

## FITNESS CLASSES FOR OLDER ADULTS

*Classes are subject to change; contact the facility for up to date information.*

*(Listed alphabetically by city, facility – instructors listed are certified in Tai Chi: Moving for Better Balance)*

CITY	FACILITY	DAYS/TIMES	TYPE	CONTACT INFORMATION	
Multiple	Portland Community College	Visit website for more info	Tai Chi	<a href="http://www.pcc.edu/community/">www.pcc.edu/community/</a> search "class schedule" then enter Tai Chi	
Multiple	Portland Parks and Recreation	Visit website or contact for more info	Tai Chi & Qigong	<a href="http://www.portlandoregon.gov/parks/39833">www.portlandoregon.gov/parks/39833</a> Click on the most recent "Program Catalogue" 503-823-4328	SC
Multiple	Taoist Tai Chi Society of the USA Oregon Branch	Visit website or contact for more info	Tai Chi	<a href="http://www.oregon.usa.taoist.org">www.oregon.usa.taoist.org</a> search "senior classes" 503-220-5970	
Multiple	Various Locations	Visit website for more info	Tai Chi for Arthritis	<a href="http://www.arthritis.org/resources/community-programs/search-programs/">http://www.arthritis.org/resources/community-programs/search-programs/</a>	
Albany	Albany Senior Center 489 Water St. SW	Visit website or contact for more info	Tai Chi	<a href="http://www.cityofalbany.net/departments/parks-and-recreation/classes">http://www.cityofalbany.net/departments/parks-and-recreation/classes</a> 541-917-7760	
Battle Ground, WA	Battle Ground Baptist Church 1110 NW 6th Ave	M: 9:30 – 11:00 am	Tai Chi Jill Ross	<a href="mailto:jillaross@yahoo.com">jillaross@yahoo.com</a> <a href="mailto:clauder@thequarryliving.net">clauder@thequarryliving.net</a> 360-909-2604	SS
Battle Ground, WA	Battle Ground Community Center 912 E. Main St	T, W & F: 8:30 – 9:30 am & 9:45 – 10:45 am	Enhanced Senior Fitness	<a href="http://wa-battleground.civicplus.com/index.aspx?NID=247">http://wa-battleground.civicplus.com/index.aspx?NID=247</a> 360- 694-8144	
Beaverton	Beaverton Hoop YMCA 9685 SW Harvest Court	See website or call	Tai Chi	<a href="http://ymcacw.org/locations/beaverton-hoop-ymca">http://ymcacw.org/locations/beaverton-hoop-ymca</a> 503-644-2191	
Beaverton	THPRD Elsie Sturhr center 5550 SW Hall Blvd	January 7 – March 20, 2014 T & TH: 2:00 – 2:55 pm	FallProof Balance & Mobility (1)	<a href="http://www.thprd.org/facilities/stuhr/home.cfm">http://www.thprd.org/facilities/stuhr/home.cfm</a> 503-629-6342	
Beaverton	THPRD Elsie Sturhr center 5550 SW Hall Blvd	January 7 – March 20, 2014 T & TH: 12:55 – 1:55 pm	FallProof Balance & Mobility (2)	<a href="http://www.thprd.org/facilities/stuhr/home.cfm">http://www.thprd.org/facilities/stuhr/home.cfm</a> 503-629-6342	
Beaverton	THPRD Elsie Sturhr center 5550 SW Hall Blvd	January 7 – March 21, 2014 T & F: 3:05 – 4:00 pm	Essential Balance and Mobility	<a href="http://www.thprd.org/facilities/stuhr/home.cfm">http://www.thprd.org/facilities/stuhr/home.cfm</a> 503-629-6342	
Beaverton	Family Martial Arts Academy 8618 SW Hall Blvd	Visit website or contact for more info	Tai Chi & Qigong	<a href="http://www.tigardmartialarts.com/beaverton">http://www.tigardmartialarts.com/beaverton</a> <a href="mailto:paul.keller571@gmail.com">paul.keller571@gmail.com</a> 503-977-3300	

