



## LEARNING - EDUCATION

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### Health and Wellness

#### *Physical Activities*

[The National Center on Physical Activity and Disability](#)

NCPAD encourages persons with disabilities to participate in regular physical activity to promote healthy lifestyles and prevent secondary conditions.

#### *Meditation Classes*

<http://meditation.org.au/class1.asp>

In class 1 you will:

- Learn how to meditate!
- Establish a regular, daily meditation practice
- Practice the basics of concentration and meditative breathing techniques

#### *Yoga Classes*

<http://bostonyoga.com/>

**Beginner Classes:** Most studios offer classes and workshops for beginners. If you are just starting out, we highly recommend you take a beginner class and speak with someone at the studio to determine the best curriculum.

Usually a beginner class will have special emphasis on the fundamentals of yoga (specific alignment for all the major poses in the sequence, proper breathing technique, discussion of yoga philosophy, etc ). There are a number of different yoga styles and we suggest you try a number of studios, classes and teachers to determine which style suits you the best.

Search engine to help you find Yoga classes in your area

<http://www.yogafinder.com/yogacity.cfm?yogalocation=MA>

[http://www.emersonhospital.org/community/health\\_wellness\\_classes/](http://www.emersonhospital.org/community/health_wellness_classes/)

**2010 CLASSES** -The following classes are held at Emerson Hospital in Concord (unless stated otherwise). For more information, or to register, please call 978-287-3777. Emerson Health Calendar, YOGA & MEDITATION, TAI CHI , QI GONG

*Curves*

<http://www.curves.com/locations/results.php?lang=en&radius=&country=US&state=MA&searchType=state>

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| Andover/Lawrence, MA<br>305 N. Main St. Ste 200<br>Andover, MA 01810<br>978-794-1800         | Dedham, MA<br>244 River Street<br>Dedham, MA 02026<br>781-461-8777                           | Haverhill, MA<br>3 Ferry St.<br>Haverhill, MA 01835<br>978-556-9400                       | Hingham, MA<br>211 Lincoln Street<br>Hingham, MA 02043<br>781-749-8090                      |
| Athol/Orange, MA<br>437 Main St.<br>Athol, MA 01331<br>978-248-9494                          | Freetown, MA<br>1 Chace Rd., Unit 18<br>East Freetown, MA<br>02717<br>508-763-9663           | Holden, MA<br>800 Main St., #9<br>Holden, MA 01520<br>508-829-2772                        | Hopkinton, MA<br>77 Main St.<br>Hopkinton, MA 01748<br>508-435-5003                         |
| Attleboro, MA<br>17 Washington St.<br>Attleboro, MA 02703<br>508-761-8177                    | Fairhaven, MA<br>32 Sconticut Neck Rd.<br>Fairhaven, MA 02719<br>508-984-4949                | Ipswich, MA<br>7 Market Street<br>Ipswich, MA 01938<br>978-356-9950                       | Kingston, MA<br>187 Summer Street<br>Kingston, MA 02364<br>781-585-5858                     |
| Barre, MA<br>20 Cat Alley<br>Barre, MA 01005<br>978-355-6300                                 | Fall River, MA - South<br>210 Tucker St.<br>Fall River, MA 02724<br>508-677-0300             | Lakeville, MA<br>54 Main Street, Unit 16<br>Lakeville, MA 02347<br>508-946-3900           | Leominster, MA<br>448 Lancaster Street,<br>Ste. 102<br>Leominster, MA 01453<br>978-534-4600 |
| Bedford, MA<br>363 Great Road<br>Bedford, MA 01730<br>781-275-1322                           | Agawam, MA<br>1325 Springfield St.,<br>Unit 3<br>Feeding Hills, MA<br>01030<br>413-786-0909  | Lexington, MA<br>76 Bedford St.,<br>Custance Place<br>Lexington, MA 02420<br>781-863-0275 | Longmeadow, MA<br>791 Maple Road<br>Longmeadow, MA<br>01106<br>413-754-4154                 |
| Bellingham, MA<br>15 N. Main Street,<br>Ste. C-14<br>Bellingham, MA<br>02019<br>508-966-4456 | Sturbridge, MA<br>500 Main Street<br>Fiskdale, MA 01518<br>508-347-1700                      | Lynn, MA - North<br>30 Boston Street<br>Lynn, MA 01904<br>781-593-0201                    | Malden, MA<br>239 Commercial Street<br>Malden, MA 02148<br>781-388-3330                     |
| Billerica TWP, MA<br>199 Boston Rd.<br>Billerica, MA 01862<br>978-663-3450                   | Fitchburg/Lunenburg,<br>MA<br>485 Electric Avenue,<br>Park Hill Plaza<br>Fitchburg, MA 01420 | Mansfield, MA<br>393 N. Main St.<br>Mansfield, MA 02048<br>508-261-4007                   | Marblehead, MA<br>165 Pleasant St., #13<br>Marblehead, MA 01945<br>781-631-2826             |

