

Sacramento County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS
Recreation Guides					
Citrus Heights Recreation Guide: http://www.sunriserecreationpark.org/Recreation/recreation_programs.html	Adult, youth, and teen sports and fitness activities.	Sacramento County	All	Free	
Elk Grove Recreation Guide: http://egcsd.ca.gov/rec/pdf/activityguide.pdf	Adult, youth, and teen sports and fitness activities.	Sacramento County	All	Free	
Folsom Recreation Guide: http://www.folsom.ca.us/depts/parks_n_recreation/guide.asp	Adult, youth, and teen sports and fitness activities.	Sacramento County	All	Free	
Galt Recreation Guide: http://www.ci.galt.ca.us/site/Depts/Parks	Adult, youth, and teen sports and fitness activities.	Sacramento County	All	Free	
Sacramento Recreation Guide: http://www.cityofsacramento.org/parksand_recreation/recreation/directory/index.html	Adult, youth, and teen sports and fitness activities.	Sacramento County	All	Free	
Aerobics					
Better Bodys Health Club 909 C Street Galt, CA 95632-1708 (209) 745-5504 http://www.betterbodyshc.com/	Offers aerobics, Jazzercise, yoga, kickboxing classes, and more.	Sacramento County	All	Special offers avail. Free downloadable 2-week trial pass	M-Th 5am-11pm; F 5am-10pm; Sat 7am-6pm; Sun 8am-4pm.
California Family Fitness 8569 Bond Road #130 Elk Grove, CA 95624-9522 (916) 685-3355 http://www.californiafamilyfitness.com	Offers cardio kickboxing, aqua, yoga, circuit, quick fit, cycling, pilates and classes just for your abs. Also offers three different levels of step tai chi, group cross training, a young at heart class for older adults and more.	Sacramento County	Teens and adults	Free trial memberships avail.	

California Family Fitness 700 Oak Avenue Parkway Folsom, CA 95630-6803 (916) 987-2030 http://www.californiafamilyfitness.com	Offers cardio kickboxing, aqua, yoga, circuit, quick fit, cycling, pilates and classes just for your abs. Also offers three different levels of step tai chi, group cross training, a young at heart class for older adults and more.	Sacramento County	Teens and adults	Free trial memberships avail.	
Liner's Kenpo Karate 5706 & 5708 Broadway Sacramento, CA 95820-1852 (916) 456-4975 http://www.linerkenpo.com/class.htm	Offers aerobics and kickboxing.	Sacramento County	Teens and adults	specials available	
Ballet					
Encore Studio of Performing Arts 9677 East Stockton Blvd. Elk Grove, CA 95624-2565 (916) 685-0931 http://www.canudance.com/	Ballet, point, pre-ballet, tap.	Sacramento County	Ages 3-Adult	Email: tippytoes@elkgrove.net for pricing	
The Sacramento Ballet 1631 K Street Sacramento, CA 95814-4019 (916) 552-5800 http://www.sacballet.org/	Free in-school classes to economically disadvantaged schools.	Sacramento County	Youth		
The Sacramento Youth Ballet Sierra 2 Dance Wing 2791 24th Street Sacramento, CA 95818-3255 (916) 452-2840 http://www.sacramentoyouthballet.com/	Ballet	Sacramento County	Youth 3-9 years old	Monthly tuition- \$48 per class.	

Baseball					
Elk Grove Babe Ruth Baseball League P.O. Box 1626 Elk Grove, CA 95759-1626 (916) 685-6252 Email: joemat3@comcast.net	Little League Baseball.	Sacramento County	Youth Baseball for 13-18 year olds	Call for more information	
Elk Grove Cal Ripken Baseball League P.O. Box 2456 Elk Grove, CA 95759-2456 Email: egcalripken1@yahoo.com	Little League Baseball.	Sacramento County	Ages 5-12 years old as of April 30, 2007	REGISTRATION FEE DISCOUNTS when families register EARLY	
Laguna Youth Baseball League 5050 Laguna Blvd., Suite 112-318 Elk Grove, CA 95758-4151 http://www.leaguelineup.com/welcome.asp?url=lagunayouthbaseball	Little League Baseball. Families living WEST of Highway 99 will now play with Laguna Youth Baseball.	Sacramento County	Youth Baseball for 5-12 year olds	Call for more information	
Bicycle Clubs					
Cycle Folsom http://www.cyclefolsom.com/webforms/home.aspx Email: steve@cyclefolsom.com	Scheduled group rides.	Sacramento County	All	Free	See website for details
Folsom-Auburn Trail Riders Action Coalition http://www.fatrac.org/	Recreational and touring cycling.	Sacramento County	All	\$20	
Folsom Breakouts Bike Club Email: obie@folsombreakouts.com	Cycling Club	Sacramento County	All	Free	
Gold Country Tandem Club http://www.tandems-recumbents.com/tandem.html/	Cycling Club	Sacramento County	All	Free	
Ophir-Milan Biking Club http://www.ophirmilan.com/ Email: eblumenfeld@mcnallytemple.com	Sacramento based women's cycling club	Sacramento County	All		

Recumbent Riders of Sacramento Wild Oats Market (at Fair Oaks Blvd. and Arden Way) Sacramento, CA 95825-5527 (916) 483-4435	Weekend & Moonlight rides along the American River	Sacramento County	All	\$20	Every 1st Saturday and every full moon
Sacramento Bike Hikers Mercy General Hospital 6555 Coyle Avenue Carmichael, CA 95608-0302 (916) 369-8272	Recreational and touring cycling	Sacramento County	All	\$15	
Sacramento Wheelmen SMUD Auditorium 6201 S Street Sacramento, CA 95817-1818 (916) 665-2169	Recreational and touring cycling	Sacramento County	All	\$15 for 1 year	
Bicycling					
Bannon Creek Parkway 2780 Azevedo Drive Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
Bannon Preserve 2475 Natomas Park Drive Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
Barandas 2805 Grassland Drive Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
Charter Pointe Park 610 Cutting Way Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Cool Wind Way Park 524 Cool Wind Way Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Dutra Park 6925 Steamboat Way Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Egret Park Westlake Parkway at Callison Drive Sacramento, CA 95835-2047	Bicycle trail	Sacramento County	All	Free	

Garcia Bend Park 7654 Pocket Road Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Garden Highway Bikeway 1305 Garden Highway Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
Hansen Park Site 350 Kenton Way Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Jacinto Creek Parkway 8695 Bruceville Road Sacramento, CA 95823	Bicycle trail	Sacramento County	All	Free	
Jefferson Park 1990 Roma Court Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Ninos Parkway 920 West El Camino Avenue Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
North Laguna Creek Park 6400 Jacinto Avenue Sacramento, CA 95823-7629	Bicycle trail	Sacramento County	All	Free	
North Natomas Community Park North Bend Drive and Gateway Park Blvd. Sacramento, CA 95834-1951	Bicycle trail	Sacramento County	All	Free	
Orchard Park West River Drive Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
Park 13D Crest Drive and Ainger Creek Sacramento, CA 95835-1600	Bicycle trail	Sacramento County	All	Free	
Portuguese Community Park 7 Meadowmont Court Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	
Redbud Park 5201 Brookmore Way Sacramento, CA 95835	Bicycle trail	Sacramento County	All	Free	

Regency Community Park 5500 Honor Parkway Sacramento, CA 95835	Bicycle trail, American River Access	Sacramento County	All	Free	
Sacramento Northern Bikeway 450 El Camino Avenue Sacramento, CA 95821	Bicycle trail, American River Access	Sacramento County	All	Free	
Sacramento River Parkway 7656 Pocket Road Sacramento, CA 95831	Bicycle trail, American River Access	Sacramento County	All	Free	
Sacramento River Parkway 2710 Ramp Way Sacramento, CA 95818	Bicycle trail, American River Access	Sacramento County	All	Free	
San Juan Reservoir Park Site 3250 Natomas Crossing Drive (north end of the park) and 3320 Witter Way Sacramento, CA 95818	Bicycle trail, American River Access	Sacramento County	All	Free	
Seymour Park 845 Florin Road Sacramento, CA 95831	Bicycle trail, American River Access	Sacramento County	All	Free	
Shore Park 800 Pocket Road Sacramento, CA 95831	Bicycle trail, American River Access	Sacramento County	All	Free	
Strauch Park 3075 Northstead Drive Sacramento, CA 95833	Bicycle trail	Sacramento County	All	Free	
Sutter's Landing Park 20 28th Street Sacramento, CA 95816	Bicycle Trail, Access to American River	Sacramento County	All	Free	
Tanzanite Community Park Innovator Drive at Tanzanite Way Sacramento, CA 95834	Bicycle Trail	Sacramento County	All	Free	
Tiscornia Park 195 Jibbom Street Sacramento, CA 95814	Bicycle Trail, Access to American River	Sacramento County	All	Free	
Triangle Park Bowles and Oakmont Streets Sacramento, CA 95815	Bicycle Trail	Sacramento County	All	Free	

