

This is not an all-inclusive list but focuses on free and low cost resources available to most people in Contra Costa County. Listing of a resource does not imply any endorsement or evaluation of the service. Information is subject to change.

Further resources are available through the Contra Costa Crisis Center Online Resource database: <http://www.crisis-center.org/CORD.html>

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Overview of Exercise Resources in Contra Costa County and Surrounding Areas

WEST					
City	Organization	Phone	Address	Activities & Fees	Who
Albany	Albany Community Pool	(510) 559-6640	1311 Portland Ave.	Swimming adult \$5.00, senior \$4.50, child \$3.00	All
Berkeley	Kennedy Grove Park	(510) 2237840	Call for directions	Walking, biking; \$5 parking fee on weekends & holidays	
	YMCA	(510) 848-9622	2001 Alston Way	Fitness \$62 yr + \$99 enrollment fee	
	YWCA	(510) 848-6370	2600 Bancroft Way	Dance & yoga \$15 yr for membership + fee/class	
El Cerrito	City of EC Community Center	(510) 559-7000	7007 Moeser Lane	Tennis, swimming, sports, dance & martial arts: price vary depend on class	Seniors
	Open House Senior Center	(510) 215-4340	6500 Stockton Ave.	Senior exercise: \$4res. \$5.00 non-res.	
	Wildcat Canyon Regional Park	(510) 236-1262	Call for directions	Walking, hiking & biking	All
Hercules	Sobrante Ridge Park	(510) 223-7840	Call for directions	Hiking, biking, dog walking; free	All
	Hercules Comm. Swim Center	(510) 779-8291	2001 Refugio Valley Rd	Swim, fitness center; cost varies \$2-4	
Oakland	W. Oakland Senior Center	(510) 238-7016	1724 Adeline St.	Exercise, yoga, line dancing: \$12/year membership	Seniors
	YMCA	(510) 451-9622	2350 Broadway	Swimming, fitness: \$65monthly; \$49enrollment fee /yr	All
Richmond	Bay Trail		Richmond Marina S. Marina Way	Walking trails, playground: free	All
	Miller/Knox Shoreline Park	(888) EB PARKS	Call for directions	Swim/bike/hike: free	
	MLK Community Center	(510) 620-6821	360 Harbour Way S.	Fitness, martial arts: \$10/12 wks	
	Nevin Community Center	(510) 620-6813	598 Nevin Ave.	Weight training, youth sports: free	
	Point Isabel Park	(888) EB PARKS	2701 Isabel St	Outdoor recreation, walking trails: Free	
	Richmond Annex Senior Center	(510) 620-6812	5801 Huntington Ave.	Seniors exercise and dance: \$.50/\$1 suggested donation fee	Seniors
	Richmond Plunge	(510) 620-6654	1 E Richmond Ave	Exercise classes & swim; \$40/15 uses	All
	Richmond Senior Center	(510) 307-8085	2525 Macdonald Ave.	Exercise, tai chi, dancing, class fee varies	Seniors
	Alvarado Park/ Wildcat Canyon Regional Park	(510) 236-1262	East end of McBryde	Playground, Trails, biking, walking: free	All
	YMCA	(510) 222-9622	4300 Lakeside Drive	Swim classes: membership \$62/month	
W. Contra Costa adult Ed	(510) 215-4666	Multiple sites	Exercise & dance classes		
Point Pinole Park	(888) EBPARKS	5551 Giant Hwy	Outdoor recreation, walking trails: \$3 parking fee when required		
San Pablo	San Pablo Senior Center	(510) 215-3095	1943 Church Lane	Exercise class older adults: free, tues/ thurs 9:30am	Seniors

CENTRAL					
City	Organization	Phone	Address	Activities & Fees	Who
Concord	Concord Community Pool	(925) 671-3474	3501 Cowell Rd.	Classes & open swim: \$4.25 adult/swim	All
	Concord Community Park		3501 Cowell Rd	Outdoor recreation; free	
	Loma Vista Adult School	(925) 685-7340	1266 San Carlos Ave.	Exercise classes: Prices vary by class	Adults
Crockett	Carquinez Strait Park	(925) 228-0112	Carquinez Scenic Drive	Outdoor recreation; free	All
Dublin	Dublin Rec/Shannon Com Ctr	(925) 556-4500	100 civic plaza	Call office for classes available	
	Dublin Senior Center	(925) 829-6316	7600 Amador Valley Rd	Senior aerobics: pricing thru Las Positas (925) 424-1115	Seniors
Martinez	Boys and Girls Club	(925) 228-3677	1301 Alhambra Ave.	Sports/youth recreation: \$24/year	Youth
	Briones Park	(925) 370-3020	2537 Reliez Valley Rd	Hiking/biking trails: \$3parking fee	All
	Martinez Adult School	(925) 228-3276	600 F. Street	Exercise classes \$2/visit (\$36/4wks	Adults
	Martinez Shoreline Park	(888) EBPARKS	North end of Ferry Street	Hiking, fishing, ball fields: free	All
Pleasant Hill	Mt. Diablo YMCA & Pool	(925) 687-8900	350 Civic Drive	Yoga, Classes, sports, swimming, adult \$55 or \$83 family monthly	
	P.H. Education Center	(925) 937-1530	3100 Oak Park Blvd.	Exercise classes: call for details	Adults
	Senior Center	(925) 798-8788	233 Gregory Lane	Senior exercise, low impact aerobics, yoga, line dancing; free	Seniors
	Pleasant Hill Community Center	(925) 676-5200	2 locations: 147 Gregory Lane, 320 Gregory lane	Swimming, physical fitness and dance: call for details	All
San Ramon	San Ramon City Parks & Community Services	(925) 973-3200	12501 Alcosta Boulevard	Health & fitness classes, swimming. Call for rates	
	San Ramon Senior Center	(925) 973-3250	9300 Alcosta Boulevard	Aerobics, yoga, tai chi, sit-down classes: cost varies	Seniors
Walnut Creek	Diablo Foot Hills Regional Park	(888) EBPARKS	1700 Castle Rock Rd	Outdoor recreation, sports free; swim \$2.50-3.50	All
	WC Youth Athletic Association	(925) 933-4884	500 N. San Carlos Drive	Youth sports, martial arts: \$40-50	Youth