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|---|--|---|---|
|   | <b>978-345-0571</b>  |   |   |
| <b>Boston, MA -<br/>Dorchester East<br/>711 William T<br/>Morrissey Blvd.<br/>Boston, MA 02122<br/>617-506-6733</b>       | <b>Mashpee<br/>TWP/Sandwich TWP,<br/>MA<br/>280 Route 130, Ste. 7<br/>Forestdale, MA 02644<br/>508-833-7697</b>      | <b>Marion/Mattapoisett,<br/>MA<br/>240 Wareham Rd.<br/>Marion, MA 02738<br/>508-748-1907</b>  | <b>Marshfield, MA<br/>696 Plain St., Ste. 5<br/>Marshfield, MA 02050<br/>781-837-1355</b>             |
| <b>Braintree, MA -<br/>North<br/>224 Quincy Ave.<br/>Braintree, MA 02184<br/>781-535-6456</b>                             | <b>Framingham, MA<br/>861 Edgell Road<br/>Framingham, MA<br/>01701<br/>508-877-1000</b>                              | <b>Falmouth TWP, MA<br/>681 Falmouth Road,<br/>#11-B<br/>Mashpee, MA 02649<br/>508-477-4001</b>                                     | <b>Medfield, MA<br/>67 West Street, Ste. 104<br/>Medfield, MA 02052<br/>508-359-7777</b>              |
| <b>Bridgewater, MA<br/>47 Broad St.<br/>Bridgewater, MA<br/>02324<br/>508-697-0300</b>                                    | <b>Franklin, MA<br/>470 Franklin Village<br/>Dr.<br/>Franklin, MA 02038<br/>508-528-0908</b>                         | <b>Medford, MA<br/>75 Riverside Ave.<br/>Medford, MA 02155<br/>781-396-5505</b>   | <b>Medway, MA<br/>78 Main St., Route 109,<br/>Ste. 23<br/>Medway, MA 02053<br/>508-533-1200</b>       |
| <b>Burlington, MA<br/>166 Cambridge<br/>Street, Bldg. 19, 1/2<br/>Plaza<br/>Burlington, MA<br/>01803<br/>781-270-4948</b> | <b>Gardner, MA<br/>214 Main Street<br/>Gardner, MA 01440<br/>978-630-4400</b>  | <b>Millbury, MA<br/>47-A River St.<br/>Millbury, MA 01527<br/>508-865-4700</b>  | <b>Millis, MA<br/>18 Exchange St.<br/>Millis, MA 02054<br/>508-376-9994</b>                           |
| <b>Cambridge, MA -<br/>North<br/>703 Mt. Auburn St.<br/>Cambridge, MA<br/>02138<br/>617-441-0008</b>                      | <b>Gloucester, MA<br/>42 Eastern Ave. #1<br/>Gloucester, MA 01930<br/>978-281-9402</b>                               | <b>Natick TWP, MA<br/>154 E. Central St. Suite.<br/>#202<br/>Natick, MA 01760<br/>508-655-4600</b>                                  | <b>Needham, MA<br/>910 Highland Avenue,<br/>Second Floor<br/>Needham, MA 02494<br/>781-453-2878</b>   |
| <b>Barnstable TWP,<br/>MA<br/>1600 Falmouth Road,<br/>Ste. #20<br/>Centerville, MA<br/>02632<br/>508-790-8988</b>         | <b>Great Barrington, MA<br/>329 Stockbridge Road,<br/>Ste. 2<br/>Great Barrington, MA<br/>01230<br/>413-528-1100</b> | <b>New Bedford, MA -<br/>North<br/>807 Ashley Blvd.<br/>New Bedford, MA<br/>02745<br/>508-998-2112</b>                              | <b>Newton, MA - North<br/>130 Rumford Ave.<br/>Newton, MA 02466<br/>617-332-3996</b>                  |
| <b>Clinton, MA<br/>1175 Main Street,<br/>Woodruff Plaza<br/>Clinton, MA 01510<br/>978-368-1145</b>                        | <b>Greenfield TWP, MA<br/>50 Federal Street<br/>Greenfield, MA 01301<br/>413-775-9944</b>                            | <b>North Andover TWP,<br/>MA<br/>577 Chickering Rd. Unit<br/>6<br/>North Andover, MA<br/>01845<br/>978-685-9955</b>                 | <b>Chelmsford TWP, MA<br/>73 Princeton Street<br/>North Chelmsford, MA<br/>01863<br/>978-251-0495</b> |
| <b>Concord, MA<br/>336 Baker Avenue<br/>Concord, MA 01742<br/>978-369-4400</b>  | <b>Groveland TWP, MA<br/>939 Salem St., Unit 1B<br/>Groveland, MA 01834<br/>978-521-9911</b>                         | <b>North<br/>Dartmouth/Dartmouth/<br/>South Dartmouth, MA<br/>331 State Road<br/>North Dartmouth, MA<br/>02747<br/>508-992-3700</b> | <b>Grafton, MA<br/>204 Worcester Street<br/>North Grafton, MA<br/>01536<br/>508-839-6001</b>          |