Tony Court Park 15 Tony Court Sacramento, CA 95831	Bicycle Trail	Sacramento County	All	Free	
Truth Park 7360 Gloria Drive Sacramento, CA 95831	Bicycle Trail	Sacramento County	All	Free	
Ueda Parkway South Natomas and North Natomas and North Sacramento Sacramento, CA 95835-2506	Paved Bicycle and Jogging Trail; Equestrian Trails	Sacramento County	All	Free	
Bowling					
Alpine Valley Lanes Bowling Center 2326 Florin Road Sacramento, CA 95822-4403 (916) 428-7723 www.amf.com	Bowling	Sacramento County	All	Cost	M, T, Th 9am-11pm; W 9am-10pm; F and Sat 9am-1am; Sun 9am-11pm.
AMF Bowling Centers: Land Park Lanes 5850 Freeport Blvd. Sacramento, CA 95822-3505 (916) 421-3671 www.amf.com	Bowling	Sacramento County	All	Cost	M, T, Th 9am-11pm; W 9am-10pm; F and Sat 9am-1am; Sun 9am-11pm.
Country Club Lanes 2600 Watt Avenue Sacramento, CA 95821-6230 (916) 483-5105 www.countryclublanes.com	Bowling	Sacramento County	All	\$27-\$42/lane/hour for 6 people depending on day and time	M-F open 24 hours; Sat and Sun 12am- 2am.
Boxing					
Elk Grove Martial Arts Academy Boxing Program 9055 Locust Street Elk Grove, CA 95624-2066 (916) 686-5425	Boxing	Sacramento County	All	Contact gym for pricing. Family discounts available	Open 6 days/week
Prime Time Boxing 10600 Industrial Avenue #150 Sacramento, CA 95678 (916) 927-2697	Boxing	Sacramento County	All	Contact gym for pricing	

Prime Time Boxing 1931 Del Paso Blvd. Sacramento, CA 95815-3020 (916) 927-BOXR	Boxing	Sacramento County	All	Contact gym for pricing	
T-5 Boxing 1504 Rushden Drive Sacramento, CA 95864-2733 (916) 747-9441	Boxing	Sacramento County	All	Contact gym for pricing	
Community Centers					
Belle Coolegge Community Center 5699 South Land Park Drive Sacramento, CA 95822-3307 (916) 808-6060	Basketball courts. Off- Leash Dog Park	Sacramento County	All	Free	
Clunie Community Center 601 Alhambra Blvd. Sacramento, CA 95816-3805 (916) 808-6060	Tennis Courts, 3/4mi + 1/4mi walking/jogging path, wading pool, full-length pool, rose garden, baseball field, horseshoe pit, volleyball posts, basketball court, playground	Sacramento County	All	Free	
Coloma Community Center 4623 T Street Sacramento, CA 95819-4700 (916) 808-6060	Tiny Tot Recreation Program, shuffle board room, basketball court	Sacramento County	All	Prices vary with activities	
East Portal Park Clubhouse M Street & Rodeo Way Sacramento, CA 95819-3842 (916) 808-6060	2 Bocce Ball courts, play area, ball field	Sacramento County	All	Free	

<p>Elk Grove Teen Center 8978 Elk Grove Blvd. Elk Grove, CA 95624-1946 (916) 686-6942</p>	<p>The Teen Center's activities focus on character building, scholarship, leadership and citizenship. Also offers "The Zone," an alternative fun time, without drugs or alcohol. Held on Friday nights during basketball and football seasons.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Free</p>	<p>M-Th 2-6pm; F 2-5pm. Closed Sat and Sun.</p>
<p>Ethel MacLeod Hart Multipurpose Senior Center 915 27th Street Sacramento, CA 95816-4301 (916) 808-5462</p>	<p>The Center offers a wide variety of spirited programs for anyone 50+. Whether you are in need of assistance or are just looking for fun, the Hart Senior Center is the place for you!</p>	<p>Sacramento County</p>	<p>Seniors 50 +</p>	<p>Free</p>	<p>M-F 7:30am-5pm; Sat 9am-2pm; Sun 11am-3:30pm.</p>
<p>Evelyn Moore Community Center 1402 Dickson Street Sacramento, CA 95822-3437 (916) 433-6380</p>	<p>The newly-remodeled center has a large room suitable for meetings, birthday parties and an activity room for classes and small gatherings. There is a small parking lot, and onstreet parking is available.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	
<p>George Sim Community Center 6207 Logan Street Sacramento, CA 95824-4406 (916) 382-3761</p>	<p>Activities and programs available. Outdoor swimming and wading pool</p>	<p>Sacramento County</p>	<p>All</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	

<p>Joe Mims, Jr. Hagginwood Community Center at Hagginwood Park 3271 Marysville Blvd. Sacramento, CA 95815-1447 (916) 566-6439</p>	<p>Baseball/softball fields, soccer field, playground, basketball court, horseshoe pit</p>	<p>Sacramento County</p>	<p>All</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	
<p>Johnston Community Center 231 Eleanor Avenue Sacramento, CA 95815-1620 (916) 566-6442</p>	<p>Adjacent to the Johnston swimming pool and wading pool.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	
<p>Oak Park Community Center 3425 Martin Luther King, Jr. Blvd. Sacramento, CA 95817-3648 (916) 808-6151</p>	<p>The community center has rooms available for rental for conferences, meetings, weddings, banquets, performances and more. Colorful murals decorate the building. The Oak Park amphitheater sits behind the center. Adjacent to the community center is a playground, basketball courts and ample off-street parking.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	
<p>Robertson Community Center 3525 Norwood Avenue Sacramento, CA 95838-4207 (916) 566-6419</p>	<p>Adjacent to Robertson park. Classes and programs avail.</p>	<p>Sacramento County</p>	<p>Target Population</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	
<p>Samuel C. Pannell Meadowview Community Center 2450 Meadowview Road Sacramento, CA 95832-1447 (916) 433-6680</p>	<p>The facility sits amid lots of grassy area, and includes two outdoor basketball courts and a swimming pool</p>	<p>Sacramento County</p>	<p>All</p>	<p>Prices vary with activities. Please see Sacramento Recreation Guide.</p>	

Senior Center of Elk Grove 830 Sharkey Avenue Elk Grove, CA 95624 (916) 685-3160	Provides a place for socialization, information, education, recreation and other senior services. They provide nutrition, transportation, and information and referral services.	Sacramento County	All	Free	M-F 8am-4pm.
South Natomas Community Center 2901 Truxel Road Sacramento, CA 95833-1860 (916) 566-1571	The center includes a game room, arts and crafts room, dance/gymnastics/martial arts room, 2 meeting rooms, computer room, wellness center, children's program room and staff offices	Sacramento County	All	Contact center for prices	
Dance					
Adrien Belly Dance Classes Location varies	Belly dancing	Sacramento County	All	\$15 drop-in rate	
The Ballroom of Sacramento 6009 Folsom Blvd. Sacramento, CA 95819-4613 (916) 737-7929	Swing dance, ballroom dancing, salsa	Sacramento County	All	\$7/class drop-in rate; Thursday nite swing dance- \$2	
Deane Dance Center 3610 McKinley Blvd. Sacramento, CA 95816-3416 (916) 453-0226	Tango lessons	Sacramento County	All	Contact Center for tuition and fees	
Midtown Stomp Swing Dancing 2719 K Street Sacramento, CA 95816-5113	Lindy Hop, swing,	Sacramento County	All	1 month \$54-\$60	
The Sacramento Academy of Dance 2818 Marconi Avenue Sacramento, CA 95821-5206 (916) 971-0945	Jazz, ballet, acrobatics, folklorico, tap	Sacramento County	All	\$50 yearly enrollment fee. \$15/class	

Spotlight Dance & Fitness 646 North Market Blvd. Sacramento, CA 95834-1248 (916) 649-DANZ http://www.spotlightdancesport.com/home.cfm	Ballroom dancing, salsa, zumba, swing, two-step, pre-ballet, night club	Sacramento County	All	\$10/group class Monthly specials	
Step 1 Dance and Fitness 1920 T Street Sacramento, CA 95811-6822 (916) 448-7837	Hip-hop dance, pilates, step aerobics, jazz, tap, ballet, boot-camp workout, salsacize, pulse dance, praise dance, rhythm tap	Sacramento County	All	\$15- drop-in \$25 All Day pass \$65 monthly membership. Family discounts available	
Tango By the River 128 J Street Sacramento, CA 95814-2207 (916) 443-7008	Tango lessons	Sacramento County	All	\$35-\$45/individual \$20-\$25/student	
Fitness/Sports Club					
24 Hour Fitness 1020 7th Street Sacramento, CA 95814-3400 (916) 658-1626 www.24hourfitness.com	Fitness and weight equipment, Pool, Group X, Kids' Club, Sauna, Spa, Steam Room.	Sacramento County	All	Internet specials	
24 Hour Fitness 8785 Center Parkway Sacramento, CA 95823-7697 (916) 688-8733 www.24hourfitness.com	Fitness and weight equipment, Pro Shop, Pool, Group X, Juice Bar, Basketball Court, Kids' Club, Sauna, Spa, Steam Room.	Sacramento County	All	Internet specials	
24 Hour Fitness 1314 Fulton Avenue Sacramento, CA 95825-3604 (916) 925-7055 www.24hourfitness.com	Fitness and weight equipment.	Sacramento County	All	Internet specials	Open 24 hours a day.

