



Lifetime Fitness Program[®]

2003 Washington Sites by County

KING COUNTY

Site	Schedule
Auburn Senior Center (253-931-3016) 808 – 9th SE Auburn 98002	M W F – 8:15-9:15 a.m. M W F – 3:45-4:45 p.m.
Bellevue Senior Center (425-452-7681) 4063 – 148th Ave NE Bellevue 98009	T Th F – 9:00-10:00 a.m.
Burien-Highline Senior Center (206-244-3686) 1210 SW 136th St Seattle 98166	M W F – 10:30-11:30 a.m. M W F – 11:30-12:30 p.m.
Burien Park (KCHA) (206-439-3793) 1000 SW 130th St. Burien 98146	M – 1:00-2:00 p.m. T Th – 9:00-10:00 a.m.
Central Area Senior Center (206-726-4926) 500 – 30th Ave S Seattle 98144	M W F – 9:00-10:00 a.m.
Des Moines Senior Center (206-878-1642) 22030 Cliff Ave S Des Moines 98198	T Th F – 9:30-10:30 a.m.
El Centro de la Raza (206-329-7960) 2524 16th Ave S Seattle 98144	T W F – 12:00-1:00 p.m.
Foundation House (253-838-8823) 32290 – 1st Ave S Federal Way 98003	M W F – 9:00-10:00 a.m. M W F – 10:15-11:15 a.m.
Greenwood Sr. Activity Ctr. (206-297-0875) 525 N 85th St Seattle 98103	M W F – 3:30-4:30 p.m.
Group Health Central Med Ctr (206-326-2800) 201 – 16th Ave E Seattle 98112	M W F – 2:00-3:00 p.m. M W F – 3:15-4:15 p.m. T Th F – 8:00-9:00 a.m. T Th F – 9:15-10:15 a.m. T Th F – 10:30-11:30 a.m.
International District Drop-In Ctr. (206-587-3735) 513 S Main Seattle 98104	T W F – 2:00-3:00 p.m.

KING COUNTY, Continued

Site	Schedule
Kawabe House (206-322-4550) 221 – 18th Ave S Seattle 98144	M W F – 3:00-4:00 p.m.
Kenmore Senior Program (425-487-2441) 6211 NE 182nd St Kenmore 98028	M W F – 10:00-11:00 a.m.
Kirkland Senior Center (425-828-1223) 352 Kirkland Ave Kirkland 98033	M W F – 8:30-9:30 a.m. M W F – 9:50-10:50 a.m. M W F – 10:50-11:50 a.m.
Mercer Island Senior Center (206-236-3545) 8236 SE 24th St Mercer Island 98040	M W F – 8:00-9:00 a.m. M W F – 9:00-10:00 a.m. M W F – 10:00-11:00 a.m.
Northshore Senior Center (425-487-2441) 10201 Riverside Dr Bothell 98011	M W F – 8:25-9:25 a.m. M W F – 9:35-10:30 a.m. M W F – 10:40-11:40 a.m.
Northwest Senior Center (206-487-2441) 5429 – 32nd Ave NW Seattle 98107	M W F – 10:45-11:45 a.m. M W F – 3:30-4:30 p.m.
Pike Market Senior Center (206-728-2773) 1931 – 1st Ave Seattle 98101	M W F – 10:00-11:00 a.m.
Senior Services Lillian Rice Center (206-727-6259) 2208 Second Avenue Seattle 98121	T T H F – 2:00-3:00 p.m.
Shoreline Senior Center (206-365-1536) 18560 – 1st Ave NE Seattle 98155	M W F – 10:00-11:00 a.m. M W F – 2:00-3:00 p.m. T Th – 1:00-2:00 p.m.
Sno Valley Senior Center (425-333-4152) 4610 Stephens Ave Carnation 98014	M W F – 9:30-10:45 a.m.
Southeast Senior Center (206-722-0317) 4655 S Holly St Seattle 98118	M W F – 8:40-9:40 a.m. M W F – 9:50-10:50 a.m. M W F – 11:00-12:00 p.m.
The Summit at First Hill (206-652-4444) 1200 University St Seattle 98101	M W F – 1:00-2:00 p.m.
Tukwila Community Center (206-768-2822) 12424 – 42nd Ave S Tukwila 98168	M W F – 9:00-10:00 a.m.

KING COUNTY, Continued

Site	Schedule
Vashon-Maury Senior Center (206-463-5173) 10004 Bank Rd SW Vashon 98070	M W F – 7:45-8:45 a.m. M W F – 12:30-1:30 p.m.
Wallingford Senior Center (206-461-7825) 4649 Sunnyside Ave N. Seattle 98103	M W F – 10:15-11:15 a.m.
Senior Center of West Seattle (206-932-4044) 4217 SW Oregon St Seattle 98116	M W F – 8:00-9:00 a.m. M W F – 9:00-10:00 a.m.
Westwood Heights 9455 – 27th Ave SW Seattle 98126	T TH – 10:30-11:30 a.m. F – 1:00-2:00 p.m.
Woodinville Senior Center (425-487-2441) 14654 – 148th Ave NE Woodinville 98011	M W F – 9:10-10:10 a.m.

