

Senior Fitness Classes

P.A.C.E.

People with Arthritis Can Exercise

Exercise is crucial for people with arthritis. With exercise it increases strength and flexibility, reduces joint pain, and helps combat fatigue. People with Arthritis can enjoy this gentle exercise and movement program. Class is open to all ages, abilities and is free!



Days: Tuesdays & Thursdays
Time: 10:30 - 11:30 AM
Location: Morro Bay Community Center



Aces

This exercises program that is tailored for seniors with emphasis on stretching and range of motion. Class is open to all ages, abilities and is free!

Days: Tuesdays & Thursdays
Time: 9 - 10 AM
Location: Morro Bay Community Center

Tai Chi

Join instructor Anne-Marie Schnetzler in this free casual Yang Form Tai Chi class that is gentle, relaxing, and helps improve balance. Class is open to all abilities and is free!

Days: Tuesdays & Thursdays
Time: 10:30 - 11:30 AM
Location: Morro Bay Community Center



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Morro Bay Active Adults... 55+

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