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Beaverton	Nature Park Interpretive Center 15655 SW Millikan Way	W: 6:00 – 7:15 pm	Tai Chi Jim Dalton	<a href="http://www.thprd.org/activities/home.cfm">www.thprd.org/activities/home.cfm</a> jwdalto@comcast.net 503-292-6951
Beaverton	Tualatin Hills Park & Rec. Dist. Stuhr Center, 5550 SW Hall Blvd	T: 2:00 – 2:55 pm W: 11:50 – 12:45 pm	Tai Chi – various levels available	<a href="http://www.thprd.org/activities/home.cfm">www.thprd.org/activities/home.cfm</a> 503-645-6433 or 503-645-6342
Bend	Active Life Fitness 34 NW Allen Rd	Visit website or contact for more info	Sun style Tai Chi	<a href="http://www.taichijenny.com">www.taichijenny.com</a> activelifetaichi@gmail.com 541-788-7537
Bend	Bend Senior Center 1600 SE Reed Market Road	M & W: 2:30 – 3:30 pm F: 8:30 – 9:30 pm F: 2:30 – 3:30 pm	Tai Chi David Zimmerman	<a href="http://www.bendparksandrec.org">www.bendparksandrec.org</a> 541-388-1133
Burns	Harney County Senior Center 17 S Alder Ave	T & TH: 9:30 – 10:30 am	Tai Chi Diane Rapaport	jpress@centurytel.net
Coos Bay	375 Central Ave	M & W: 5:15 pm	Tai Chi – various levels available	<a href="http://www.coquillemartialarts.com/tkdaichi.htm">www.coquillemartialarts.com/tkdaichi.htm</a> 541-396-5576
Coquille	Coquille Martial Arts 74 E 1st St	M: 7:00 pm F: 5:00 pm	Tai Chi – various levels available	<a href="http://www.coquillemartialarts.com/tkdaichi.htm">www.coquillemartialarts.com/tkdaichi.htm</a> 541-396-5576
Dallas	Dallas Retirement 377 NW Jasper St.	M & W: 2:00 – 3:00 pm	Tai Chi Ron Swanson	Lavinia@mvipa.org 503-587-5130
Eugene	River Road Comm. Ctr. Annex House 1055 River Rd.	W: 11:00 am – 12:00 pm F: 10:00 – 11:00 am	Tai Chi Suman Barkhas	<a href="http://www.taichiyogacenter.com">www.taichiyogacenter.com</a> sumanbarkhas1@gmail.com 541-688-4052
Gladstone	Gladstone Senior Center 1050 Portland Ave	M & W: 1:00 – 2:00 pm	Tai Chi Joyce Spreyer	503-655-7701
Grants Pass	YMCA 1000 Redwood Ave	SA: 11:30 am – 12:30 pm	Tai Chi Leon Harris	harris1991@charter.net 541-660-8235
Grants Pass	YMCA 1000 Redwood Ave	T & TH: 11:30 am – 12:30 pm	Tai Chi	harris1991@charter.net 541-660-8235
Gresham	Cascade Athletic Club 19201 SE Division St / Gresham	T & TH: 7:30 – 8:30 am	Tai Chi for seniors	<a href="http://www.cascadeac.com/seniors/sp-classes/">www.cascadeac.com/seniors/sp-classes/</a> 503-665-4142

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La Grande	First Presbyterian Church 1308 Washington	T & TH: 10:30 – 11:30 am	Tai Chi for seniors Robin Ostermann	541-963-5114	FR	
Lake Oswego	Lake Oswego Adult Center 505 G Ave	T & TH: 9:00 – 10:00 am	Tai Chi Joyce Spreyer	<a href="http://www.ci.oswego.or.us/acc">www.ci.oswego.or.us/acc</a> 503-635-3758		
Lake Oswego	The Stafford 1200 Overlook Drive	TH: 11:30 am – 12:15 pm	Tai Chi James Lusk	<a href="http://www.thestafford.net/Services/Wellness-Programs">www.thestafford.net/Services/Wellness-Programs</a> 503-636-4589		
McMinnville	Village Quarter 333 NE Irvine St	T & TH: 10:00 – 11:00 am	Tai Chi Maria Pfeifer	Lavinia@mvipa.org 503-587-5130		
Milwaukie	Beyond the Clinic	Varies – for homebound	Otago	<a href="http://www.beyondtheclinic.com/">http://www.beyondtheclinic.com/</a> 503- 496-0385		
Milwaukie	Church of the Annunciation 13515 SE Rusk Rd	Email or call for more info	Tai Chi Elizabeth Lien	keliem@integrity.com 503-659-3646		
Milwaukie	Milwaukie Community Center 5440 S.E. Kellogg Creek Drive	M/W/F: 9:20 – 10:05 am & 10:10 – 10:55 am M & W: 5:30 – 6:30 pm & 6:35 – 7:35 pm	Tai Chi beginners & intermediate	<a href="http://ncprd.com/milwaukie-center">http://ncprd.com/milwaukie-center</a> 503-794-8092		
Milwaukie	Milwaukie Community Center 5440 S.E. Kellogg Creek Drive	M & W 4:00 – 5:00 pm	Tai Chi for seniors	<a href="http://ncprd.com/milwaukie-center">http://ncprd.com/milwaukie-center</a> 503-794-8092		
Milwaukie	Providence Milwaukie Hospital	Contact for schedule	Stepping On	<a href="http://www.providence.org/classes">www.providence.org/classes</a> Chase Katich, MSPT 503-513-8651		
Mt. Hood	Mount Hood Town Hall 6575 Hwy 35	M & TH: 1:00 – 2:00 pm <i>During school year</i>	Tai Chi for Balance Begin. & interm.	signage@gorge.net 541-352-6566		FR
Myrtle Point	Spruce St. Studio Dance and Cultural Ctr. 525 Spruce St.	T & TH: 10:15 – 11:15 am	Tai Chi Kathleen Azab	541 808-5395		
Nehalem	North County Recreation District 36155 9th Street	M & W: 11:00 am – 12:00 pm	Tai Chi Debbie Crosman	<a href="http://www.ncrd.org">www.ncrd.org</a> fitness@ncrdnehallem.org 503-368-4595		

