



The Foundation

HUMBOLDT-DEL NORTE FOUNDATION FOR MEDICAL CARE

A partner in the delivery of medical care in Humboldt and Del Norte Counties since 1963

Exercise Resources

Name	Address & Phone	Service Info
Curves	4015 Walnut Dr., Eka/443-9300 3022 Brdway Ste C Eka/442-7750 2720 Central Ave, Mck/839-4000 455 N. Fort Blvd., Ftna/725-3500 600 F. St., Arc/825-8246	Hydro-kinetic exercises & equipment
Vector Health Programs	2822 Harris St., Eka/445-8881	Arthritis classes
Ladies Workout Express	3220 Broadway, Eka/445-3088	30 minute circuit training
Pace	517 Everding St., Eka/443-6797	30 minute circuit training
Arcata Community	1150 16 th St., Arc/822-6801	Pool and gym facilities
Adorni Center	1011 W. Waterfront St. Eka/441-4248	Gym, aerobic exercises and weight training
Easter Seals Pool	3289 Edgewood Rd., Eka/441-2448	Pool programs through Eka Adult Ed.
HealthSport	1724 Central Ave., Mck/839-4363 300 Cmmnty Pkwy, Arc/822-3488 721 S. Fort Blvd., Ftna/725-9484	Gym, weight room & pool
Eka Adult Ed	674 Allard Ave., Eka/441-2448	Please call for class specific information
Sr. Resource Center	1910 California St., Eka 443-9747 ext. 228	Please call for class specific information
Blue Lake Grange	110 H St. Blue Lake 268-2107	Wednesdays 10-11AM Sit and Fit
Gen. Hosp. Outpatient Rehab	721 E. St. Eka 442-1114	Tues & Thurs 9-10AM & 1-2PM
Sr. Resource Center	1910 California St Eka 443-9747 ext 228	Anti-osteoporosis exercises
Parks & Recreation	5 Park St. Fortuna 725-7620	Please call for class specific information
United Methodist Church	922 N St. Fortuna 840-0562	Strength Training
Sponsored by RMH Foundation Fortuna Fireman's Pavilion	725-3361 ext 2010	Redwood Aerobic Program
Sr. Center	Loop Rd. Hoopa 530-625-4261 ext 236	Strength Training
Community Church	Corner of Hwy 36 & Rohnerville Rd. 768-3708	Strength Training
Sr. Center/Azalea Hall	1620 Pickett Rd. McKinleyville 839-8975	Please call for class specific information

Healy Sr. Center	456 Briceland Rd. Redway Call Jona Lee 923-3921 X269	Strength Training
Assembly of God Church	95 Belleview St. Rio Dell Call Judy 764-5239	Strength Training
Trinidad Town Hall	Trinidad Call 268-2107	Sit 'N' Fit
Willow Creek Bible Church	Willow Creek 268-2107	Sit 'N' Fit
Eureka High School	1915 J St. Eka 441-2508	Aqua Aerobics
Eureka Physical Therapy	2306 Dean Street, Eureka 443-8354	Gym, aerobic equipment, weight training
Eureka Physical Therapy	1551 Giuntoli Lane, Arcata 825-7250	Gym, aerobic equipment, weight training
Eureka Physical Therapy	2600 Newburg Drive, Fortuna 725-6995	Gym, aerobic equipment, weight training, pool
Eureka Physical Therapy	1585 Heartwood Drive, Suite H McKinleyville 839-1802	Gym, aerobic equipment, weight training