
4101 N. Shore Blvd NE, Tacoma
www.golfcourses.net

Public Golfing

253-473-3033
Meadow Park Course
7108 Lakewood Dr W, Tacoma
www.golfcourses.net

Public Golfing

253-535-7393
Pacific Lutheran Golf Course
754 124 th St S, Tacoma
www.golfcourses.net

LOW IMPACT

FEDERAL WAY

Low-impact exercise (Group)
253-661-4050
Klanhane Lake
Community/Senior Center
33901 9th Ave. S., Federal Way

TACOMA

Active Older Adults (Group)
253-597-6444
YMCA
Tacoma Center Branch of
YMCA, 1144 Market St,
Tacoma
www.ymcatacoma.org

Exercise (Group)

253-841-1491
True Vine Senior Center
Salvation Army
1819 S. Mason Ave, Tacoma
Senior Aerobics (Group)
253-502-4640
Gonyea Boys & Girls Club
5136 N 26th St. Tacoma

MISCELLANEOUS

GIG HARBOR

Varies
253-884-3392
YMCA
Camp Seymour Branch of
YMCA, 9725 Cramer Rd KPN,
Gig Harbor
www.campseymour.org

LAKWOOD

Varies
253-584-9622
YMCA
Lakewood Family Branch of
YMCA, 9715 Lakewood Dr SW,
Lakewood
www.ymcatriangle.com

PUYALLUP

Varies
253-848-1234
Merrill Gardens at Puyallup
123 4th Ave NW, Puyallup
www.merrillgardens.com

Varies

253-7389
Celebrate Seniority
615 E. Pioneer, Puyallup

TACOMA

Varies
253-759-8908 *On bus route*
Point Defiance Village
6414 N Parkway, Tacoma

Varies

253-566-5020 *On bus route*
Tacoma Community College
6501 S. 19th St, Tacoma
www.tacoma.ctc.ce

Varies

253-535-4202
Korean Womens Association
Community Center
123 East 96th ST.

Volunteering (Trail Maintenance)

Envirocorps
www.envirocorps.org
Key Peninsula Trails
www.keypen.com

SPORTS

TACOMA

**Racquet Ball/ Pickle
Ball/Basketball**
253-591-5504
Centre at Norpoint
4818 Nassau Ave, Tacoma
www.metroparkstacoma.org



STRENGTH & BALANCE

BONNEY LAKE

Strength classes (Group)
253-863-7658
Bonney Lake Senior Center
19304 Bonney Lake Blvd,
Bonney Lake

LAKWOOD

**Stay Active & Independent
for Life** (Group)
253-798-4087
Lakewood Senior Center
9112 Lakewood Dr SW,
Lakewood

LAKEBAY

**Stay Active & Independent
for Life** (Group)
253-884-9924
Key Peninsula Community
Services
17015 9TH ST CT KPN, Lakebay

PUYALLUP

EnhanceFitness (Group)
253-841-5555 *On bus route*
Puyallup Senior Center
601 North Meridian, Puyallup

ORTING

**Stay Active & Independent
for Life** (Group)
360-893-5827
Orting Multipurpose Center
202 Washington Avenue South