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Oregon City	Providence Willamette Falls Community Center 519 15th St	Contact for schedule	Stepping On	<a href="http://www.providence.org/classes">www.providence.org/classes</a> Chase Katich, MSPT 503-513-8651	
Pendleton	Blue Mountain Movement Center 328 SE Emigrant	T & TH: 10:15 – 11:15 am	Tai Chi for beginners	TEBailor@hotmail.com 541-969-1361	
Pendleton	Blue Mountain Movement Center 328 SE Emigrant	T & TH: 2:00 – 3:00 pm	Tai Chi for Mobility and Balance	TEBailor@hotmail.com 541-969-1361	
Portland	Augustana Lutheran Church 2710 NE 14th Ave	T: 10:00 – 11:00 am TH: 1:00 – 2:00 pm	Tai Chi Carol Reitz	cwreitz.6@gmail.com 701-361-1704	FR
Portland	Augustana Lutheran Church 2710 NE 14th Ave	Sa: 9:00 – 10:00 am	Tai Chi Rebecca Dodson		FR
Portland	The Awakenings Wellness Center 1016 SE 12th Avenue	F: 12:00 – 1:00 pm	Tai Chi John McKinney	<a href="http://www.americanstyletaichi.com">www.americanstyletaichi.com</a> johnmckinney51@gmail.com 503-309-8732	
Portland	Cascade Athletic Club 9260 SE Stark St	M, W & F: 8:00 – 9:00 am T & TH: 10:00 – 11:00 am	Tai Chi for seniors	<a href="http://www.cascadeac.com/seniors/sp-classes/">www.cascadeac.com/seniors/sp-classes/</a> 503-257-4142	SF
Portland	Dance with Joy Studios 7981 SE 17th Ave	W & F: 11:00 am – 12:00 pm	Tai Chi John McKinney	<a href="mailto:info@dancewithjoystudios.com">info@dancewithjoystudios.com</a> 503-236-8160	
Portland	Elm Court Loaves and Fishes 1032 SW Main	Visit website or contact for more info	Qigong	<a href="http://www.portlandoregon.gov/parks/39833">www.portlandoregon.gov/parks/39833</a> Click on the most recent “Program Catalogue” 503-823-4328	SC
Portland	Garden Home Rec. Ctr. 7475 SW Oleson Rd	T: 10:30 – 11:15 am	Tai Chi Jim Dalton	<a href="http://www.thprd.org/activities/home.cfm">www.thprd.org/activities/home.cfm</a> jwdalto@comcast.net 503-292-6951	
Portland	Gregory Fong Chinese Healing Arts 315 NW Davis	M & W: 6:00 – 7:30 pm & 7:30 – 9:00 pm	Tai Chi	<a href="http://i-chuan.net/">http://i-chuan.net/</a> gregoryfong@i-chuan.net	
Portland	Legacy Emanuel Medical Center 501 N. Graham	Contact for details	Stepping On	<a href="http://www.legacyhealth">www.legacyhealth</a> 503-413-1500, option 0	

