

Community Classes Reviewed by the Fall Prevention Program at Fresno State

Silver Sneakers Exercise Programs

Locations in Fresno and Clovis

Bally Total Fitness - First and Herndon

Address: 6735 N. 1st St. Fresno, CA 93710
Phone: 432-1933

Cardiovascular Training	M	10:00am – 11:00am	Instructor: Heidi	Level: Middle/ High Levels
Range of Motion Training	T/TH	10:30am – 11:30am	Instructor: Dawn	Level: Low/ Middle Levels

Bally Total Fitness - Clovis

Address: 781 W. Shaw Ave. Clovis, CA 93612
Phone: 297-8488

Senior Fit	M/W/F	7:30am – 8:15am		Level: Middle/ High Levels
Range of Motion Training	M/W	8:15am – 8:45am		Level: Low/ Middle Levels

Sunnyside Health & Tennis Club

Address: 5707 E. Balch Ave. Fresno, CA 93727
Phone: 251-0800
Ask for Jody

Muscular Strength and Range of Motion Training	T/TH	8:30am – 9:15am		Level: Low/ Middle Levels
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Bally Total Fitness - Shaw

Address: 4308 W. Shaw Ave. Fresno, CA 93722
Phone: 297-8488

Range of Motion Training	M/W	7:30am – 8:45am		Level: Low /Middle Levels
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Cost: Silver Sneakers programs are covered by most private insurance. Please call the closest location for more information.

Clovis Adult Education Center

1452 David E. Cook Way, Clovis, 93611: Office in Room A1
For more information please call: 327-2867
October 17-December 16

How to sign up: Just go to class during the first week and sign up there.

Senior Stretch & Tone	M/W/F	9:00am – 10:00am	Instructor: Sherry Green
Senior Pilates Inter.	M/W/F	10:15am – 11:15am	Instructor: Sherry Green
Senior Stretch & Tone	M/W/F	11:30am – 12:30pm	Instructor: Sherry Green

Cost: program fees range from \$15 to \$30 per 2 month class, depending on length of class and equipment

These classes are for middle to high level participants and include lower and upper body strengthening exercises with using resistance bands and weights. In addition, there are standing middle/high level balance exercises incorporating Pilates and Yoga techniques.

Fresno Adult School

For more information please call: 457-6000

Exercise for Health	M/W/F	8:00am – 9:00am	San Joaquin Gardens	Instructor: Christy Cole
Weights and Balance	T/TH	9:15am – 10:30am	San Joaquin Gardens	Instructor: Christy Cole

Cost: Classes are FREE!

These classes would be best for low level participants. The exercises are mostly in the sitting position and incorporate strengthening exercises using resistance bands. In addition, there are some balance exercises using the chair for support.