



## **Local Resources for Exercise**

### **Coaches' Corner: 829-5180**

Offers individual, couples' and family membership packages starting at \$40/person monthly (plus a startup fee); includes exercise facilities, spa and free access to all classes; no members under 14 but childcare is available; located at 420 Morris Street, Sebastopol.

### **Curves for Women: 569-0199 (Santa Rosa) 823-8111 (Sebastopol)**

\$39-\$49/month (\$75-114 startup fee); exercise "circuit" routine; located at 775 Gravenstein Hwy South in Sebastopol or 2474 West 3<sup>rd</sup> Santa Rosa.

### **Finley Aquatic Center: 543-3760**

Offers adult/child classes including Therapeutic Water Exercise, Water Aerobics, and general lap swim. Single day passes available; located at 2060 West College Avenue in Santa Rosa.

### **The Gym for Everybody: [www.thegym-guerneville.com](http://www.thegym-guerneville.com), 869-5919**

\$35/month (\$15 startup fee); located at 15250 River Rd. in Guerneville (east of downtown).

### **Ives Pool: [www.ivespool.org](http://www.ivespool.org), 823-8693**

Various aquatic classes including Aqua Aerobics, Aqua Therapy, and Lap Swim; \$3.50-6.00 per session with day passes available; located at 7400 Willow St., Sebastopol.

### **iWALK Sonoma: 565-6680, [www.iwalksonoma.org](http://www.iwalksonoma.org)**

iWALK Sonoma is a campaign to increase the number of people who walk regularly. iWALK is for everyone who lives or works in Sonoma County. iWALK offers starter kits for individual walkers, walking groups, worksite walking programs and more. iWALK is free and easy to do.

### **Langermann Health Club: 823-2440**

Memberships offered at \$45-50 per month (plus \$70-125 startup fee); 8196 Bodega Ave., Sebastopol.

### **Northern California Center for Well-Being: [www.norcalwellbeing.org](http://www.norcalwellbeing.org), 575-6043**

Therapeutic Yoga with Dr. Gail Dubinsky, gentle stretching Yoga, and various other exercise classes.

### **Ridgway Swim Center: 543-3421**

Lap Swim is \$4-\$9, 9:30am-1:00pm daily and various swim classes; located at 455 Ridgway Avenue in Santa Rosa.

### **YMCA: [www.scfymca.org](http://www.scfymca.org), 545-9622**

Offers sliding scale fitness and aquatic classes for a variety of skill levels; many youth and family programs; very flexible hours; located at 1111 College Ave. in Santa Rosa.