24 Hour Fitness 7600 Greenhaven Drive #15 Sacramento, CA 95831-5608 (916) 399-8181 www.24hourfitness.com	Fitness and weight equipment Group X, Kids' Club, Sauna, Spa, Steam Room.	Sacramento County	All	Internet specials	M 5am-12am; T-Th open 24 hours; F 12am-11pm; Sat and Sun 6am-11pm.
Better Bodys Health Club 909 C Street Galt, CA 95632-1708 (209) 745-5504 http://www.betterbodyshc.com/	Free weights, Stationary Bikes, Fitness Center, Step Machines, Treadmills, Elliptical/Cross Trainers, Life Fitness Strength Equipment, Recumbent Bikes.	Sacramento County	All	Special offers avail. Free downloadable 2-week trial pass.	M-Th 5am-11pm; F 5am-10pm; Sat 7am-6pm; Sun 8am-4pm.
California Family Fitness - Carmichael 7941 Fair Oaks Blvd. Carmichael, CA 95608-2442 (916) 944-2900 http://www.californiafamilyfitness.com/	Basketball, bikes, climbing wall, dry sauna, juice bar, kickboxing, racquetball, sundeck, tanning beds, treadmills, as well as activity pool, lap pool, spa, and steam room.	Sacramento County	All	Varies. Guest fee-\$10 Discounts avail.	M-Th 4am-12am; F 4am-10pm; Sat and Sun 7am-9pm.
California Family Fitness - Carmichael/Arden 6314 Fair Oaks Blvd. Carmichael, CA 95608-4810 (916) 482-9100 http://www.californiafamilyfitness.com/	Offers a wide variety of classes including the new X-Biking experience. Move the handlebars like a real mountain bike and feel the burn.	Sacramento County	All	Varies. Guest fee-\$10 Discounts avail.	M-Th 5am-12am; F 5am-10pm; Sat and Sun 7am-9pm.
California Family Fitness - Downtown 428 J Street Sacramento, CA 95814-2331 (916) 442-9090 http://www.californiafamilyfitness.com/	Offers specialty classes such as Ab Attack, Belly Dancing, Pilates, and Tai boxing.	Sacramento County	All	Varies. Guest fee-\$10 Discounts avail.	M-Th 5:30am-10pm; F 5:30a-8pm; Sat 8am-6pm. Closed Sundays.

<p>California Family Fitness - Elk Grove 8569 Bond Road Elk Grove, CA 95624-9521 (916) 685-3355 http://www.californiafamilyfitness.com/</p>	<p>Offers large aerobics room with over 100 classes offering diverse cardio fitness. Also offers large cardiovascular area featuring the latest technology of lifecycles with internet access.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Guest fee- \$10</p>	<p>M-Th 4:30am-12am; F 4:30am-10pm; Sat and Sun 7am-9pm.</p>
<p>California Family Fitness - Folsom 700 Oak Avenue Parkway Folsom, CA 95630-6803 (916) 932-0100 http://www.californiafamilyfitness.com/</p>	<p>Offers rock climbing, group exercise, x-bikes, state-of-the-art fitness equipment, an interactive Kidz Klub, child care, pools, racquetball, and much more.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Guest fee- \$10</p>	<p>M-Th 4:30am-12am; F 4:30am-10pm; Sat and Sun 7am-9pm.</p>
<p>California Family Fitness - Howe Avenue Women's Club (Formerly Fulton Avenue Women's Club) 985 Enterprise Drive Sacramento, CA 95825-3920 (916) 239-3500 http://www.californiafamilyfitness.com/</p>	<p>A women's only facility offers a cozy and inviting atmosphere that caters to all fitness levels. Offers special machines designed just for women along with hundreds of different group exercise classes as well as a newly renovated locker room.</p>	<p>Sacramento County</p>	<p>Women</p>	<p>Varies. Guest fee-\$10 Discounts avail.</p>	<p>Hours Mon-Fri: 6am-9pm Fri: to 8pm Sat:8am-6pm Sun:8am-6pm</p>
<p>California Family Fitness - Madison/I-80 4804 Madison Avenue Sacramento, CA 95841-2519 (916) 339-3800 http://www.californiafamilyfitness.com/</p>	<p>Commuter friendly and offers several different amenities to get you in and out. Madison workout floor is easily accessible, fitness friendly, and offers a variety of equipment to make workouts easy.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Varies. Guest fee-\$10 Discounts avail.</p>	<p>M-Th 5am-12am; F 5am-10pm; Sat and Sun 7am-9pm.</p>

<p>California Family Fitness - McClellan Sports & Fitness 5839 Dudley Way McClellan, CA 95652-2409 (916) 643-8890 http://www.californiafamilyfitness.com/</p>	<p>Aerobics, Basketball, Circuit Training, Elliptical Trainers, Free Weights, Kickboxing, Martial Arts, Nutrition Program, Personal Training, Pilates, Plate Loaded Machines, Stair Climbers, Stationary Cycling, Step Aerobics, Treadmills, Volleyball, Weight Loss Program, Yoga</p>	<p>Sacramento County</p>	<p>All</p>	<p>Varies. Guest fee-\$10 Discounts avail.</p>	<p>M-Th 5am-10pm; F 5am-9pm; Sat 7am-5pm; Sun 7am-3pm.</p>
<p>California Family Fitness -Orangevale 8680 Greenback Lane Orangevale, CA 95662-3969 (916) 988-7900 http://www.californiafamilyfitness.com/</p>	<p>Facility provides many services for members with state of the art amenities. Recently added Splashtastics for children, a water workout children style. Also offer a Quick Fit class several times a week for those with little time. If Internet is your style, they have state of the art cardiovascular equipment, which is linked to the Internet.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Guest fee- \$10</p>	<p>M-Th 4:30am-12am; F 4:30am-10pm; Sat and Sun 7am-9pm.</p>
<p>California Family Fitness - Sunrise/Hwy 50 1975 Zinfandel Drive Rancho Cordova, CA 95670-2801 (916) 631-8800 http://www.californiafamilyfitness.com/</p>	<p>has three separate child care facilities catering to specific age groups, a large cardiovascular area, group cycling room, two racquetball courts, climbing wall, and many other amenities. This club is exciting the second you walk through the door.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Varies. Guest fee-\$10 Discounts avail.</p>	<p>M-Th 4:30am-12am; F 4:30am-10pm; Sat and Sun 7am-9pm.</p>

Contours Express at Waterman 9320 Elk Grove Blvd. #175 Elk Grove, CA 95624-5060 (916) 686-7895 http://www.contoursexpress.com	Free weights and resistance machines, cardio equipment	Sacramento County	Women only	Contact gym	Mon-Thur. 5:45 - 8:00 Fri: 5:45 - 7:00 Sat. 7:00 - 1:00
Del Norte Club 3040 Becerra Way Sacramento, CA 95821-3915 (916) 483-5111 http://www.paradigmclubs.com	Fitness equipment, Junior tennis lessons, pilates, group classes, water aerobics	Sacramento County	All	Contact gym. Junior tennis classes \$10/class	M-F 6am-10pm; Sat and Sun 7am-10pm.
Folsom Health and Wellness Center 2575 E. Bidwell Street Folsom, CA 95630-6444 (916) 932-1200 http://www.folsomhwc.com	Free Weights, Fitness Center, Resistance Equipment, Stationary Bikes, Step Machines, Treadmills, group classes, personal training, water aerobics, sport-specific training	Sacramento County	All	Contact gym	M-F 5am-10pm; Sat and Sun 7am-6pm.
Lean On Me 4471 D Street Sacramento, CA 95819-2840 (916) 455-4599 http://www.leanonme.biz	Fitness equipment, Junior tennis lessons, pilates, group classes, water aerobics	Sacramento County	All	Contact gym. \$10 guest fee(must be with member). \$15 drop-in group class fee (non-member)	M-Th 5am-9pm; F 5am-7pm; Sat and Sun 7am-1pm.
Paradigm Sports Club at Rollingwood 9373 Winding Oak Drive Fair Oaks, CA 95628-4175 (916) 988-1728	Enjoy a variety of activities for people of all ages. Group classes, personal training, and massages available.	Sacramento County	All	Guest fee- \$15	M-F 5:30am-10pm; Sat and Sun 7am-9pm.