EAST					
City	Organization	Phone	Address	Activities & Fee	Who
Antioch	Antioch Shoreline	(888) EBPARKS	Wilbur Exit Hwy 4 or Bridgehead rd	Outdoor Recreations; free	All
	Black Diamond Mines Park	(925) 757-2620	Somersville Rd (Call for details)	Hiking trails: \$5 parking fee when required	
	Contra Loma Park	(888) EBPARKS	1200 Frederickson Lane	Swimming, boating, hike/bike: \$5 parking fee when required	
	Senior Citizens Center	(925) 779-2820	415 W. 2 nd . Street	Older adult aerobics: \$12/year	Seniors
Livermore	Morgan Territory Park	(925) 757-2620	9401 Morgan Territory	Hiking trails, outdoor recreation: free	All
Brentwood	Delta Com. Svc. Center	(925) 634-8275	730 3rd. Street	Senior exercise: \$20 per semester	Seniors
	Round Valley Park	(888) EBPARKS	19450 Marsh Creek Road	Hiking, biking: free	All
	Aquatic Family Park	(925) 516-5430	195 Griffith Lane	Swimming: \$3/ swim	
Bay Point	Ambrose Community Center	(925) 458-1601	3105 Willow Pass Rd.	Exercise classes, weight room and swimming. Call for rates	
Oakley	Delta Family YMCA	(925) 625-9333	3460 Main Street	Exercise classes, sports, swim; fees vary \$34-62	
Pittsburg	Los Medanos College	(925) 439-2181	2760 Leland Road	P.E. classes: \$20/unit	
	Pittsburg Adult School	(925) 473-4460	1151 Stoneman Ave.	Dancercise classes: call for rates	Adult
	E. County Boys/Girls Club	(925) 439-5933	100 1 Stoneman Ave.	Gym & equipment: \$90/year, financial help available	Youth

Overview of Weight Loss Resources in Contra Costa County and Surrounding Areas

WEST					
City	Organization	Phone	Address	Activities & Fees	Who
Berkeley	Blue Oak Therapy Center	(510) 649-9818	3101 Telegraph Ave	Weight loss therapy: \$35-\$85	Adults
Richmond	Kaiser Lifestyle & Weight Management Class	(510) 307-2210	901 Nevin	Weight Management class: \$80-\$130/8 sessions	
Multiple sites	Jenny Craig	(800) Jenny Care	Many Locations	Membership fees & charge for food	
	Overeaters Anonymous	(510) 923-9491	Many Locations	Self help group: free	
	Weight Watchers	(800) 651-6000	Many Locations	Weight loss plan, meetings: \$20 enrollment fee + \$12/meeting	
CENTRAL					
City	Organization	Phone	Address	Activities & Fees	Who
Concord	Jenny Craig	(925) 356-2500	508 Contra Costa Blvd # M2	Membership fees & charge for food	Adults
Martinez	Kaiser Lifestyle & Weight Management Class	(925) 372-1198	200 Muir Road	Weight Management class: \$95-150/11 sessions	
Walnut Creek	Kaiser Lifestyle & Weight Management Class	(925) 295-4410	1425 S. Main	Weight Management class: \$95-150/11 sessions	
Pleasanton	Valley Care Medical Center	(925) 847-3000	Valley Care Medical Center	Support group & weight mang. Class	
Multiple sites	Overeaters Anonymous	(925) 825-0448	Many Locations	Self help group: free	
	Jenny Craig	(800) Jenny Care	Many Locations	Membership fees & charge for food	
	Weight Watchers	(800) 651-6000	Many locations	Weight loss plan, meetings: \$20 enrollment fee + \$12/meetinf	
EAST					
City	Organization	Phone	Address	Activities & Fees	Who
Antioch	Kaiser Lifestyle & Weight Management Class	(925) 779-5147	3400 Delta Fair	Weight Management class: \$95-150/11 sessions	Adults
	Jenny Craig	(925) 754-3500	2356 Buchanan Rd. Antioch	Membership fees & charge for food	
Multiple sites	Jenny Craig	(800) Jenny Care	Many locations	Membership fees & charge for food	
	Overeaters Anonymous	(925) 825-0448	Many locations	Self help group: free or donation	
	Weight Watchers	(800) 651-6000	Many locations	Weight loss plan, meetings: \$20enrollment fee + \$12/meeting	

