



Community Resources: Exercise Classes

Atascadero:

- **Rock Steady Boxing Central Coast** Dave Sanchez 805-459-9530
Thursdays 11:30 am (outdoors in the courtyard area near the main office)
ABC Church, 6225 Atascadero Avenue, Atascadero

Morro Bay

- **Rock Steady Boxing Central Coast** Dave Sanchez 805-459-9530
Tuesdays 10:30 am (outdoors)
St. Peter's by the Sea Episcopal Church, 545 Shasta Avenue, Morro Bay

San Luis Obispo

- **Rock Steady Boxing Central Coast** Dave Sanchez 805-459-9530
Mon, Wed & Fri – Class #1: 11:00 am-12:15 pm; Class #2: 12:30 – 1:45 (outdoors)
Throop Park, 510 Cerro Romauldo, San Luis Obispo (near Pacheco Elementary School)
- **Coach K Pilates** – Parkinson's individual and small groups. Catherine Hennelly, San Luis Obispo
805-459-6967

Five Cities

- **Central Core Pilates**, Parkinson's individual and specific classes. Misha Patel. 805-295-9505
1160 Price St, Pismo Beach <https://centralcore.fitness/>

Santa Maria

- **Neuroboxing Santa Maria** April Sargeant 805-698-1983
1207 E Main Street, Santa Maria, at the Marian Health and Wellness Center
On-line/In-Person Hybrid Classes: (functional ex, balance, posture, shadow boxing, PWR!Moves, strength and cardio): Monday, Wednesday, Friday at 10:30 am
In-Person Classes: (functional ex, non-contact boxing, balance, posture, PWR!Moves, cardio):
Monday, Wednesday, Friday at 1:30 pm (space is limited for social distancing)
Nordic Pole Walking Class (FREE) April Sargeant 805-698-1983
Monthly on Saturday mornings, weather permitting, call for details

Rev 02-2022