KITSAP COUNTY

Site	Schedule
Island Fitness (206-780-0985) 190 Madison Ave N Bainbridge Island 98110	M W F – 10:00-11:00 a.m.

PIERCE COUNTY

Site	Schedule
Celebrate Seniority (253-770-9279) 615 E Pioneer Ave Puyallup 98372	M W F – 8:45-9:45 a.m. M W F – 10:30-11:30 a.m.
Puyallup Senior Center (253-841-5447) 212 W. Pioneer Avenue Puyallup, WA 98372	M W F – 7:30-8:30 a.m.
Sumner Senior Center (253-863-2910) 15506 62 nd Street E. PO Box 1104 Sumner, WA 98390	M W F – 3:00-4:00 p.m.

SNOHOMISH COUNTY

Site	Schedule
East County Senior Center (360-794-6359) 14961 Chain Lake Rd SE Monroe 98272	M W F – 9:00-10:00 a.m.
Everett Senior Center (425-259-8780) 3025 Lombard Everett 98201	MTWThF – 8:45-9:45 a.m.
Greater Mill Creek Senior Program (425-357-6002) 600 – 128th St SE Mill Creek 98012	M W F – 11:00-12:00 p.m.
Lynnwood Senior Center (425-670-6401) 5800 198 th St. SW Lynnwood 98036	M W F – 8:45-9:45 a.m. T Th – 3:00-4:00 p.m.
South County Senior Center (425-774-5555) 220 Railroad Ave Edmonds 98020	M W F – 9:30-10:30 a.m.
Stanwood Senior Center (360-652-6545) 7430 – 276th NW Stanwood 98292	M W F – 10:45-11:45 a.m.
Stillaguamish Senior Center (360-653-4551) 18308 – 35th NE Arlington 98223	M W F – 2:00-3:00 p.m.

THURSTON COUNTY

Site	Schedule
South Sound Senior Center (360-586-6181) 222 Columbia St NW Olympia 98501	M W F – 10:00-11:00 a.m. M W F – 2:00-3:00 p.m.

WHATCOM COUNTY

Site	Schedule
Lynden Senior Center (206-780-0985) 401 Grover St Lynden 98264	M W F – 8:00-9:00 a.m.

SPOKANE COUNTY

Site	Schedule
East Central Community Center (206-780-0985) 500 S Stone St Spokane 99201	M W Th-10:00-11:00 a.m. M W Th -11:00-12:00 a.m.

FRANKLIN COUNTY

Site	Schedule
Pasco Senior Activity Center (509-454-3459) 1315 N. 7th Ave Pasco 99301	M W F - 10:00-11:00 a.m. M W F - 11:15-12:15 p.m. M W F - 1:00-2:00 p.m.

CHELAN COUNTY

Site	Schedule
Lake Chelan Health & Fitness (509-682-4713) 123 Johnson Ave Chelan 98816	(Starts Sept 2003)

NATIONAL SITES

CALIFORNIA

Site	Schedule
Asian Community Senior Center Gloria Imagine Asian Community Center 7801 Rush River Drive Sacramento 95831	M W F - 8:30-9:30 a.m.
El Camino Gardens 2426 Garfield Avenue Carmichael 95608	M W F - 10:00-11:00 a.m.
Sun River Church 11223 Trinity River Drive Rancho Cordova 95670	M T F - 11:00-12:00 p.m.

GEORGIA

Site	Schedule
Athens-Clarke County Senior Center c/o Univ of Georgia Dept of Exercise Science 300 River Rd Athens 30602	Class will begin in the fall of 2003

MAINE

Site	Schedule
University of Southern Maine Lifeline 96 Falmouth Street P.O. Box 9300 Portland 04104	M W F – 10:15-11:15 a.m.

MICHIGAN

Site	Schedule
Comstock Senior Center 6360 Kings Highway Comstock 49041	M W F – 10:30-11:30 a.m.
Ecumenical Senior Center 702 N. Burdick Street Kalamazoo 49007	M W F – 1:30-2:30 p.m.
Plainwell Senior Center 421 N. Sherwood Plainwell 49080	T T H F – 11:30-12:30 p.m.
Portage Senior Center 320 Library Lane Portage 49002	M W F – 8:30-9:30 a.m.
Vicksburg Senior Center 101 S. Main Vicksburg 49097	M W F – 10:30-11:30 a.m.

WASHINGTON, DC

Site	Schedule
Model Cities Senior Wellness Center 1901 Everts Street NE Washington, DC 20018	Classes begin in the fall of 2003