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| <p><b>Reading/North Reading TWP, MA</b><br/> <b>90 Main St.</b><br/> <b>North Reading, MA 01864</b><br/> <b>978-664-9405</b></p>             | <p><b>Northampton, MA</b><br/> <b>141 Damon Rd., Unit H</b><br/> <b>Northampton, MA 01060</b><br/> <b>413-320-4608</b></p>               | <p><b>Norwell, MA</b><br/> <b>263 Washington Street</b><br/> <b>Norwell, MA 02061</b><br/> <b>781-659-4224</b></p>           | <p><b>Orleans/Eastham/Wellfleet/Truro/Prov..MA</b><br/> <b>26 Bay Ridge Ln.</b><br/> <b>Orleans, MA 02653</b><br/> <b>508-240-0998</b></p>                               |
| <p><b>Palmer, MA</b><br/> <b>1085 Park St.</b><br/> <b>Palmer, MA 01069</b><br/> <b>413-283-8877</b></p>                                     | <p><b>Pittsfield, MA</b><br/> <b>184 South St.</b><br/> <b>Pittsfield, MA 01201</b><br/> <b>413-499-2600</b></p>                         | <p><b>Dalton, MA</b><br/> <b>898 Crane Ave., Suite 201 B/C</b><br/> <b>Pittsfield, MA 01201</b><br/> <b>413-499-0990</b></p> | <p><b>Plainville, MA</b><br/> <b>60 Man-Mar Drive</b><br/> <b>Plainville, MA 02762</b><br/> <b>508-695-1992</b></p>  |
| <p><b>Quincy, MA - South</b><br/> <b>550 Adams Street</b><br/> <b>Quincy, MA 02169</b><br/> <b>617-774-1919</b></p>                          | <p><b>Randolph, MA</b><br/> <b>30 S. Main St.</b><br/> <b>Randolph, MA 02368</b><br/> <b>781-963-6233</b></p>                            | <p><b>Raynham, MA</b><br/> <b>473 South St. W, Unit 8</b><br/> <b>Raynham, MA 02767</b><br/> <b>508-828-5244</b></p>         | <p><b>Rowley Township, MA</b><br/> <b>303 C Haverhill St.</b><br/> <b>Rowley, MA 01969</b><br/> <b>978-948-2200</b></p>  |
| <p><b>Bourne, MA</b><br/> <b>180 State Road, Unit #4</b><br/> <b>Sagamore Beach, MA 02562</b><br/> <b>508-833-6626</b></p>                   | <p><b>Sharon, MA</b><br/> <b>47 Pond St.</b><br/> <b>Sharon, MA 02067</b><br/> <b>781-793-9320</b></p>                                   | <p><b>Somerset, MA</b><br/> <b>255 County Street, Ste. 1</b><br/> <b>Somerset, MA 02726</b><br/> <b>508-675-0399</b></p>     | <p><b>Yarmouth/Dennis/Brewster/Harwich/Cha..MA</b><br/> <b>495 Route 134,</b><br/> <b>Harney's Plaza</b><br/> <b>South Dennis, MA 02660</b><br/> <b>508-760-9866</b></p> |