Savvy Fitness 321 Iron Point Road Folsom, CA 95630-9002 (916) 351-1313 http://www.folsomhwc.com/Roseville/	Personal Training, Therapeutic Fitness and Conditioning, Sport and Spine Therapy, Nutrition Counseling and Weight Management, Therapeutic Massage, Group Exercise Classes, The Low Back Academy	Sacramento County	All	Contact gym.Monthly rate starting at \$49.00	M-F 5am-10pm; Sat and Sun 7am- 7pm.
Gymnastics					
Byers Gymnastics Center 8569 Bond Road #110 Elk Grove, CA 95624-9522 (916) 714-1272	Gymnastics, tumbling, and cheering	Sacramento County	Ages 12 months and up.	Contact for prices	
Byers Gymnastics Center 29 Massie Court Sacramento, CA 95823-4301 (916) 486-9880	Gymnastics, tumbling, and cheering	Sacramento County	Ages 12 months and up.	Contact for prices	
Byers Gymnastics Center 2009 Opportunity Drive Roseville, CA 95678-3005 (916) 781-2939	Gymnastics, tumbling, and cheering	Sacramento County	Ages 12 months and up.	Contact for prices	
Planet Gymnastics of Sacramento 3202 Riverside Blvd. Sacramento, CA 95818-4050 (916) 447-4966	Gymnastics, tumbling, and cheering, fitness fun, ballet,	Sacramento County	Ages 12 months and up.	\$34-\$302/mo/class	
Pozsar's Gymnastics Academy 2709 El Camino Avenue Sacramento, CA 95821-5903 (916) 486-9880	Gymnastics, tumbling, and cheering	Sacramento County	Ages 3 and up	Contact for prices	

Hiking					
<p>Consumes River Preserve 13501 Franklin Blvd. Galt, CA 95632-9014 (916) 684-2816</p>	<p>Visions of spectacular valley oak groves and countless waterbirds will forever be etched in your mind after exploring the marshes and sloughs of Cosumnes River Preserve</p>	<p>Sacramento County</p>	<p>All</p>	<p>Call for more information</p>	
<p>Folsom State Lake Recreation Area; Western States Trail Folsom Lake State Recreation Area 7806 Folsom-Auburn Road Folsom, CA 95630-1797 (916) 988-0205 http://www.parks.ca.gov/?page_id=500</p>	<p>Oak woodland and grassland sprinkled with spring wildflowers are part of the intriguing terrestrial habitat. Hikers and horseback riders enjoy the park's 80 miles of trail. One stretch is part of the Western States Pioneer Express Trail between Carson City, Nevada and Sacramento. This path also connects Folsom Lake with Auburn State Recreation Area.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Call for more information</p>	
<p>Guy West Bridge to Goethe Park State University Drive East Sacramento, CA 95819-2695</p>	<p>Tour around the state capitol and hike the American River Parkway, a 23-mile-long route up the river through the city. Mountain bikers and horseback riders use this trail. Dogs are also allowed. Note that you can arrange for a car to meet you at Goethe Park and cut the trip in half.</p>	<p>Sacramento County</p>	<p>All</p>	<p>Free. Pick-up at Goethe park has a fee.</p>	

Mall Walking					
Arden Fair Mall Walkers 1689 Arden Way Sacramento, CA 95815-4030 (916) 920-4809 ext. 11	Course distance: 1 lap (upper and lower level) = 1/2 mile. Entrance: Mall lower level next to Sears, adjacent to the parking garage.	Sacramento County	All	Free	Opens at 7am for walkers. Quarterly breakfast 8:30-9:30am on the third Thursday of every third month. At breakfast, the Sutter Heart Institute provides blood pressure screening, body fat composition testing and educational presentations.
Country Club Plaza 2310 Watt Avenue Sacramento, CA 95825-0621 http://www.countryclubplazamall.com/programs.php	Walk times: 8 to 10 a.m. daily. Course distance: 1 lap = 1/3 mile. Entrance: Near Sport Chalet and Off Broadway Shoe Warehouse.	Sacramento County	All	Free	Health care professional on site 8-10am on Wednesdays.
Sunrise Mall 6041 Sunrise Mall Citrus Heights, CA 95610-6903 (916) 733-6966 http://www.gomallwalking.com	Walk times: 8 to 10 a.m. Monday through Saturday Course distance: 1 lap = 1/3 mile. Entrance: Sunrise Boulevard side.	Sacramento County	All	Free	Health care professional on site 8-10am on Wednesdays.
Other					
Scandia Family Fun Center 5070 Hillsdale Blvd. Sacramento, CA 95842-3520 (916) 331-5757	Batting Cages, Miniature Golf	Sacramento County	All	Unlimited wristband- \$17.95- Adults; \$14.95- kids Unlimited Golf Pass- \$7.50- Adults; \$5.95- Kids. Batting Cages- \$0.75/token, 6 tokens= 25 pitches	M-F 10am-10pm; Sat and Sun 10am-12am.

www.active.com	Find activities and events in your area	Sacramento County	All	Free	
http://sports.dir.groups.yahoo.com/dir/Recreation_Sports/Sports	Search engine for sports groups in the area	Sacramento County	All	Free	
Nature Center/Hiking					
Effie Yeaw Nature Center 2850 San Lorenzo Way Carmichael, CA 95608 (916) 489-4918	Nature trails. NO DOGS, HORSES, OR BICYCLES ALLOWED ON TRAILS	Sacramento County	All	Ancil Hoffman entrance- \$4.00/car. Nature center entrance- free	Open daily 9am-5pm. Closed on holidays.
Granite Regional Park Ramona Avenue and Power Inn Road Sacramento, CA 95826-3837	Nature Area	Sacramento County	All	Contact park for pricing	Contact park for hours.
Jacinto Creek Parkway 8695 Bruceville Road Sacramento, CA 95823 (916) 277-6060	Nature Area	Sacramento County	All	Contact park for pricing	Contact park for hours.
North Laguna Creek Park 6400 Jacinto Avenue Sacramento, CA 95823-7629 (916) 808-5200	Nature Area	Sacramento County	All	Contact park for pricing	Contact park for hours.
Redbud Park 5201 Brookemere Way Sacramento, CA 95835-1389 (916) 808-5200	Nature Area	Sacramento County	All	Contact park for pricing	Contact park for hours.
San Juan Reservoir Park Site 3250 Natomas Crossing Drive (north end of the park) and 3320 Witter Way (south end of park) Sacramento, CA 95834-9601 (916) 808-5200	Nature Area	Sacramento County	All	Contact park for pricing	Contact park for hours.
Parks					
Airport Park (Little League) 6395 Hogan Drive Sacramento, CA 94262 (916) 808-6060	4 baseball fields. Little League	Sacramento County	All	Free	Contact park for hours.

Ancil Hoffman Park 6700 Tarshes Drive Carmichael, CA 95608-5325 (916) 875-6961	Nature trails. Golf course.	Sacramento County	All	\$4/vehicle	Contact park for hours.
Anthony (Susan B.) Park 7880 Detroit Blvd. Sacramento, CA 95832	2 lighted tennis courts, playground.	Sacramento County	All	Free	Contact park for hours.
Argonaut Park/ (Evelyn Moore Community Center) 1402 Dickson Street Sacramento, CA 95822-3437	Volleyball and basketball courts, baseball field.	Sacramento County	All	Free	Contact park for hours.
Autumn Meadow Park Northborough Drive and Dunlay Drive Sacramento, CA 95835-1561 (916) 277-6060	6-acre community park has a lighted softball/soccer field, a group picnic area a children's playground, walkways and landscaping.	Sacramento County	All	Free	Contact park for hours.
Babcock School Park 2400 Cormorant Way Sacramento, CA 95815-2715 (916) 277-6060	Ball fields	Sacramento County	All	Free	Contact park for hours.
Bannon Creek Parkway 2780 Azevedo Drive Sacramento, CA 95833	Dog Park, Nature Area, Bicycle Trail, dog waste dispensers and dog drinking fountains avail.	Sacramento County	All	Free	Open daily 5am- 10pm.
Barandas (Manuel J.) Park Site 2805 Grassland Drive Sacramento, CA 95833	Bike trail and promenade nature area	Sacramento County	All	Free	Contact park for hours.
Bartholomew Park 9292 Lakepoint Drive Elk Grove, CA 95624	Soccer Field, Half Court Basketball, Playground Equipment, Rose Garden	Sacramento County	All	Free	Contact park for hours.
Batey Park 6820 Seasons Drive Elk Grove, CA 95758-4953	Tennis Courts, Picnic Area/Tables, Playground Equipment	Sacramento County	All	Free	Contact park for hours.

Beeman Park - Senior Center 8830 Sharkey Avenue Elk Grove, CA 95624-1859	Senior Citizen Center, Parking Lot, Open Play Area, Playground Equipment, Horseshoe Pits	Sacramento County	All	Free	Contact park for hours.
Bertha Henschel Park 160 45th Street Sacramento, CA 95819 (916) 277-6060	Soccer field, basketball court, wading pool, playground	Sacramento County	All	Free	Contact park for hours.
Betschart Park 5666 Adobe Spring Way Elk Grove, CA 95758	Soccer Fields, Softball Field, Youth Baseball, Play Area, Jogging/Bike Trail, Playground Equipment	Sacramento County	All	Free	Contact park for hours.
Bill Bean Jr. Memorial Park 7400 17th Avenue Sacramento, CA 95820 (916) 277-6060	Soccer field and playground	Sacramento County	All	Free	Contact park for hours.
Bill Conlin Youth Sports Complex 7895 Freeport Blvd. Sacramento, CA 95832	3 baseball fields, 1 full- sized and 2 bantam soccer fields	Sacramento County	All	Free	Contact park for hours.
Burnett (Peter) School Park 6032 36th Avenue Sacramento, CA 95824-3107	Baseball field, exercise stations	Sacramento County	All	Free	Contact park for hours.
Cabrillo Park 1825 67th Street Sacramento, CA 95822	1 baseball field, 2 lighted tennis courts	Sacramento County	All	Free	Contact park for hours.
Camden Park and Parkway Cooperston Drive and Camden Drive Elk Grove, CA 95624-3065	Jogging/Bike Trail, Horse Trail	Sacramento County	All	Free	Contact park for hours.
Camellia Park 6650 Cougar Drive Sacramento, CA 95828	2 lighted tennis courts, fitness equipment	Sacramento County	All	Free	Contact park for hours.
Case Park 5423 Old Creek Drive Elk Grove, CA 95758	Babe Ruth Baseball Field, Play Area, Playground Equipment	Sacramento County	All	Free	Contact park for hours.