West County Exercise and Weight Loss Resources by City

Exercise in Albany

Organization: Community Pool
Phone: 510-559-6640
Address: 1311 Portland Avenue
Activity: Swimming
Schedule: Daily
Eligibility: Open to all
Cost: Sliding scale
Details: Laps \$5.00 adults, \$4.50 Seniors. Aquatic exercise classes (shallow water) \$7.00 per drop-in." Making Waves Program" specifically for women over 250 pounds, need to enroll first to be able to use pool on Sunday, call (510) 663-8517. Visit website for full schedule www.freewebs.com/allaboutalbanypool.com

Exercise in Berkeley

Organization: Kennedy Grove Park
Phone: 510-223-7840
Address: call for details
Activity: Outdoor recreation
Schedule: Dec-Feb 8am- 4:30pm March/Oct; & Nov 8am- 6pm April-Sept 8-8pm
Eligibility: Open to all
Cost: \$5 parking fee on weekends/holidays only
Details: This 218-acre park has trails for hiking, horseback riding and bicycling. There is also room for picnicking, Frisbee, football, softball, volleyball, and horse shoes. Sports equipment may be rented at the park for a fee.

Exercise in Berkeley

Organization: YMCA
Phone: 510-848-9622
Address: 2001 Allston Way
Activity: Swimming and fitness classes
Schedule: Call
Eligibility: Open to all
Cost: Family \$99 enrollment fee/\$62 monthly fee. Call for more details
Details: This is a large facility that offers a gym and a variety of fitness classes including aerobics, personal trainers, a complete fitness and cardio center. Call for more details.

Exercise in Berkeley

Organization: YWCA
Phone: 510-848-6370
Address: 2600 Bancroft Way
Activity: Dance classes and yoga
Schedule: Call
Eligibility: Open to all
Cost: \$15 yr. + class
Details: A variety of dance classes and yoga is available. Pre-registration and payment of all fees is recommended before the first class of a workshop or class. You may register in person, by mail or by phone. Class fees are not refundable.

Exercise in El Cerrito

Organization: City of EC Comm. Ctr
Phone: 510-559-7000
Address: 7007 Moeser Lane
Activity: Tennis, dance, swimming, sports, and martial arts
Schedule: Monday through Sunday
Eligibility: Open to all
Cost: Price vary depending on classes
Details: Activities include tennis dance, swimming, sports and martial arts. Call for schedules and more details. Registrations are taken in person or can be mailed in to the Community Center. Office hours are 8:30 am – 5:00 pm Monday through Friday. Non-residents.

Exercise in El Cerrito

Organization: Open House Sr. Center
Phone: 510-215-4340
Address: 6500 Stockton Ave.
Activity: Senior exercise and low-impact aerobics
Schedule: M-F
Eligibility: Open to Seniors
Cost: Residents \$4.00 Non-Residents \$5.00
Details: Low-Impact Aerobics open to Seniors. Classes meet on Tuesday and Thursdays from 9:45 am to 10:30 am. Exercise classes Monday and Wednesday from 10:00 am to 11:00am. Call for more details.

Exercise in El Cerrito

Organization: Wildcat Canyon Regional Park
Phone: 510-236-1262
Address: Call for details
Activity: Outdoor recreation
Schedule: 5 AM to 10 PM
Eligibility: Open to all
Cost: Free
Details: Park includes 2,428 acres with trails for walking, hiking, bike riding, and horseback riding. Playground equipment is available. You can take public transit to this park (call AC transit at 511 for details).

Exercise in Hercules

Organization: Sobrante Ridge Park
Phone: 510-223-7840
Address: Call for details
Activity: Outdoor recreation
Schedule: 5am-10pm
Eligibility: Open to all
Cost: Free
Details: These 227-acre park activities include hiking, dog walking, hillside picnics, bird watching, bicycling on approved trails and naturalist programs.

Exercise in Hercules

Organization: Hercules Community Swim Center
Phone: 510-799-8291
Address: 2001 Refugio Valley Rd.
Activity: Swimming, cardio and Fitness Center
Schedule: Call for details
Eligibility: Open to all
Cost: Varies from \$2-4
Details: This facility offers recreational and lap swimming 14 years & up residents \$3 non-residents \$4. Public swim under 17 R-\$2 NR-\$3; adults R-\$3 NR-\$4; Seniors 50+ R-\$2 NR-\$3; Non-swimmers R-\$2 NR-\$3. The fitness center has a variety of equipment.

Exercise in Oakland

Organization: W. Oakland Sr. Center
Phone: 510-238-7016
Address: 1724 Adeline Street
Activity: Exercise & line dancing for older adults
Schedule: Tuesday & Friday mornings
Eligibility: Open to Seniors
Cost: \$12/year then free classes
Details: Exercise offered to anyone. Exercise class on Tuesday at 9:30 am and on Friday at 10:45 am. There is no required fee, but they do ask that you become a member. Membership is \$1 per month or \$12.

Exercise in Oakland

Organization: YMCA
Phone: 510-451-9622
Address: 2350 Broadway
Activity: Exercise classes, strength training, swimming, martial arts, and stationary bike riding
Schedule: M-F 5:00am –10:00pm; Sat. 7:00am – 8:00pm; Sun. 8:00am – 6:00pm
Eligibility: Open to all
Cost: \$65 mo/adult \$49 enrollment fee yr/child
Details: Activities include strength training, fitness evaluations, weight loss (nutrition and exercise) classes, martial arts, water aerobics, walking classes, swimming, and stationary bike riding. See flyer for membership rates.

