

Gentle Exercise Opportunities

Body Awareness Class:

Gentle exercise focusing on breath, balance, and posture by Kim Anderson.

Community Health & Education Center

3950 Sherman Ave., North Bend

Every Monday and Thursday

10:00 - 11:00 a.m.

For more information

call 541-756-1038

Evergreen Court Exercise Classes:

451 O'Connell, North Bend
downstairs in the exercise room

For more information

call 541-756-4466

• Tai Chi

Tuesday & Friday 1:00 - 2:00 p.m.

Thursday 6:00 - 7:00 p.m.

• Chair Yoga

Thursday 10:00 - 11:00 a.m.

Tai Chi for Better Balance

Learn gentle motion that can improve
your strength and balance

For more information call 850-207-1469

12 – week class available in Coos Bay,
North Bend, Lakeside, Coquille,
Powers, and Bandon.

Southwestern Oregon Community
College, call 541-888-2525 for more
information

Arm Chair Yoga Class:

Holy Redeemer Catholic Church

2250 Sixteenth St., North Bend

Every Monday

10:00 a.m. - 12:00 p.m.

For more information

call 541-756-0633

Other gentle exercise opportunities available in the community are:

- Water exercises; senior water volleyball or swimming at Mingus Pool: 541-267-1360, North Bend Pool: 541-756-4915, or Bay Area Athletic Club: 541-888-5507
- Bicycling
- Yoga
- Exercise ball classes
- Chair exercise videos
- OPB television, "Sit & Be Fit."

Options for low impact exercises:

- Rowing
- Walking
- Elliptic machines
- Peddle cycle machines
- Soup cans or stretch bands for resistance training, etc.
- Walking sticks