| <p><b>Easton, MA</b><br/> <b>574 Washington St.</b><br/> <b>South Easton, MA 02375</b><br/> <b>508-238-6272</b></p>                          | <p><b>Southwick, MA</b><br/> <b>320 College Hwy.</b><br/> <b>Southwick, MA 01077</b><br/> <b>413-569-1119</b></p>                        | <p><b>Spencer, MA</b><br/> <b>117 Main Street</b><br/> <b>Spencer, MA 01562</b><br/> <b>508-885-0170</b></p>                 | <p><b>Springfield, MA - East</b><br/> <b>1916 Wilbraham Rd.</b><br/> <b>Springfield, MA 01129</b><br/> <b>413-782-7100</b></p>   |
| <p><b>Stoneham, MA</b><br/> <b>5 Central Square,</b><br/> <b>4th Floor, #402</b><br/> <b>Stoneham, MA 02180</b><br/> <b>781-279-3334</b></p> | <p><b>Stow/Maynard/Bolton, MA</b><br/> <b>118 Great Rd., Unit #3</b><br/> <b>Stow, MA 01775</b><br/> <b>978-938-0334</b></p>             | <p><b>Swampscott, MA</b><br/> <b>211 Essex St.</b><br/> <b>Swampscott, MA 01907</b><br/> <b>781-593-4330</b></p>             | <p><b>Topsfield TWP, MA</b><br/> <b>30 Main Street,</b><br/> <b>Topsfield Village</b><br/> <b>Topsfield, MA 01983</b><br/> <b>978-887-9466</b></p>                       |
| <p><b>Uxbridge, MA</b><br/> <b>31 S. Main Street</b><br/> <b>Uxbridge, MA 01569</b><br/> <b>508-278-7084</b></p>                             | <p><b>Martha's Vineyard, MA</b><br/> <b>459 State Rd.</b><br/> <b>Vineyard Haven, MA 02568</b><br/> <b>508-696-3030</b></p>              | <p><b>Wareham, MA</b><br/> <b>2573 Cranberry Hwy.</b><br/> <b>Wareham, MA 02571</b><br/> <b>508-295-1179</b></p>             | <p><b>Watertown, MA</b><br/> <b>55 Mount Auburn St.</b><br/> <b>Watertown, MA 02472</b><br/> <b>617-923-2600</b></p>   |
| <p><b>Webster TWP, MA</b><br/> <b>31 Thompson Rd., Unit C</b><br/> <b>Webster, MA 01570</b><br/> <b>508-943-5333</b></p>                     | <p><b>Brookfield/West Brookfield, MA</b><br/> <b>3 E. Main Street</b><br/> <b>West Brookfield, MA 01585</b><br/> <b>508-867-9300</b></p> | <p><b>West Roxbury, MA</b><br/> <b>2071 Centre St.</b><br/> <b>West Roxbury, MA 02132</b><br/> <b>617-469-4004</b></p>       | <p><b>Westborough, MA</b><br/> <b>164 Milk St., Ste. 3</b><br/> <b>Westborough, MA 01581</b><br/> <b>508-836-4555</b></p>  |
| <p><b>Westfield, MA - South</b></p>  | <p><b>Westford Township, MA</b></p>  | <p><b>Westminster TWP, MA</b><br/> <b>160 State Road East</b></p>  | <p><b>Whitman TWP, MA</b><br/> <b>542 Washington St.,</b></p>  |