Exercise in Richmond

Organization: Bay Trail
Phone:
Address: Richmond Marina
Activity: Walking trails, playground
Schedule:
Eligibility: Open to all
Cost: Free
Details: Walking trails, fishing, playground

Exercise in Richmond

Organization: Martin Luther King Community Ctr
Phone: 510-620-6821
Address: 360 Harbour Way S
Activity: Fitness equipment and exercise classes
Schedule: Mon-Sat
Eligibility: Open to all
Cost: \$10/month
Details: Center has a weight room & gym. Classes available Taiboe & aerobics. Martial arts class will be offered in April of 2008. Gym has personal trainers available if needed. Fitness is Monday through Friday from 10 am to 7:30 pm and Saturday from 10am to 3pm.

Exercise in Richmond

Organization: Miller/Knox Shoreline Park
Phone: 888-EB-PARKS
Address: Call for details
Activity: Outdoor recreation and swimming
Schedule: Call
Eligibility: Open to all
Cost: Free
Details: This park has 307 acres with a mile-long jogging and biking trail, a picnic area, and swimming.

Exercise in Richmond

Organization: Nevin Community Ctr
Phone: 510-620-6813
Address: 598 Nevin Ave.
Activity: Weight training and sports teams
Schedule: Mon-Fri (4-6pm)
Eligibility: Open to all
Cost: Free
Details: Youth sports teams are offered. Weight training will be offered in September of 2008. Youth sports teams are on going. (Call for information about league schedule). There is no charge for participation unless joining a sports tournament.

Exercise in Richmond

Organization: Point Isabel
Phone: 888-EB-PARKS
Address: Call for details
Activity: Outdoor recreation
Schedule: 5am-10pm
Eligibility: Open to all
Cost: Free
Details: This 23-acre park offers space for fishing, jogging, running, walking trails, bird watching, kite flying, picnicking and dog walking.

Exercise in Richmond

Organization: Richmond Annex Sr. Ctr
Phone: 510-620-6812
Address: 5801 Huntington Ave.
Activity: Low-impact exercise for older adults
Schedule: M-F 9am-10:00 pm
Eligibility: Open to Seniors
Cost: Free
Details: Chair exercises and gentle gym are offered on Monday, Wednesday, and Friday. Line dancing 10pm-11pm on Mondays. Call center for more details.

Exercise in Richmond

Organization: Richmond Plunge (Now at Richmond Swim Center next to KHS)
Phone: 510-620-6654 or 510-620-6793
Address: 1 E. Richmond Ave
Activity: Exercise classes and swimming
Schedule: Mon – Sat
Eligibility: Open to All
Cost: \$40/15 uses
Details: Aqua Aerobics, Aqua Gymnastics and Arthritis classes are offered. The Aqua aerobics class meets Monday through Friday from 8am to 9am. Aqua gymnastics M - F 9:00am – 10:00am. Please visit website for more details www.ci.richmond.ca.us

Exercise in Richmond

Organization: Richmond Senior Ctr
Phone: 510-307-8085
Address: 2525 Macdonald Ave.
Activity: Exercise classes and martial arts
Schedule: M-F 8-5
Eligibility: Open to all
Cost: Varies
Details: Activities include aerobics, exercise, dancing, and Tai Chi. Call for more details.

Exercise in Richmond

Organization: Alvarado Park to/Wildcat Canyon Regional Park
Phone: 510-236-1262
Address: East end of McBryde
Activity: Trails: biking, walking & horseback riding
Schedule: Call
Eligibility: Open to all
Cost: Free
Details: Public park with multiple trails. Playgrounds & Picnic areas at Alvarado Park

Exercise in Richmond

Organization: YMCA
Phone: 510-222-9622
Address: 4300 Lakeside Drive
Activity: Exercise classes, youth sports, and swimming
Schedule: M – F 5:30 – 10:00 pm; Sat. 7:00 – 7:00 pm; Sun. 9:00 – 6:00 pm
Eligibility: Open to all
Cost: \$62/month
Details: Activities include strength training, martial arts, water aerobics, senior water exercise, and “Rusty Hinges” water exercise for those with arthritis or limited mobility, youth sports, and open swimming. Call for more details.

Exercise in Richmond

Organization: Point Pinole Park
Phone: 888-EB PARKS
Address: 5551 Giant Highway
Activity: Outdoor recreation
Schedule: 5am-10pm
Eligibility: Open to all
Cost: \$3.00 parking fee when required
Details: Park includes 2,315 acres with trails for walking, hiking, bike riding and horseback riding. Point Pinole also has a fishing pier.

Exercise in San Pablo

Organization: San Pablo Senior Ctr
Phone: 510-215-3096
Address: 1943 Church Lane
Activity: Exercise class for older adults
Schedule: Tu & Fri 9:30 am
Eligibility: Open to Seniors
Cost: Free
Details: Exercise class is offered on Tuesday and Friday at 9:30 am. It is open to Seniors and there is no charge to participate. The class is held at Maple Hall (you can walk to Maple Hall from the Center). Call for more details.