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Portland	March Wellness & Fitness Center 3181 S.W. Sam Jackson Park Rd.	T & TH: 7:30 – 8:30 am	Tai Chi	<a href="http://www.ohsu.edu/xd/about/services/march-wellness">www.ohsu.edu/xd/about/services/march-wellness</a> 503-418-6272	
Portland	Pioneer Square 701 SW 6th Ave	W: Noon – 1:00 pm	Tai Chi	<a href="http://www.pdx.edu/events/all/1291">http://www.pdx.edu/events/all/1291</a> confucius@pdx.edu 503-725-8561 or 503-725-9810	FR
Portland	PSU Library 1875 SW Park Ave	M: Noon – 1:00 pm	Tai Chi	<a href="http://www.pdx.edu/events/all/1291">http://www.pdx.edu/events/all/1291</a> confucius@pdx.edu 503-725-8561 or 503-725-9810	FR
Portland	Matt Dishman Community Center 77 NE Knott	T & TH: 2:00 – 3:00 pm	Tai Chi Terry Louie	<a href="http://www.portlandoregon.gov/parks/39833">www.portlandoregon.gov/parks/39833</a> Click on the most recent “Program Catalogue” 503-823-4328	SC
Portland	Metropolitan Family Service 124 NE 181st	M & W: 1:30 – 2:30 pm	Tai Chi Maria Pfeifer	laurah@metfamily.org 503-232-0007 ext. 211	
Portland	Mittleman Jewish Comm. Ctr. 6651 SW Capitol Hwy	T & TH: 12:30 – 1:30 pm	Tai Chi	<a href="http://www.taichiyogacenter.com">www.taichiyogacenter.com</a> 503-292-6951	
Portland	Multnomah Friends Meetinghouse 4312 SE Stark Street, Room 12	M: 10:00 – 11:15 am TH: 10:30 – 11:45 am	Tai Chi & Qigong	<a href="http://www.amtamembers.com/bodylessons">http://www.amtamembers.com/bodylessons</a> 503-260-9917	
Portland	Northeast Community Center 1630 NE 38 <sup>th</sup>	M & TH: 7:00 – 8:30 pm	Tai Chi	<a href="http://necommunitycenter.org/">http://necommunitycenter.org/</a> 503-284-3377	
Portland	NW Fighting – NW Internal Arts 1200 SE Morrison	Visit website/call for more info	Tai Chi & Qigong	<a href="http://www.nwfighting.com">www.nwfighting.com</a> 503-740-2666	
Portland	One With Heart Tulen Center 4231 SE Hawthorne	Tai Chi M & F: 6:30 – 7:30 pm Qigong TH: 11:00 am – noon	Tai Chi & Qigong	<a href="http://www.onewithheart.com">www.onewithheart.com</a> 503-231-1999	
Portland	Portland Shaolin Center 3818 SE Powell Blvd	Visit website/call for more info	Tai Chi	<a href="http://www.portlandshaolin.com">www.portlandshaolin.com</a> 503-737-5025	
Portland	St. John’s Community Center 8427 N Central	Visit website or contact for more info	Tai Chi	<a href="http://www.portlandoregon.gov/parks/39833">www.portlandoregon.gov/parks/39833</a> Click on the most recent “Program Catalogue” 503-823-4328	SC
Salem	Center 50+ 2615 Portland Road NE	T & TH: 10:00 – 11:00 pm	Tai Chi Tricia McMahon	soaringspiritsinc@ymail.com 408-507-7187	

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Salem	Courthouse Athletic Clubs 6250 Commercial St SE	Email or call for more info	Tai Chi Tricia McMahon	soaringspiritsinc@ymail.com 408-507-7187	
Salem	Courthouse Athletic Clubs 117 McNary Estates Drive	Email or call for more info	Tai Chi Tricia McMahon	soaringspiritsinc@ymail.com 408-507-7187	
Salem	Courthouse Athletic Clubs 2975 River Road S	Email or call for more info	Tai Chi Tricia McMahon	soaringspiritsinc@ymail.com 408-507-7187	
Sherwood	Sherwood Family YMCA 23000 SW Pacific Hwy	M & F: 11:15 am – 12:15 pm	Tai Chi JoAnne Sallia	jsallia@ymcacw.org 503-862-4021	SS
Sherwood	Sherwood Yoga & Tai Chi 20407 SW Borchers Dr.	M & F: 10:00 – 10:45 am	Tai Chi Kristin Wilkinson	sherwoodyoga@gmail.com 503-201-5869	
Silverton	Silverton Together/ YMCA Gym 421 S Water St	T & TH: 10:00 – 11:00 am	Tai Chi Rachel Bailey	Lavinia@mvipa.org 503-587-5130	
Springfield	Sacred Heart Medical Center RiverBend 3333 RiverBend Drive	M & F: 2:45 – 3:45 pm	Tai Chi Suman Barkhas	<a href="http://www.taichiyogacenter.com">www.taichiyogacenter.com</a> sumanbarkhas1@gmail.com 541-688-4052	
Springfield	Willamalane Adult Activity Ctr. 215 W. C St.	TH: 3:30 – 4:30 pm	Tai Chi Suman Barkhas	<a href="http://www.taichiyogacenter.com">www.taichiyogacenter.com</a> sumanbarkhas1@gmail.com 541-688-4052	
Stayton	Santiam Senior Center 4818 Kingston-Jordan Rd	W & F: 10:30 – 11:30 am	Tai Chi Rachel Bailey	Lavinia@mvipa.org 503-587-5130	
Tigard	The Source Academy 12120 Southwest Garden Place	T & TH: 6:00 – 7:00 pm	Tai Chi & Qigong	<a href="http://www.thesourceacademy.com">www.thesourceacademy.com</a> joseph.heller@gmail.com 503-360-8692	
Tualatin	Rolling Hills Community Church 3550 SW Borland Rd.	March 10 – May 28, 2014 M & W: 9:00 – 10:00 am	Tai Chi Chuck Smith	smith97070@gmail.com 503-682-3610	FR
Vancouver, WA	Cascade Athletic Club 16096 SE 15 <sup>th</sup> St	T & TH: 11:30 am – 12:30 pm	Tai Chi for seniors	<a href="http://www.cascadeac.com/cac-fishers-landing/">www.cascadeac.com/cac-fishers-landing/</a> 360-597-1100	
Vancouver, WA	Firstenburg Community Center 700 NE 136 <sup>th</sup> Ave / Vancouver	T: 10:30 – 11:15 am	Tai Chi Jill Ross	<a href="http://www.cityofvancouver.us/parksrec">www.cityofvancouver.us/parksrec</a> jillaross@yahoo.com	

