

LOCAL RESOURCES FOR GUIDED MOVEMENT

BALLET

Elizabeth Jensen, Dance Instructor
elizabeth.martha.jensen@gmail.com

ADULT BALLET (@ The Studio Sobo)
Wednesdays 5:30pm-7pm.
\$ Donations encouraged.

PILATES

Elizabeth Jensen, Certified Pilates Trainer
elizabeth.martha.jensen@gmail.com

Elizabeth currently provides private and duet sessions in person at her Pilates studio in Boonville.

STRENGTH TRAINING & EXERCISE

Petra Schulte, Fitness Instructor
petra@wholeplantfoods.info
(707) 397-5575

SENIOR STRENGTH TRAINING (via Zoom)
Tuesdays 8:30am-9:15am. FREE.

SENIOR EXERCISE (via Zoom)
Fridays 8:30am-9:10am. FREE.

To preregister for either class email, contact Petra via email or phone (above). Funded under a SNAP-Ed grant through Public Health.

TAI CHI

Karin Difalco, Tai Chi Instructor
k7difalco@pacific.net

WALKING

Kathy Cox
kcox@mcn.org
(707) 800-2300

WALKING GROUP (@ AVHC Park Arch Gate)
Tuesdays 9:30am. FREE.

YOGA

Jeanne Eliades, Yoga Instructor
jeliades@pacific.net

LOW-IMPACT YOGA (via Zoom)
Mondays 11:00am-12:00pm.
"My group is almost all women 50-80 years old. I focus on working the whole body in each class practice with a time for relaxation at the beginning and at the end."

Kristen Walker, Yoga Instructor
kwyogabalance@yahoo.com

YOGA & POSTURE (via Zoom)
Wednesday + Fridays 9:00am.

Mary Paffard, Yoga Instructor
mary@maryyoga.com
www.maryyoga.com

Mary currently teaches classes on Saturdays (more advanced) and Wednesdays (basic and vinyasa) and monthly evening gentle yoga sessions. She also leads in person retreats locally, nationally and internationally and may be teaching a local in-person class outside soon.

In these times, yoga can prove a powerful way to stay embodied, resilient and calm. In terms of stress reduction, anyone is welcome to attend my Wednesday meditation for free and all other classes are donation based.

ZUMBA

Annel Dieleman, Zumba Instructor
DannyDDieleman@gmail.com
(707) 367-9396

ZUMBA (@ AVHS Breezeway)
Mondays - Fridays 5:30pm-6:45pm/7pm. FREE.
Great group, good for beginners, and new people always welcome!

LOCAL PLACES TO WALK, RUN, BIKE, HIKE, PLAY & MOVE

AV Community Park

13500 Airport Road, Boonville

AV High School Campus

Track & field, par course, tennis courts, basketball courts, baseball, fields, and soccer fields. **OPEN TO PUBLIC outside of school hours, sunrise to sundown.**

Contact school for more info.

18200 Mountain View Road, Boonville

Faulkner County Park

Mountain View Road, Boonville

Hendy Woods State Park

Guided hikes may return mid-March/April.

Self guided hikes now available:

Big Hendy Grove (up to 2mi). Little Hendy (¾mi). Azalea Creek Trail (1.5mi). Fire Road (3-4mi) extends from the park to Van Zandt Road, just up Rays Road in Philo.

**FREE TO LOCALS* every 2nd Sunday of the month.*

18599 Philo Greenwood Road, Philo

Indian Creek County Park

8950 CA-128 Hwy, Philo

Navarro River Redwoods State Park

From coast to 14mi upstream on Navarro River on Hwy 128, Navarro

WALK-RUN-BIKE ROUTES:

Airport Road + High School loop, Boonville

Anderson Valley Way, Boonville

Elkhorn Road, Yorkville

Fish Rock Road, Yorkville

Lambert Lane, Boonville

Masonite Road / Rancho Navarro, Navarro

Mountain House Road, Yorkville

Peachland Road, Boonville

OTHER BIKING RESOURCES

Mendocino Coast Cyclists

<https://mendocc.org/>

The Mendocino Coast boasts some of the most beautiful cycling trails in the world. Our club is dedicated to finding new routes and restoring trails so we can all share in the abundant splendor of the Mendocino Coast.
COST : \$20-30/year

MORE BIKE TRAILS:

Jackson Demonstration State Forest, Fort Bragg

Low Gap Park, Ukiah

Lake Mendocino, Ukiah

Ten Mile Beach Trail (Mackerricher Haul Road Trail), Fort Bragg