Exercise in Richmond

Organization: W. Contra Costa Adult Ed
Phone: 510-215-4666
Address: multiple sites
Activity: Exercise & dance classes
Schedule: M – Thu. 8:00 – 9:30 pm; Fri. 8:00 – 1:00 pm
Eligibility: Open to all
Cost: Call for rates
Details: Adult classes throughout W. county. Exercise, dance, nutrition, older adults programs; variable cost.

Weight in Berkeley

Organization: Blue Oak Therapy Ctr
Phone: 510-649-9818
Address: 3101 Telegraph Ave
Activity: Counseling Center
Schedule: Call
Eligibility: Open to adults
Cost: \$35-\$85
Details: Individual therapy for adults and adolescents with eating disorders. Cost depends on family size and income.

Weight in: Several Locations

Organization: Jenny Craig
Phone: (800) Jenny Care
Address: call for details
Activity: Support group and food plan for purchase
Schedule: Call
Eligibility: Open to adults
Cost: Call
Details: This business offers a support group and food plan for purchase. Call for more information about membership options and fees.

Weight in several locations:
**Alameda, Berkeley, El Cerrito, Oakland,
 Piedmont, San Leandro and surrounding areas**

Organization: Overeaters Anonymous
Phone: 510-923-9491
Address: Call for details
Activity: Support/self-help details
Schedule: Call
Eligibility: Open to adults
Cost: Free
Details: Provides support and self-help groups for compulsive overeaters; anorexia; bulimia and discussion groups for eating issues. For more information please visit www.oaeastbay.org or call 510-923-9491 Meeting schedule available on the web.

Weight in Richmond

Organization: Kaiser Lifestyle & Wt. Class
Phone: 510-307-2210
Address: 901 Nevin
Activity: Healthy Lifestyle & Weight Management Class
Schedule: Office hours M – F 9:00 – 4:30 closed for lunch 12:30 & 1:30
Eligibility: Open to adults
Cost: \$130 / 8 sessions non-members; \$80 / 8 sessions members
Details: Behavioral approach to weight loss with education about nutrition and exercise and how to achieve lifestyle changes. Please call for more details.

Weight in Several Locations

Organization: Weight Watchers
Phone: 800-651-6000
Address: Call for details; Many locations
Activity: Support group and weight loss program
Schedule: Call for details
Eligibility: Open to adults
Cost: \$20 registration fee + \$12 ea wk
Details: Call for meeting times and locations near you.

Central County Exercise and Weight Loss Resources by City

Exercise in Concord

Organization: Concord Community Pool
Phone: 925-671-3474
Address: 3501 Cowell Rd.
Activity: Swimming
Schedule: All week
Eligibility: Open to all
Cost: \$4.25/swim daily or 15 swims \$54 or monthly passes \$63 residents \$68 nonresidents
Details: Concord Community Pool is an Olympic size swimming pool, with diving facilities, wading pool, heated change rooms with showers and lockers. (50 meter long course, 25 yard short course, 1&3 metter diving boards. Lap swim, recreational swim, classes, lessons year round. Please call for information or visit website <http://www.cityofconcord.org/recreation/sports/swimming.htm>

Exercise in Concord

Organization: Concord Community Park (Next to Concord Community Pool)
Phone:
Address: 3501 Cowell Rd.
Activity: Outdoor recreation
Schedule: All week
Eligibility: Open to all
Cost: Free
Details: This 30 acres park; facilities include seven unlighted tennis courts, handball/tennis practice wall, ball field and backstop, large open turf area, and a children's play area with a castle theme. There are two reservable group picnic/barbecue areas and many individual picnic tables with barbecues scattered throughout the park.

Exercise in Concord

Organization: Loma Vista Adult School
Phone: 925-685-7340
Address: 1266 San Carlos Ave.
Activity:
Schedule: Call
Eligibility: Open to adults
Cost: Cost varies by classes
Details: Classes include a variety of dance, aerobics, basic ballet, laughter for health class; music fit class, swim fitness, yoga & Pilates. Call for more information or visit website www.mdusd.k12.ca.us//adulthood

Exercise in Crockett & Martinez

Organization: Carquinez Strait Park
Phone: 925-228-0112
Address: Carquinez Scenic Drive or Call for details
Activity: Outdoor recreation
Schedule: 5am – 10pm
Eligibility: Open to all
Cost: Free
Details: This park has 1,415 acres with hiking, horseback riding and bicycle trails. It is accessible by public transportation (call 511 for info).

Exercise in Dublin

Organization: Dublin Rec/Shannon Com. Ctr
Phone: 925-556-4500
Address: 100 Civic Plz ste pec 5
Address: 11600 Shannon Avenue = Center is currently under construction
will open in the Fall 2009
Activity: Outdoor recreation and exercise classes
Schedule: All week
Eligibility: Open to all
Cost: Call
Details: *Call office or go to the Civic address for information of classes or activities available now, while Center is closed.* (A wide variety of parks and activities are available in several locations. Classes and other activities include swimming, youth sports dance, martial arts, in-line and ice-skating, kickboxing, and Jazzercise. Call Shannon Community Center for information.)