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Vancouver, WA	Glenwood Place Senior Living 5500 Northeast 82nd Ave	M: 3:00 – 4:00 pm TH: 3:30 – 4:30 pm	Tai Chi Jill Ross	genschler@glenwoodplace.net 360-892-1100 Ext: 108
Vancouver, WA	Glenwood Place Senior Living 5500 Northeast 82nd Ave	TH: 3:00 – 4:00 pm	Tai Chi for Arthritis	genschler@glenwoodplace.net 360-892-1100 Ext: 108
Vancouver, WA	Marshall Community Center 1009 E. McLoughlin	Tai Chi T: 11:25 am – 12:10 pm Chair Fitness T & TH: 10:30 – 11:25 am	Tai Chi for seniors & Chair Fitness	<a href="http://www.cityofvancouver.us/parks-recreation/centers/marshall">www.cityofvancouver.us/parks-recreation/centers/marshall</a> 360-487-7100
Vancouver, WA	The Quarry 415 NE 177th Ave	T: 2:45 – 3:45 pm	Tai Chi Jill Ross	<a href="http://www.thequarryliving.net">www.thequarryliving.net</a> clauder@thequarryliving.net 360-944-6000
Vancouver, WA	Touchmark @ Fairway Village 2927 SE Village Loop	M, W, F: 11:00am – 12:00pm	Tai Chi Jan Beyer	<a href="http://www.Touchmark.com">www.Touchmark.com</a> KAL@Touchmark.com 360-433-6400
Vancouver VA <i>Vets w/referral only</i>		Email or call for more info	Tai Chi Nancy McFarlane	Nancy.McFarlane@va.gov 360-737-1439
Veneta	Fern Ridge Service Center 25035 West Broadway	M: 3:00 – 4:00 pm	Tai Chi Irene Jasper	<a href="http://www.irenejasper.com">www.irenejasper.com</a> venetian3@gmail.com 541-935-4661
West Linn <i>(Veterans only)</i>	VA Clinic - West Linn CBOC 1750 SW Blankenship RD, Ste 300	Varies	Stepping On	Contact you Primary Care Provider's office
Woodburn	Woodburn 1 <sup>st</sup> Presbyterian Church 950 N Boones Ferry Rd	M & W: 10:30 – 11:30 am	Tai Chi Ron Swanson	<a href="mailto:Lavinia@mvipa.org">Lavinia@mvipa.org</a> 503-587-5130
Wilsonville	Wilsonville Parks and Recreation 7965 SW Wilsonville Rd	T & TH: 1:00 – 2:00 pm	Tai Chi beginners & seniors	<a href="http://www.ci.wilsonville.or.us/Index.aspx?page=158">www.ci.wilsonville.or.us/Index.aspx?page=158</a> 503-682-3727
Wilsonville	Wilsonville Parks and Recreation 7965 SW Wilsonville Rd	T & TH: 2:00 – 3:00 pm T & TH: 3:00 – 4:00 pm	Tai Chi beginners & intermediate	<a href="http://www.ci.wilsonville.or.us/Index.aspx?page=158">www.ci.wilsonville.or.us/Index.aspx?page=158</a> 503-682-3727

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