

COMMUNITY COLLEGES, PARKS & REC, YMCA SENIOR FITNESS

Below are links to community college, parks & rec and YMCAs that offer senior fitness programs.

- Beaverton Hoop. [Active older adults fitness classes](#); senior circuit machines, stretching, cardio and flexibility.
- [Clackamas County Community College](#). Open Community Ed catalog. Exercise and swimming classes. 65+ may qualify for senior discount.
- Clark County College, [Community Education](#). Class Schedule offers health exercise programs such as yoga, dancing, weight loss.
- Clark County Family YMCA. [Active older adults fitness classes](#); strength, aerobics, yoga, stretching, water exercise.
- Hillsboro Parks & Recreation. Offers health and fitness and exercise programs at [Shute Park Aquatic & Recreation Center](#) for all ages; Senior Center wellness programs. Senior discounts.
- [North Clackamas Parks and Recreation District](#). Open Discovery Guide to find current adult fitness classes, strength and cardio training, exercise sports, and seasonal outdoor sports and recreation.
- Oregon City Parks & Recreation Department. Classes through [Pioneer Senior Center](#).
- Portland Community College, [Community Education schedule](#). Browse the schedule for fitness workouts, personal training, cardio and strength, exercise sports, personal training at various facilities in Multnomah and Washington County.
- Portland Parks & Recreation, [Senior Recreation Catalog](#). Offers health and fitness and exercise programs at five community centers; offers Senior Active Pass for each facility.
- [Sherwood Regional Family YMCA](#), [Active older adult fitness classes](#), yoga and strength training, water exercise.
- Tualatin Hills Park & Recreation District. [Activities Guide](#). [Elsie Stuhr Center](#), Group fitness classes for all levels. Fitness equipment and classes at three other locations. See current [Activities Guide](#) and select location. Senior discount on passes to fitness equipment and classes.
- [Vancouver Parks & Recreation](#). Select Catalog Activity Guide. Fitness Center and 50 + fitness classes at the [Firstenburg Community Center](#).



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