Exercise in Dublin

Organization: Dublin Senior Center
Phone: 925-829-6316
Address: 7600 Amador Valley Blvd.
Activity: Aerobics for older adults (thur Las Positas)
Schedule: M/W/F 9:40-10:30 am
Eligibility: Open to Seniors
Cost: \$20 a semester + 4 admin fee
Details: 50+ Fitness, Low-impact aerobics are offered to Seniors on Monday, Wednesday, and Friday from 9:30 am to 10:30 am. The cost is variable, but low. Call the Dublin Senior Center for more details.

Exercise in Martinez

Organization: Boys and Girls Club
Phone: 925-228-3677
Address: 1301 Alhambra Ave.
Activity: Sports and recreational activities for youth.
Schedule: Mon-Fri
Eligibility: Open to youth
Cost: \$24/year
Details: Sports and recreation activities are offered. Call for more details about costs and scheduling.

Exercise in Martinez

Organization: Briones Regional Park
Phone: 925-370-3020
Address: 2537 Reliez Valley Rd.
Activity: Outdoor recreation and camping
Schedule: Park hours 8am-10pm Parking lot hours 8am- sunset
Eligibility: Open to all
Cost: \$3.00 parking fee kiosk is attended \$2 per dog (guide /service dogs free)
Details: This 6117-acre is an ideal park for hiking, running, bicycling, and horseback riding over the trails. Also great for picnicking, bird watching, kite fling, photography and nature study. There is also an archery range and youth camping (call 888-EBPARKS for info). There are five major access points to the park.

Exercise in Martinez

Organization: Martinez Adult School
Phone: 925-228-3276
Address: 600 F. Street
Activity: Exercise classes
Schedule: M/W/F PM call to check on other times
Eligibility: Open to adults
Cost: \$2/visit (\$36/4wks)
Details: Jazzercise, yoga & Senior Stretching at the Senior Center. A nutrition education class called "Feeding Your Overweight Child" (under Weight Watchers) is also offered for \$20.

Exercise in Martinez

Organization:	Martinez Shoreline Park
Phone:	(888) EBPARKS
Address:	North end of Ferry street
Activity:	Outdoor recreation and sports
Schedule:	Call
Eligibility:	Open to all
Cost:	Free
Details:	The shoreline park offers visitors a variety of experiences. There are group Picnic areas, softball fields, bocce ball courts and soccer fields in the eastern section of the park, operated by the City of Martinez. The District operates the western section with its quiet open lawns, small family picnic areas, ponds & creeks. Nearly three miles of trails offer peaceful walks through the marsh & along the shoreline.

Exercise in Pleasant Hill

Organization:	Mt. Diablo YMCA & Pool
Phone:	925-687-8900
Address:	350 Civic Drive
Activity:	Exercise classes, martial arts, sports, and swimming
Schedule:	M – F 5:00 – 10:00 pm
Eligibility:	Open to all
Cost:	\$55 single adult or \$83family monthly
Details:	Fitness training and equipment, martial arts, group exercise classes (including beginning fitness classes), racquetball, handball, fitness assessments and programs, youth sports, skating, swimming, water exercise classes, arthritis aquatics, and older adults activities.

Exercise in Pleasant Hill

Organization:	P.H. Education Ctr
Phone:	925-937-1530
Address:	One Santa Barbra Road
Activity:	Exercise classes
Schedule:	Call
Eligibility:	Open to adults
Cost:	Call for details
Details:	Classes include a variety of dance, Yoga, Pilates, aerobics, water exercises and martial arts. Call the adult school for more information.

Exercise in Pleasant Hill

Organization: Senior Center
Phone: 925-798-8788
Address: 233 Gregory Lane
Activity: Stretching class for older adults
Schedule: Monday & Friday
Eligibility: Open to Seniors
Cost: Free
Details: Low-impact stretching is offered to Seniors at no cost. Classes are held in the building at the back. Homemade soup is served after class for \$1.50 per bowl. Call for more details.

Exercise in Pleasant Hill

Organization: Pleasant Hill Community Center
Phone: 925-676-5200
Address: 147 Gregory Lane
Activity: Swimming, physical fitness, dance and exercise classes for older adults
Schedule: Call
Eligibility: Open to all
Cost: Call for details
Details: Dance and Aerobic classes for adults and older adults 50+ in the mornings and afternoons. Pool open in May call for rates.

Exercise in San Ramon

Organization: San Ramon City Parks and Community Services
Phone: 925-973-3200
Address: 12501 Alcosta Boulevard
Activity: Health and fitness classes
Schedule: Call classes mornings and nights
Eligibility: Open to all
Cost: Call
Details: Yoga, Pilates, dance, jazzercise, golf, tennis and martial arts for adults. Low-impact aerobics, toning with weights, yoga and dance for Seniors. Recreation swims available too.

Exercise in San Ramon

Organization: San Ramon Senior Center
Phone: 925-973-3250
Address: 9300 Alcosta Boulevard
Activity: Exercise, yoga and sitting down exercises
Schedule: Call classes mornings and nights
Eligibility: Open to older adults 55+
Cost: Depends on classes resident and non-resident fees, most of them \$1.50 for class
Details: Provides aerobic, dance, yoga, tai chi and sit-down exercises for Seniors.