Castello Park 8830 El Toreador Way Elk Grove, CA 95624-1500	Open Play Area, Playground Equipment, Recreation Facility, Half Court Basketball	Sacramento County	All	Free	Contact park for hours.
Charter Pointe Park 610 Cutting Way Sacramento, CA 95831	1 bantam soccer field, nature area, bicycle trail	Sacramento County	All	Free	Contact park for hours.
Chorley Park (William) 7063 20th Street Sacramento, CA 95822	Wading pool, Nature Area	Sacramento County	All	Free	Contact park for hours.
Coloma Park 4623 T Street Sacramento, CA 95819-4700	Basketball court, community center	Sacramento County	All	Free	Contact park for hours.
Colonial Park 5315 19th Avenue Sacramento, CA 95820	Baseball court, basketball half-court	Sacramento County	All	Free	Contact park for hours.
Cool Wind Way Park 524 Cool Wind Way Sacramento, CA 95831	Bicycle trail	Sacramento County	All	Free	Contact park for hours.
Cooledge Community Center Park (Belle) 5699 South Land Park Drive Sacramento, CA 95822-3307	Dog Park	Sacramento County	All	Free	Contact park for hours.
Consumnes River College Park 8401 Center Parkway Sacramento, CA 95823-5704	Baseball and full-size soccer field	Sacramento County	All	Free	Contact park for hours.
Cottonwood Park 1712 North Bend Drive Sacramento, CA 95835	Soccer fields and lighted tennis courts	Sacramento County	All	Free	Contact park for hours.
Curtis Park 3349 West Curtis Drive Sacramento, CA 95818-4433	One mile Walking/Jogging Trail, baseball field, basketball court, 2 lighted tennis courts	Sacramento County	All	Free	Contact park for hours.
Danny Nunn Park 6920 Power Inn Road Sacramento, CA 95828	Lighted rugby/soccer field, community garden	Sacramento County	All	Free	Contact park for hours.

Del Meyer Park Grove-Florin Road Elk Grove, CA 95624-9520	Elk	Jogging/Bike Trail	Sacramento County	All	Free	Contact park for hours.
Del Paso Regional Park 3565 Auburn Blvd. Sacramento, CA 95821		Jogging Trail; Equestrian Trail;Wetlands Area; Interpretive Trails; Trap Shoot; Discovery Museum; 3 Golf Courses Renfree Field; Sac. Softball Complex	Sacramento County	All	Free	Contact park for hours.
Dixieanne Park 2415 Evergreen Street Sacramento, CA 95815		Lighted baseball field, playground	Sacramento County	All	Free	Contact park for hours.
Dutra Park (Evelyn) 6925 Steamboat Way Sacramento, CA 95831		Bicycle trail	Sacramento County	All	Free	Contact park for hours.
East Portal Park 1120 Rodeo Way Sacramento, CA 95819-3843		1 baseball field, 2 lighted Bocci Ball courts	Sacramento County	All	Free	Contact park for hours.
Egret Park Westlake Parkway at Callison Drive Sacramento, CA 95835-2047		Bicycle trail, lake, multi-use truf area	Sacramento County	All	Free	Contact park for hours.
Elk Grove Regional Park 9950 Elk Grove-Florin Road Elk Grove, CA 95624-2560		Aquatic/Youth Center, Babe Ruth Baseball Fields (lighted), Softball Fields (lighted), Youth Baseball Fields (lighted), Soccer Fields, Volleyball Courts, Playground Equipment, Open Play Areas, Jogging/Bike Trail, Dog Park	Sacramento County	All	Free	Contact park for hours.

Fite Park 4312 Careyback Avenue Elk Grove, CA 95758	Soccer Field, Play Area, Playground Equipment, Tennis Courts, Volleyball/Badminton Courts, Half Court Basketball	Sacramento County	All	Free	Contact park for hours.
Foulks Park 9433 Trenholm Drive Elk Grove, CA 95758	Soccer Field, Youth Baseball Field, Play Area, Playground Equipment, Tennis Courts, Jogging/Bike Trail	Sacramento County	All	Free	Contact park for hours.
Fourth Avenue Park 4040 4th Avenue Sacramento, CA 95817	Basketball court, playground	Sacramento County	All	Free	Contact park for hours.
Garcia Bend Park 7654 Pocket Road Sacramento, CA 95831	Full-size and bantam soccer, Sac. River Access, Bicycle Trail	Sacramento County	All	Free	Contact park for hours.
Gardenland Park 3010 Bowman Avenue Sacramento, CA 95833	Baseball field, volleyball and basketball court, playground	Sacramento County	All	Free	Contact park for hours.
Glenbrook Park 8500 La Riviera Drive Sacramento, CA 95826	Baseball field, 2 full-size soccer fields, 2 lighted tennis courts, playground	Sacramento County	All	Free	Contact park for hours.
Granite Regional Park Ramona Avenue Sacramento, CA 95826-3837	Dog Park, Horseshoe Pit, Lake, Nature Area, 3 soccer fields	Sacramento County	All	Free	Contact park for hours.
Grant Park 205 21st Street Sacramento, CA 95811	Lighted baseball field, full- size soccer field,	Sacramento County	All	Free	Contact park for hours.
Guttridge Park 8100 Laguna Brook Way Elk Grove, CA 95758-8040	Soccer Field, Youth Baseball Field, Open Play Area, Playground Equipment, Soccer Field	Sacramento County	All	Free	Contact park for hours.

Hagginwood Park 3271 Marysville Blvd. Sacramento, CA 95815-1447		Lighted baseball field, full-size soccer field, basketball court, wading pool, community center	Sacramento County	All	Free	Contact park for hours.
Hall Park (Glen) Sandburg Drive Sacramento, CA 95819	5415	Baseball field, 2 full-size soccer fields, 2 lighted tennis courts, playground, American River Access	Sacramento County	All	Free	Contact park for hours.
Hansen Park Site 350 Kenton Way Sacramento, CA 95831		Wetland Area; Bicycle Trail; Nature Area	Sacramento County	All	Free	Contact park for hours.
Hawkins Park 2301 Bastona Drive Elk Grove, CA 95758		Soccer Field, Play Area, Playground Equipment, Half Court Basketball	Sacramento County	All	Free	Contact park for hours.
Henschel Park (Bertha) 160 45th Street Sacramento, CA 95819		1 bantam soccer field, 2 basketbal courts, wading pool	Sacramento County	All	Free	Contact park for hours.
Hill Park 9380 Porta Rosa Drive Elk Grove, CA 95624		Multiuse Game Field, Youth Baseball Field, Playground Equipment, Access to Jogging/Bike Trail on Laguna Creek	Sacramento County	All	Free	Contact park for hours.
Houde Park 9759 Club Park Circle Elk Grove, CA 95757		Open Play Area, Playground Equipment, Tennis Courts, Half Court Basketball	Sacramento County	All	Free	Contact park for hours.
Jacinto Creek Parkway 8695 Bruceville Road Sacramento, CA 95823		Creek, nature area, Bicycle trail	Sacramento County	All	Free	Contact park for hours.
Jefferson Park 1990 Roma Court Sacramento, CA 95833		Oak Preserve, Nature Area, Jogging Trail, basketball court	Sacramento County	All	Free	Contact park for hours.

Johnson Park 9645 Lakepoint Drive Elk Grove, CA 95758	Open Play Area, Youth Baseball Fields, Softball Field, Tennis Courts, Playground Equipment, Recreation Center	Sacramento County	All	Free	Contact park for hours.
Jones Park 8840 Shasta Lily Drive Elk Grove, CA 95624	Open Play Area, Babe Ruth Baseball, Soccer Fields, Tennis Courts, Half Court Basketball, Picnic Area/Tables, Playground Equipment	Sacramento County	All	Free	Contact park for hours.
Kloss Park 6501 Laguna Park Drive Elk Grove, CA 95758-4853	Open Play Area, Soccer Field, Softball Field, Youth Baseball Field, Tennis Courts, Jogging/Bike Trail	Sacramento County	All	Free	Contact park for hours.
Laguna Community Park 9014 Bruceville Road Elk Grove, CA 95758-8450	Soccer Field, Softball Fields (lighted), Community Center, Aquatic Center, Open Play Area, Jogging/Bike Trail, Playground Equipment, Volleyball, Dog Park	Sacramento County	All	Free	Contact park for hours.
Lawrence Park 9369 Fassett Drive Elk Grove, CA 95758-4590	Open Play Area, Soccer Field, Playground Equipment, Future Tennis Courts	Sacramento County	All	Free	Contact park for hours.
Land Park 4000 Land Park Drive Sacramento, CA 5822-1124	Lakes; Jogging Trail;Pony Rides; Garden Areas; Golf Course;Zoo; Fairytale Town; Funderland; 6 baseball fields, 1 bantam and 2 full-sized soccer fields, 1 basketball court, wading pool, playground	Sacramento County	All	Free	Contact park for hours.