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| 55 Southwick Road,<br>Yankee Villiage<br>Plaza<br>Westfield, MA 01085<br>413-562-3440    | 270 Littleton Road,<br>Unit 15<br>Westford, MA 01886<br>978-392-0089 | Westminster, MA 01473<br>978-874-5500  | Unit 1<br>Whitman, MA 02382<br>781-447-5010 |
| Wilmington, MA<br>2 Lowell St., Square<br>One<br>Wilmington, MA<br>01887<br>978-658-8082 | Woburn, MA<br>10 Walnut St.<br>Woburn, MA 01801<br>781-938-3977      | Worcester, MA - West<br>1097 Pleasant St.<br>Worcester, MA 01602<br>508-797-0500 |   |

*Clubs are listed in alphabetical order by city. Please check several locations to find the one nearest you.*

### **The YWCA Health & Wellness Center**

[www.ywacentralmass.org/wellness](http://www.ywacentralmass.org/wellness)

(for women only) provides members with positive wellness services that are consistent with the YWCA's core beliefs. Our center provides personalized and group fitness programming, an indoor pool, and free parking in a central downtown location.

### **YMCA'S**

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| 4 Valente Dr, Westborough,<br>MA (508) 870-1320<br><a href="http://www.ymcaworcester.org/">http://www.ymcaworcester.org/</a>   | 75 Shore Dr, Worcester, MA<br>(508) 852-6694<br><a href="http://www.ymcaworcester.org/">http://www.ymcaworcester.org/</a>                                  | 725 Lexington St, Waltham, MA<br>(781) 894-5295<br><a href="http://www.ymcaboston.org/">http://www.ymcaboston.org/</a>                                      |
| 766 Main St, Worcester, MA<br>(508) 755-6101<br><a href="http://www.ymcaworcester.org/">http://www.ymcaworcester.org/</a>  | 55 Wallace Ave, Fitchburg, MA<br>(978) 343-4847<br><a href="http://www.montymca.org/">http://www.montymca.org/</a>   | 137 Lexington St, Woburn, MA<br>(781) 935-3270<br><a href="http://www.ymcaboston.org/">http://www.ymcaboston.org/</a>                                       |
| 15 Claremont St, Worcester,<br>MA (508) 755-8570<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  | 276 Church St, Newtonville, MA<br>(617) 244-6050<br><a href="http://www.ymcainnewton.org/">http://www.ymcainnewton.org/</a>                                | 316 Huntington Ave Ste 1,<br>Boston, MA (617) 536-7809<br><a href="http://www.ymcaboston.org/">http://www.ymcaboston.org/</a>                               |
| 25 Elm St, North Easton, MA<br>(508) 238-9758<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a>   | 165 Haverhill St, Andover, MA<br>(978) 685-3541<br><a href="http://www.mvymca.org/">http://www.mvymca.org/</a>   | 63 N Main St, Attleboro, MA<br>(508) 222-7422<br><a href="http://www.attleboroymca.org/">http://www.attleboroymca.org/</a>                                  |
| 43 Everett St, Southbridge, MA<br>(508) 765-5466<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  | 40 Lawrence St Off 1, Lawrence,<br>MA<br>(978) 686-6191<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>   | 111 W Main St, Norton, MA<br>(508) 285-7574<br><a href="http://www.attleboroymca.org/">http://www.attleboroymca.org/</a>                                    |
| 1350 Pleasant St, Brockton, MA<br>(508) 580-3660<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a>  | 465 Main St, Brockton, MA<br>(508) 587-4242<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a>                                   | 320 Main St, Brockton, MA<br>(508) 583-2155<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a>                                    |
| 81 Winter St, Haverhill, MA<br>(978) 374-0506  | 438 Hope St, Providence, RI<br>(401) 521-0155<br><a href="http://www.ymcagreaterprovide&lt;br/&gt;nce.org/">http://www.ymcagreaterprovide<br/>nce.org/</a> | 850 W Chestnut St, Brockton,<br>MA (508) 588-6552<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a>                              |
| 222 Richmond St Ste 302,<br>Providence, RI (401) 521-9622<br><a href="http://www.ymcagreaterprovide&lt;br/&gt;nce.org/">http://www.ymcagreaterprovide<br/>nce.org/</a> | 472 Taunton Ave, Seekonk, MA<br>(508) 336-7103<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  | 164 Broad St, Providence, RI<br>(401) 456-0100<br><a href="http://www.ymcagreaterprovide&lt;br/&gt;nce.org/">http://www.ymcagreaterprovide<br/>nce.org/</a> |