Exercise in Walnut Creek

Organization: Diablo Foot Hills Regional Park
Phone: 925-945-8244
Address: 1700 Castle Rock Road
Activity: Outdoor recreation, sports and swimming
Schedule: Call; reservations accepted
Eligibility: Open to all
Cost: Free.
Details: *(Park will re-open End of June 2008)*
 This 18,000 acre park has picnic areas and is great for hiking, biking & horseback riding. There are also horseshoe pits, sandbox, volleyball field, softball fields & swimming pool (Beach Access fees are: \$3.50 ages 16-61 \$2.50 ages 1-15 & 62 + or disabled, free for infants under 1yr)

Exercise in Walnut Creek

Organization: WC Youth Athletic Assoc
Phone: 925-933-4884
Address: 1399 Ygnacio Valley Road
Activity: Sports
Schedule: Call
Eligibility: Open to youth
Cost: Call for cost
Details: Flag football, basketball baseball and T-ball are offered seasonally. Call the Youth Association for more details about classes, schedules and fees. Visit www.wcyaa.com for registration.

Weight in several locations
From Antioch to Livermore & Concord

Organization: Overeaters Anonymous
Phone: 925-825-0448
Address: many central locations
Activity: Weight loss support group
Schedule: Call or visit website
Eligibility: Open to adults
Cost: Free
Details: Provides support and self-help groups for compulsive overeaters; provides support groups for anorexia/bulimia and discussion groups for eating issues. For more information visit website www.diablovalleyoa.com or call Fran (925) 727-7838 or Phil (925) 682-5730 for eating issues.

Weight in: Several Locations or Concord

Organization: Jenny Craig
Phone: 925-356-2500 or (800) Jenny Care for more locations
Address: 508 Contra Costa Blvd. #M2
Activity: Support group and food plan for purchase
Schedule: Call
Eligibility: Open to adults
Cost: Call
Details: This business offers a support group and food plan for purchase. Call for more information about membership options and fees.

Weight in: Martinez & Walnut Creek

Organization: Kaiser Lifestyle & Wt Loss Class
Phone: 925-372-1198 (Martinez) 925-295-4410 (Walnut Creek)
Address: 200 Muir Rd (Martinez) 1425 S Main (Walnut Creek)
Activity: Healthy lifestyles & Weight Management Class
Schedule: Call
Eligibility: Open to adults
Cost: \$95 /11 weeks members, \$150 / 11 weeks non-members
Details: Behavioral approach to weight loss with education about nutrition and Exercise and how to achieve lifestyle changes.

Weight in Pleasanton

Organization: Valley Care Medical Center
Phone: 925-847-3000
Address: Valley Care Medical Center
Activity: Support group and weight management class
Schedule: Call
Eligibility: Open to adults
Cost: Call
Details: "Think Light" is a weight management class for adults who are compulsive overeaters, obese, or have weight issues, healthy option involving group therapy/support groups and nutritionist appointments. Call for more details.

Weight in Several Locations

Organization: Weight Watchers
Phone: 800-651-6000
Address: Call for details; Many central locations
Activity: Support group and weight loss program
Schedule: Call for details
Eligibility: Open to adults
Cost: \$ 20 registration fee + \$12 ea wk
Details: Call for meeting times and locations near you. Some central locations include Benicia, Byron, Clayton, Concord, Lafayette, Martinez, Moraga, Oakland, San Ramon, and Walnut Creek.

East County Exercise and Weight Loss Resource by City

Exercise in Antioch

Organization: Antioch Shoreline Park
Phone: (888) EB PARKS
Address: Wilbur Exit Hwy 4 or Bridgehead Rd at Wilbur Ave
Activity: Outdoor recreations
Schedule: 5am to 10pm
Eligibility: Open to all
Cost: Free
Details: This 7 1/2 acre park offers fishing, picnicking and nice river scenery. This is a nice park for a relaxing walk near the 4-acre meadow.

Exercise in Antioch

Organization: Black Diamond Mines Park
Phone: 925-757-2620
Address: Somersville Rd.
Activity: Outdoor recreation
Schedule: 8am to dusk
Eligibility: Open to all
Cost: \$5 per vehicle (when kiosk is attended) Dog's \$2 (guide/service dog free)
Details: This nearly 6,286acre park, ideal for hiking, picnicking, historical & nature studies. Be sure to stop by the underground visitor's center and pick up information on tours of the mines and other sites in the park. Camping is available.

Exercise in Antioch

Organization: Contra Loma Park
Phone: (888) EB PARKS
Address: 1200 Frederickson Lane
Activity: Outdoor recreation, swimming, and boating
Schedule: 5am – 10pm
Eligibility: Open to all
Cost: \$5.00 parking fee when required
Details: This park has 780 acres including an 80-acre reservoir for year-round fishing & a lifeguard swim lagoon for summertime swimming. Enjoy these attractions along with year-round hiking, biking, picnic areas and nature study at this oasis. Visitors may launch boats of up to 17ft;(boat lunch fees vary from \$4-\$1) or call (925) 757-0404 for more information.

Exercise in Antioch

Organization: Senior Citizens Ctr
Phone: 925-779-2820
Address: 415 W. 2nd Street
Activity: Exercise classes for older adults
Schedule: M/W/F AM
Eligibility: Open to Seniors
Cost: \$12/year membership
Details: Low-impact aerobics are offered to Seniors on Monday, Wednesday, and Friday from 9:30 to 11:45 am. Call the Senior Citizen's Center for more information.