Lewis Park 6570 Park Riviera Way Sacramento, CA 95831	Baseball field, bantam soccer field, 2 lighted tennis courts	Sacramento County	All	Free	Contact park for hours.
Lichtenberger North and South Park Laguna Park Drive Elk Grove, CA 95758-5162	Soccer Field, Softball Field, Youth Baseball Field, Sand Volleyball, Tennis Courts, Half Court Basketball, Jogging/Bike Trail, Playground Equipment, Community Garden	Sacramento County	All	Free	Contact park for hours.
Luttig Park 9710 Toscano Drive Elk Grove, CA 95757-4012	Soccer Field, Youth Baseball Field, Half Court Basketball, playground	Sacramento County	All	Free	Contact park for hours.
MacDonald Park 8601 Spring Azure Way Elk Grove, CA 95624-3712	Open Play Area, Playground Equipment, Soccer Field	Sacramento County	All	Free	Contact park for hours.
Mama Marks Park 1140 Roanoke Way Sacramento, CA 95838	Baseball field, 2 basketball courts, playground area.	Sacramento County	All	Free	Contact park for hours.
Marco Dog Park Sierra Gardens Drive Roseville, CA 95661-4805	Fenced, benches, handicap access, poop bags, trees, parking, restrooms, water, trash cans.	Sacramento County	All	Free	Open daily from dawn to dusk.
Marriott Park 1235 Grand River Drive Sacramento, CA 95831	Exercise station, nature area, playground	Sacramento County	All	Free	Contact park for hours.
Max Baer Park 7851 35th Avenue Sacramento, CA 95824-2200 (916) 277-6060	Playground, volleyball, baseball and basketball areas. Clubhouse	Sacramento County	All	Free	Contact park for hours.
McConnell Park 10081 Hampton Oak Elk Grove, CA 95624-1347	Soccer Field, Softball Field, Tennis Courts, Open Play Area, Playground Equipment	Sacramento County	All	Free	Contact park for hours.

McKinley Park 3330 McKinley Blvd. Sacramento, CA 95816-3824	Bantam soccer field, 8 lighted tennis courts, jogging trail, wading pool, swimming pool, rose garden, 2 volleyball courts, baseball field, basketball court	Sacramento County	All	Free	Contact park for hours.
Meadows Park 1700 Terracina Drive Sacramento, CA 95834	Lighted baseball and softball field, 2 tennis courts, jogging path	Sacramento County	All	Free	Contact park for hours.
Meadowview Park 7760 24th Street Sacramento, CA 95832	Full-sized soccer field, basketball court	Sacramento County	All	Free	Contact park for hours.
Mesa Grande Park 4325 Valley Hi Drive Sacramento, CA 95823	Walking/jogging trail	Sacramento County	All	Free	Contact park for hours.
Miwok Park 9344 Village Tree Drive Elk Grove, CA 95758	Soccer Field, Community Built Playground, Tennis Courts, Open Play Area	Sacramento County	All	Free	Contact park for hours.
Muir Park 1515 C Street Sacramento, CA 95814	baseball field, basketball and volleyball courts, playground, bantam soccer field	Sacramento County	All	Free	Contact park for hours.
Natomas Oaks Park 2230 River Plaza Drive Sacramento, CA 95833	Oak Preserve; Nature Area; Jogging Trail; bantam soccer field	Sacramento County	All	Free	Contact park for hours.
Nielsen Park 7600 Center Parkway Sacramento, CA 95823-4147	1 full-size soccer field, 2 lighted tennis courts	Sacramento County	All	Free	Contact park for hours.
Ninos Park 705 Northfield Drive Sacramento, CA 95833	basketball court, walking/jogging trail	Sacramento County	All	Free	Contact park for hours.
Ninos Parkway 920 West El Camino Avenue Sacramento, CA 95833	2 bantam soccer fields, 2 volleyball courts, bicycle trail	Sacramento County	All	Free	Contact park for hours.

North Laguna Creek Park 6400 Jacinto Avenue Sacramento, CA 95823-7629	Horseshoe Pit, Pond, Jogging Trail, Bicycle Trail, Lake; Interpretive Trail, sand volleyball court, basketball court, baseball field, 2 tennis courts, full- sized soccer field	Sacramento County	All	Free	Contact park for hours.
North Natomas Community Park North Bend Drive and Gateway Park Blvd. Sacramento, CA 95834-1951	Bicycle Trail, Jogging Trail, Rock Climbing Wall	Sacramento County	All	Free	Contact park for hours.
Northgate Park 2825 Mendel Way Sacramento, CA 95833	Lighted baseball field, full- size soccer field, basketball court, 2 lighted tennis courts, playground, swimming and wading pool	Sacramento County	All	Free	Contact park for hours.
Oak Park 3425 Martin Luther King, Jr. Blvd. Sacramento, CA 95817-3648	Basketball court, community center	Sacramento County	All	Free	Contact park for hours.
Oki Park 2715 Wissemann Drive Sacramento, CA 95826	2 bantam soccer fields, basketball court, swimming and wading pool	Sacramento County	All	Free	Contact park for hours.
Orchard Park West River Drive Sacramento, CA 95833-3776	Baseball field, full-size soccer field, volleyball and basketball court, Nature area, Bike trail Neighborhood skate park	Sacramento County	All	Free	Contact park for hours.
Pannell Meadowview Community Center Park 2450 Meadowview Road Sacramento, CA 95832-1447	2 lighted baseball fields, heated swimming and wading pools, family play area	Sacramento County	All	Free	Contact park for hours.
Park Plaza 1640 West El Camino Avenue Sacramento, CA 95833	2 Bocce Ball Courts	Sacramento County	All	Free	Contact park for hours.

Partner Park 5699 South Land Park Drive Sacramento, CA 95822-3307	Features: well-fenced, over two acres, landscaped with turf and mature trees, handicap accessible, bench, water spigot for dogs, trash cans, poop bags	Sacramento County	All	Free	Open daily until 10pm.
Portuguese Community Park 7 Meadowmont Court Sacramento, CA 95831	Bantam soccer field, bicycle trail	Sacramento County	All	Free	Contact park for hours.
Redtail Hawk Park 7 Orcutt Circle Sacramento, CA 95834	2 bantam soccer field, 2 volleyball courts	Sacramento County	All	Free	Contact park for hours.
Regency Community Park 5500 Honor Parkway Sacramento, CA 95835	2 baseball fields, full-size soccer field, volleyball and basketball courts, 9-hole disc golf course, skate park, bike trail	Sacramento County	All	Free	Contact park for hours.
Reichmuth Park 6135 Gloria Drive Sacramento, CA 95831	lighted baseball field, 2 full-sized soccer fields, Nature Area, Spray Pool for Youth, 2 lighted tennis courts	Sacramento County	All	Free	Contact park for hours.
Reith Park 5755 Rightwood Way Sacramento, CA 95823	Cluster Par Course; Jogging Trail	Sacramento County	All	Free	Contact park for hours.
Robla Community Park 700 Bell Avenue Sacramento, CA 95838-2207	Baseball field, full-size and bantam soccer field, volleyball court, nature area	Sacramento County	All	Free	Contact park for hours.
Roosevelt Park 1615 9th Street Sacramento, CA 95814	Lighted baseball field, full-size soccer field, 2 basketball courts, Farmer's Market May-November	Sacramento County	All	Free	Contact park for hours.

Seymour Park 845 Florin Road Sacramento, CA 95831	1 bantam soccer field, playground, bike trail	Sacramento County	All	Free	Contact park for hours.
Sim Park 6207 Logan Street Sacramento, CA 95824-4406	1 bantam soccer field, playground, bike trail	Sacramento County	All	Free	Contact park for hours.
Southside Park 2115 6th Street Sacramento, CA 95818	Clubhouse, Fitness Course, Lake, Jogging Trail 3/4 mile, 2 lighted tennis courts, basketball court, swimming and wading pool, and playground area	Sacramento County	All	Free	Contact park for hours.
Sycamore Park Banfield Drive and Club Center Drive Sacramento, CA 95835-1421	Volleyball and basketball courts, lighted tennis court, playground area	Sacramento County	All	Free	Contact park for hours.
Tahoe Park 3501 59th Street Sacramento, CA 95820	Jogging trail (2/3 mile)lighted ball field, bantam soccer field, sand volleyball court, basketball court, swimming and wading pool, playground area	Sacramento County	All	Free	Contact park for hours.
Tanzanite Community Park Innovator Drive at Tanzanite Way Sacramento, CA 95834-3814	1 full-size and 1 bantam soccerfield, playground, lake, bicycle trail	Sacramento County	All	Free	Contact park for hours.
Valley Hi Community Park 8185 Center Parkway Sacramento, CA 95823	Ball field, 1 bantam and 2 full-sized soccer fields, volleyball and basketball court, playground area	Sacramento County	All	Free	Contact park for hours.
Warren Park 7420 Vandenberg Drive Sacramento, CA 95820	Ball field, sand volleyball court, 2 tennis courts, playground area	Sacramento County	All	Free	Contact park for hours.
Westlake Community Park 4700 Westlake Parkway Sacramento, CA 95835	Ball field, 2 lawn volleyball court, basketbal court, playground area	Sacramento County	All	Free	Contact park for hours.

