

**Senior Exercise Options in Port Townsends, Tri-Area, Quilcene, Brinnon**

**Jefferson Healthcare Wellness Center 360-385-2200 x 1223** - Fitness Classes, Cardio, Balance, Yoga, Pilates

**Port Townsend Community Center 360-385-9007** - Senior Exercise, Adv Pilates, Zumba Dance

**Port Townsend Athletic Club (360) 385-6560** - Classes, Independent workout

**Evergreen Fitness (360) 385-3036** - Classes, Independent workout

**Madrona Mind Body Institute 360-344-4475** - Nia Classes, Yoga, Dance

**Dancing Sky Studio 360.301.4342** - Yoga, Tai Chi, Qi Qong

**Room to Move Yoga [www.roomtomoveyoga.com](http://www.roomtomoveyoga.com)**

**Prosper Natural Health 360-531-4909** - Yoga, Pilates, Fitness Classes

**Mystic Monkey Yoga 360-344-8283** - Hot Yoga

**Jefferson Co YMCA 360-385-5811** - Women's Basketball, Pickle Ball

**Mountain View Pool 360.385.7665** - Deep H2O, Aqua Power, Water Walking, Power Lunch

**Apex Balance and Rehabilitation Phone (360) 379-2436**

**Tri-Area Community Center 360-390-4014** - Tai Chi

**Discovery Physical Therapy (360) 385-9310** - Fitness Classes

**Port Ludlow Zumba and Zumba Toning, Aqua Zumba 360-437-2208**

**Laurel B Johnson Community Center. Serving the Port Ludlow Area. (360) 765-4366**

**Quilcene Community Center 360-765-3321** - Fitness classes including Yoga, Movement and Exercise

**Brinnon Community Center 360-796-4350** - Fitness classes, Yoga