Exercise in Brentwood

Organization: Delta Com. Svc. Ctr
Phone: 925-516-5444
Address: 730 3rd Street
Activity: Premiers Exercise Program
Schedule: MWF
Eligibility: Open to Seniors
Cost: \$20 per semester
Details: Low-impact water-aerobics and Premier exercises are offered to Seniors on Monday, Wednesday, and Friday from 9am to 10am and 10am to 12pm. Please call for more information and classes.

Exercise in Livermore

Organization: Morgan Territory Park
Phone: 925-757-2620
Address: 9401 Morgan Territory
Activity: Outdoor recreation
Schedule: 8am to dusk
Eligibility: Open to all
Cost: Free
Details: Park activities include hiking, horseback riding, picnicking and camping. There is a backpack campsite in the Regional Preserve (reservation is required to use the campsite) Park is wheelchair accessible. There are excellent views of Mt. Diablo, Mt. St. Helena and the Sierra mountains for this park.

Exercise in Brentwood

Organization: Round Valley Park
Phone: 888 EB PARKS
Address: 19450 Marsh Creek Road
Activity: Outdoor recreation
Schedule: 5am-10pm
Eligibility: Open to all
Cost: Free
Details: The preserve is open for hiking, horseback riding and bicycling (with some restrictions). The climate at the preserve is arid and temperatures commonly exceed 100 degrees Fahrenheit in the summer months. Be prepared for the summer heat: use sunscreen, wear a hat and loose-fitting clothing, and wear good hiking shoes. Drinking water is available at the staging area. Be sure to carry plenty of water with you during your hike.

Exercise in Oakley

Organization: Delta Family YMCA
Phone: 925-625-9333
Address: 3460 Main Street
Activity: Exercise classes, sports, martial arts and swimming
Schedule: All week
Eligibility: Open to all
Cost: Active older adult \$34 active older Family \$47; \$24 teens, \$41 adults or \$62 family
Details: Activities include personal training, fitness assessment, youth marital arts, aerobics, swimming, youth sports and a teen "GET FIT" program.

Exercise in Pittsburg

Organization: Los Medanos College
Phone: 925-439-2181
Address: 2760 Leland Road
Activity: PE type classes
Schedule: Call for details
Eligibility: Open to Adults
Cost: \$20 per unit
Details: PE type classes are offered to the community during the semester for \$20 per unit. The admissions office is open from 8:30 am to 4:40 pm. Call the admission office at extension 7500 for more details.

Exercise in Pittsburg

Organization: East County Boys/Girls Club
Phone: 925-439-5933
Address: 1001 Stoneman Ave.
Activity: Fitness equipment
Schedule: Mon-Fri
Eligibility: Open to youth
Cost: \$90/year sliding scale call to talk to executive director
Details: This facility offers homework room, all sports, and game room; cooking, baking, quiet games, fitness equipment and cheerleading classes. Call for more details.

Exercise in Pittsburg

Organization: Pittsburg Adults School
Phone: 925-473-4460
Address: 1151 Stoneman Ave.
Activity: Weight watchers & dancing
Schedule: Call
Eligibility: Open to adults
Cost: Call for more info
Details: Classes are offered for those ages 18 and over.

Exercise in Bay Point

Organization: Ambrose Community Center
Phone: 925-458-1601
Address: 3105 Willow Pass Road
Activity: Exercise classes, weight room and swimming
Schedule: Call for details
Eligibility: Open to all
Cost: Call for fees
Details: Provides a variety of recreational activities for all ages. Senior nutrition program with meal provided. Aerobics and self defense classes. Swim in other location. Please call for more details

Exercise in Brentwood

Organization: Aquatic Family Park
Phone: 925-516-5430
Address: 195 Griffith Lane
Activity: Swimming
Schedule: Call for details
Eligibility: Open to all
Cost: \$3 per swim person
Details: This facility offers recreational and lap swimming. Swim passes available. Call for schedule

Weight in Several Locations or Antioch

Organization: Jenny Craig
Phone: 925-754-3500 or (800) Jenny Care
Address: 2356 Buchanan Road
Activity: Support group and food plan for purchase
Schedule: Call
Eligibility: Open to all
Cost: Call
Details: This business offers a support group and food plan for purchase. Call for more information about membership options and fees.

Weight in Antioch

Organization: Kaiser Lifestyle & Wt Loss Class
Phone: 925-779-5147
Address: 3400 Delta Fair
Activity: Healthy lifestyle & weight management
Schedule: Call
Eligibility: Open to adults
Cost: \$95 / 11 weeks members - \$150/11weeks non-members
Details: 11-week class providing education about healthy living including how to change habits, nutrition and exercise.

Weight in several locations
From Antioch to Livermore

Organization: Overeaters Anonymous
Phone: 925-825-0448
Address: Call for directions
Activity: Support and self-help group
Schedule: Call for details or visit website www.diablovalleyoa.com
Eligibility: Open to adults
Cost: Free
Details: Provides support and self-help groups for compulsive overeaters; provides support groups for anorexia/bulimia and discussion groups for eating issues. Call for more information please visit website or call Fran (925) 727-7838 or Phil (925) 682-5730 for eating issues.

Weight in Several Locations

Organization: Weight Watchers
Phone: 800-651-6000
Address: Call for details; Many locations
Activity: Support group and weight loss program
Schedule: Call for details
Eligibility: Open to adults
Cost: \$20 registration fee + \$12 each week
Details: Call for meeting times and locations near you.