Witter Ranch Park 3795 Saintsbury Drive Sacramento, CA 95834	Ball field, 1 bantam and 1 lighted full-size soccer field, volleyball and basketball courts, playground area	Sacramento County	All	Free	Contact park for hours.
Woodlake Park 500 Arden Way Sacramento, CA 95815-3818	Ball field, lighted tennis court, playground area	Sacramento County	All	Free	Contact park for hours.
Rock Climbing					
Sacramento Pipeworks 116 N. 16th Street Sacramento, CA 95811-0618 (916) 341-0100	Rock climbing, after school climbing, Kid climbing camps, teen climbing, outdoor programs, obstacle course, overnight camps.	Sacramento County	Youth and Adults	Full package (includes day pass, equipment rental, and class fee)- \$25- (restricted hours); Discount Friday Nights- \$7 admission, 6\$ for equipment, \$5 for safety class, starts at 4pm.	
Senior Exercise Classes					
Arcade Creek Recreation & Park District 4855 Hamilton Street Sacramento, CA 95841-3414 (916) 482-8377	Jackie's Fitness class	Sacramento County	Seniors	Contact Center for prices	
Carmichael Recreation & Park District 5750 Grant Avenue Carmichael CA 95608-3779 (916) 485-5322 http://www.carmichaelpark.com/	Step aerobics, beginning yoga, yoga	Sacramento County	Seniors	Contact Center for prices	
Coloma Community Center 4623 T Street Sacramento, CA 95819-4700 (916) 808-6060	Aerobics and yoga-chi	Sacramento County	Seniors	Contact Center for prices	

Cordova Senior Center 3480 Routier Road Sacramento, CA 95827-3045 (916) 366-3133	Low-impact aerobics, yoga, tai-chi, line dancing, senior fitness	Sacramento County	Seniors	Contact Center for prices	
Crosswoods Community Center 6742 Auburn Blvd. Sacramento, CA 95819 (916) 726-1706	Exercise for older adults	Sacramento County	Seniors	Contact Center for prices	
Elk Grove Community Services District 3020 Renwick Avenue Elk Grove, CA 95758-7409 (916) 684-7550	Tai-chi, beginner tap dancing classes	Sacramento County	Seniors	Contact Center for prices	
Ethel MacLeod Hart Multipurpose Senior Center 915 27th Street Sacramento, CA 95816-4301 (916) 808-5462	Yoga, fitness stretching, aerobics, flexibility and balance, toning, tai chi, feldenckrais	Sacramento County	Seniors	Contact Center for prices	
Fair Oaks Recreation & Park District 4150 Temescal Street Fair Oaks, CA 95628-7551 (916) 966-1036 http://www.fairoakspark.org/	Senior stretch program	Sacramento County	Seniors	Contact Center for prices	
Fulton El Camino Recreation & Park District 2201 Cottage Way Sacramento, CA 95825-1022 (916) 927-3802 http://www.fecrecrepark.com/	Senior Fitness Forever Young program	Sacramento County	Seniors	Contact Center for prices	
Jose Rizal Community Center 7320 Florin Mall Drive Sacramento, CA 95823-3255 (916) 395-0601	Senior aerobics, strength training and toning	Sacramento County	Seniors	Contact Center for prices	
Laguna Town Hall (916) 684-7550	Jazzercise, senior splash, water aerobics	Sacramento County	Seniors	Contact Center for prices	

Life Center, California State University 6000 J Street Sacramento, CA 95819-2605 (916) 278-5028	Stretching and strengthening, tai-chi, yoga, balance and fall risk reduction, circuit, fitness for life classes,	Sacramento County	Seniors	Contact Center for prices	
Mission Oaks Community Center 4701 Gibbons Drive Carmichael, CA 95608-2209 (916) 972-0336	Water exercises, tap, yoga, pilates	Sacramento County	Seniors	Contact Center for prices	
Northeast Family YMCA 3127 Eastern Avenue Sacramento, CA 95821-4006 (916) 483-6426 http://www.sacymca.org/northeast_branch.htm	Exercise ball, yoga	Sacramento County	Seniors	Contact Center for prices	
Senior Center of Elk Grove 830 Sharkey Avenue Elk Grove, CA 95624 (916) 685-3160	Chair exercise, low impact aerobics, tai-chi, walking group, gentle yoga	Sacramento County	Seniors	Contact Center for prices	
Sunrise Recreation & Park District 7801 Auburn Boulevard Citrus Heights, CA 95610-2115 (916) 725-1585 http://www.sunriseparks.com/	Beginning exercise classes	Sacramento County	Seniors	Contact Center for prices	
YMCA Greater Sacramento W Street Sacramento, CA 95818-1236 (916) 452-9622	Arthritis aquatics program, water aerobics, water therapy	Sacramento County	Seniors	Contact Center for prices	
Softball					
Elk Grove Girls Softball League P.O. Box 2388 Elk Grove, CA 95759-2388 (916) 714-3399	Girls Softball League	Sacramento County	Ages 5-15. T-Ball Division- Ages 5-7	Registration- \$50-\$90/player	
Rocklin Girls Fast Pitch Softball League registrar@rocklingirlssoftball.org	Girls Softball League	Sacramento County	Girls ages 5-16	\$60-\$70. \$5 sibling discount	

Sacramento Girls Softball League P.O. Box 276652 Sacramento, CA 95827-6652 (916) 628-1066 www.sacgirlssoftball.com	Girls Softball League	Sacramento County	Girls ages 4&1/2-16	T-ball-\$50 Softball-\$90 Add'l players \$60	
Sacramento Softball Complex 3450 Longview Drive Sacramento, CA 95821-7111 (916) 808-6087	Four-diamond facility offering leagues and tournament play for men, women and coed teams of all levels.	Sacramento County	All	Call for more information	
Skating					
28th & B Skate Park Sutter Landing Regional Park Sacramento, CA 95816-3262 (916) 817-2767	Indoor skate course. All sessions are supervised. All participants are required to wear helmet, knee and elbow pads. Located in	Sacramento County	All	\$3 admission	Mon - Fri 4 pm - 9 pm Sat & Sun 12 pm - 6 pm
Cummings Family Skate and Bike Park 1775 Creekside Drive Folsom, CA 95630 (916) 817-2767	BMX bike and skate park. All SKATERS MUST wear helmets, knee pads and elbow pads at all times. All CYCLISTS MUST wear helmets, and have appropriate pads on bike.	Sacramento County	All	\$2.00 per person per day	
Swimming					
Cabrillo Pool 1648 65th Avenue Sacramento, CA 95822 (916) 433-6271	Recreational Swimming, swim team, wading pool	Sacramento County	All Ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1	Mon/Wed/Fr 1-5pm; Tue/Thu 1-7pm; Sat/Sun 1-5pm.

<p>Clunie Pool 601 Alhambra Boulevard and F Street Sacramento, CA 95816-3805 (916) 808-5301</p>	<p>Recreational Swimming, swim classes, wading pool, water aerobics</p>	<p>Sacramento County</p>	<p>All Ages</p>	<p>12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1</p>	<p>Pool open 5/27-9/4. Recreation Swim Hrs: Mon/Fri 1-7pm; Tue/Wed/Thu 1-5pm; Sat/Sun 1-7pm. Memorial Day and Labor Day Holidays: Recreational Swim Hours 1-7pm.</p>
<p>Doyle Pool Northgate Park at Brewerton and Mendel Way Sacramento, CA 95833-2011 (916) 566-6420</p>	<p>Recreational Swimming, swim teams, wading pool</p>	<p>Sacramento County</p>	<p>All Ages</p>	<p>12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1</p>	<p>Pool operates 6/26-9/4. Recreational Swim Hours: Mon/Fri 1-7pm; Tue/Wed/Thu 1-5pm; Sat/Sun 1-5pm.</p>
<p>Glenn Hall Pool Glenn Hall Park at Carlson and Sandburg Drives Sacramento, CA 95819-1833 (916) 277-6071</p>	<p>Recreational swimming, swim team</p>	<p>Sacramento County</p>	<p>All Ages</p>	<p>12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1</p>	<p>Pool operates 6/19-8/27. Recreational Swim Hours: Mon/Wed/Fri 1-5pm; Tue/Thu 1-7pm; Sat/Sun 1-5pm.</p>
<p>Grant High School Pool 1333 Grand Avenue Sacramento, CA 95838-3654 (916) 566-6410</p>	<p>Recreational swimming, swim team</p>	<p>Sacramento County</p>	<p>All Ages</p>	<p>12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1</p>	<p>Pool operates 6/19-8/20. Recreational Swim Hours: Mon/Fri 1-7pm; Tue/Wed/Thu 1-5pm; Sat/Sun 1-5pm.</p>