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| 206 Rockingham Rd,<br>Londonderry, NH<br>(603) 437-9622<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>         | 635 Plymouth St, East<br>Bridgewater, MA<br>(508) 378-3913<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a> | 1225 Park Ave, Cranston, RI<br>(401) 943-0444<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  |
| 71 Cohannet St, Taunton, MA<br>(508) 823-3320<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a> | 110 County Rd, Ipswich, MA<br>(978) 356-9622<br><a href="http://www.northshoremca.org/">http://www.northshoremca.org/</a>               | 180 Oakland Ave, Cranston, RI<br>(401) 941-1068<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  |
| 133 Brimbal Ave Ste C, Beverly,<br>MA (978) 524-7788<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>            | 116 Goffstown Back Rd,<br>Goffstown, NH<br>(603) 497-4663<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>                    | 70 West St, Barrington, RI (401)<br>245-2444<br><a href="http://www.ymcagreaterprovide&lt;br/&gt;nce.org/">http://www.ymcagreaterprovide<br/>nce.org/</a> |
| 900 Centerville Rd, Warwick,<br>RI (401) 828-0130<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>               | 2 Chestnut Dr, East Greenwich,<br>RI<br>(401) 885-1704<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>                       | 61 E Grove St, Middleboro, A<br>(508) 947-1390<br><a href="http://www.oldcolonyymca.org/">http://www.oldcolonyymca.org/</a>                               |
| 792 Valley Rd, Middletown, RI<br>(401) 847-9200<br><a href="http://www.newportymca.org/">http://www.newportymca.org/</a>   | 67 Court St, Westfield, MA<br>(413) 568-8631<br><a href="http://www.westfieldymca.org/">http://www.westfieldymca.org/</a>               | 165 Broad Rock Rd, Wakefield,<br>RI<br>(401) 783-3900<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  |
| 63 Lowell St, Rochester, NH<br>(603) 332-7334<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>                   | 99 Union St, Middletown, CT<br>(860) 347-6907<br><a href="http://www.middlesexymca.org/">http://www.middlesexymca.org/</a>              | 5 Cone St, Hartford, CT<br>(860) 232-3043<br><a href="http://www.ymca.net/">http://www.ymca.net/</a>  |

[www.ywacentralmass.org/wellness](http://www.ywacentralmass.org/wellness)

(for women only) The YWCA Health & Wellness Center provides members with positive wellness services that are consistent with the YWCA's core beliefs. Our center provides personalized and group fitness programming, an indoor pool, and free parking in a central downtown location.

### *Weight Watches*

[WeightWatchers.com](http://www.WeightWatchers.com)

Personalized diets, recipes and fitness programs designed for healthy weight loss.

[www.weightwatchers.com](http://www.weightwatchers.com)

[WeightWatchers.com - Meeting Finder - Location Search Results](#)

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*Jenny Craig*

[www.JennyCraig.com](http://www.JennyCraig.com)

**Join the Jenny** The focus of Jenny Craig isn't "the food." The focus is you and supporting you in becoming more knowledgeable of your options. **Center Locator**  
**About Jenny Craig -Food and Menus -Success Stories -Articles & Tips.**

*Gyms*

*Exercise Classes*