



# Physical Activity Resources in Pima County

Please click on the title for more information

## **Pima County Health Department:**

[Chronic Disease Prevention Programs](#)

[Tobacco Prevention and Cessation Programs](#)

## **Parks and Recreation:**

[Adult fitness classes](#)

[Dance classes](#)

[Self-defense classes](#)

[Recreational trailheads & Parks](#)

[El Pueblo Senior Center classes](#)

## **Other community activities:**

[The Loop bike path](#)

[BICAS Bicycle and Community Education](#)

[Bicycle and Pedestrian program](#)

[YMCA Group Fitness classes](#)

[YMCA Fitness Training](#)

[El Grupo Cycling Events](#)

[S. Arizona Roadrunners Social Events/Race Calendar](#)