Hiram Johnson High School Pool 65th Street and 14th Avenue Sacramento, CA 95822-1108 (916) 277-3564	Recreational swimming, swim team	Sacramento County	All Ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1	Pool operates 6/12-8/20. Recreational Swim Hours: Mon-Fri 1-5pm; Sat/Sun 1-5pm.
J. K. Kennedy High School Pool 6715 Gloria Drive Sacramento, CA 95831-2008 (916) 433-2047	Recreational swimming, swim team	Sacramento County	All Ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1	Pool operates 6/26-8/18. Recreational Swim Hours: Mon-Fri 1-4pm; closed weekends.
Johnston Pool 231 Eleanor Avenue Sacramento, CA 95815-1620 (916) 808-6421	Recreational swimming, swim team, wading pool	Sacramento County	All Ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1	Pool operates 6/12-8/20. Recreational Swim Hours: Mon/Wed/Fri 1-5pm; Tue/Thu 1-7pm; Sat/Sun 1-5pm.
Mangan Pool 2230 34th Avenue Sacramento, CA 95822 (916) 433-6272	Recreational swimming, swim team	Sacramento County	All Ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1	Pool operates 6/12-8/20. Recreational Swim Hours: Mon/Wed/Fri 1-5pm; Tue/Thu 1-7pm; Sat/Sun 1-5pm.
McClatchy Park Pool 35th Street and 5th Avenue Sacramento, CA 95816-3401 (916) 264-6041	Recreational swimming, swim team, wading pool	Sacramento County	All Ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1	Pool operates 6/19-8/27. Recreational Swim Hours: Mon/Fri 1-7pm; Tue/Wed/Thu 1-5pm; Sat/Sun 1-5pm.

Pannell Meadowview Recreational Pool 2450 Meadowview Road Sacramento, CA 95832-1447 (916) 808-6622	Recreational Swimming, water aerobics, swim team	Sacramento County	All ages	12 and under- \$0.50 Teens 13-17- \$0.75 18 and over- \$1 Water Aerobics Per session \$4.00 Card of 8 sessions \$20.00	Recreational Swim Starting 9/9-10/22 Sat & Sun 1-5pm Water Aerobics Starting 9/5-10/27 Mon & Wed 10am- 11am Mon- Thurs 7:30pm- 8:30pm Sat 10am-11am
Tennis					
McKinley Park 601 Alhambra Blvd. Sacramento, CA 95816-3805	8 court tennis complex	Sacramento County	All	Free	
Triathlon Clubs					
Sacramento Triathlon Club http://www.sactriclub.com/	Triathalon Club	Sacramento County	All	\$50.00 for a year-long membership	
Walking					
Southside Park Jogging Center 6th and U Streets Sacramento, CA 95814-2427 (916) 808-6060	Jogging/walking trail. Showers and dressing rooms available	Sacramento County	All	Free	Mon-Fri 11am-1pm
Walking Clubs					
The 1/2 Mile Walking Warriors Hart Senior Center 915 27th Street Sacramento, CA 95816-3280 (916) 264-5462	Walking Club. Meet on Fridays at 9:30 and walk 1/2 mile around Marshall Park	Sacramento County	All	Call for more information	
The 50+ Fitness Association Walking Club 4525 Marion Court off Sutterville Road in Land Park Sacramento, CA 95822-1928 (916) 455-1258	Walking Club. Meets every Saturday morning	Sacramento County	All Ages (do not have to be 50 +)	Call for more information	

50+ Wellness Program 2921 Truxel Road Sacramento, CA 95833 (916) 808-1593 kmetcalf@cityofsacramento.org	Walking Club	Sacramento County	All	Call for more information	
Elk Grove Senior Center 8830 Sharkey Avenue Elk Grove, CA 95624 (916) 685-3160	Walking club consisting of several groups that walk on various schedules and varying paces	Sacramento County	All	Call for more information	
Sacramento Walking Sticks (916) 364-5063 http://www.sacramentowalkingsticks.org	Walking Club	Sacramento County	All	Individual- \$8 annual fee \$5 walking packet	Visit website for event calendar.
Sole Mates Walking Club (916) 364-5063 http://www.sacramentowalkingsticks.org	Walking Club	Sacramento County	All	Call for more information	
Yoga					
Bikram Yoga Sacramento 2400 16th Street Sacramento, CA 95818 (916) 554-7687 www.bikramyogasac.com	Classical Hatha yoga, ashtang yoga, and power yoga	Sacramento County	All Ages	First time student special: \$20 for 10 consecutive days. Drop- in class \$16	See calendar on website for class hours.
Blue Sky Yoga 9045 Fair Oaks, Ste E Carmichael, CA 95608-2640 (916) 201-YOGA www.yogabluesky.com	Yoga	Sacramento County	All Ages	1st class \$10 , 2nd class free! Drop In - \$15 Seniors (65 & Up) & Students w/ I.D. - \$10	See calendar on website for class hours.
Deep Yoga 2030 H Street Sacramento, CA 95811-3110 (916) 448-DEEP www.deepartyoga.com	Yoga	Sacramento County	All Ages	Most classes-\$10-\$15	See calendar on website for class hours.

Healthy Habits Pilates Fit Studio/ Fitness and Yoga Studio 5363 H Street Sacramento, CA 95819-3555 (916) 457-7700 2224 J Street Sacramento, CA 95816-4712 www.HealthyHabitsStudio.com	Pilates, yoga, and belly dancing	Sacramento County	All Ages	Prices vary- \$15-\$660/individual/ class	See calendar on website for class hours.
Hot Yoga at Sunrise 1945 Zinfandel Drive Rancho Cordova, CA 95670-2801 (916) 631-7749	Yoga	Sacramento County	All Ages	2 weeks of unlimited yoga \$20.00	Open 5:30am-8:30pm
It's All Yoga 2106 11th Avenue Sacramento, CA 95818-4359 (916) 444-8488 www.itsallyoga.com	Yoga	Sacramento County	All Ages	Drop-in \$15 Good karma class- \$5 8 Days for \$8. Student Discounts available	See calendar on website for class hours.
Lotus Garden Yoga Center 9045 Fair Oaks, Ste E Carmichael, CA 95608-2640 (916) 201-YOGA www.yogabluesky.com	Yoga	Sacramento County	All Ages	1st class \$10 , 2nd class free! Drop In - \$15 Seniors (65 & Up) & Students w/ I.D. - \$10	See calendar on website for class hours.
My Yoga Lounge Arden Town Center at Watt Avenue and Fair Oaks Blvd. Sacramento, CA 95825-5527 (916) 484-YOGA www.absolutelyashtanga.com	Classical Hatha yoga, ashtang yoga, and power yoga	Sacramento County	All Ages	\$15 Drop-in; Karma Yoga- FREE	See calendar on website for class hours.
Sacramento Pipeworks 116 N. 16th Street Sacramento, CA 95811-0618 (916) 341-0100	5 varieties of yoga	Sacramento County	All Ages	Class free to members, non-members may purchase day pass for \$14 after 3pm on weekdays or \$7 before 3pm	See calendar on website for class hours. http://touchstoneclimbing.com/pdf/sp_calendar.pdf

Sacramento Yoga Center 2791 24th Street Sacramento, CA 95818-3255 (916) 491- 6792 www.sacyoga.org	Yoga, post-partum yoga, pilates, somatic exercises, prenatal yoga, gyrokinesis	Sacramento County	All Ages	\$15 Drop-in; \$50 for 4 classes (prices vary according to class)	See calendar on website for class hours.
Shakti Yoga * Aikido of Fair Oaks * Budokan 8030 Sacramento Street Fair Oaks, CA 95628-7527 (916) 961-0294 www.avalonartscenter.org	Yoga, aikido, japanese swordsmanship	Sacramento County	All Ages	1st class \$10 , 2nd class free! Drop In - \$15 Seniors (65 & Up) & Students w/ I.D. - \$10	See calendar on website for class hours.
Shanti Yoga Center 907 Howe Avenue Sacramento, CA 95825-3908 (916) 564-YOGA www.absolutelyashtanga.com	Classical Hatha yoga, ashtang yoga, and power yoga	Sacramento County	All Ages	\$15 Drop-in New student special: \$30 days of unlimited classes for \$30	See calendar on website for class hours.
Yoga Loka 4820 Folsom Blvd. Sacramento, CA 95819-4437 (916) 454-4100 www.yogaloka.net	Hot Yoga, Belly Dancing	Sacramento County	All Ages	First 10 consecutive days for \$10. Drop-in rate \$16	See calendar on website for class hours.
The Yoga Solution 887 57th Street #B (in the Antique Row) Sacramento, CA 95819-3347 (916) 383-7933 www.theyogasolution.net	Yoga	Sacramento County	All Ages	\$15 Drop-in. Students and Seniors receive a 20% discount. Friday Nights- FREE Community Outreach yoga class. 5:30-6:45	See calendar on website for class hours.