










Monday	Tuesday	Wednesday	Thursday	Friday
31 	1 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Yochi	2 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba 	3 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit	4 11:00am Painting with Bellview Hospice 
7 12:00pm Forever Fit 1:30pm Grief Share with Judith Lux	8 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Yochi	9 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	10 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 1:30pm Mahjong Game	11 10:00am Alzheimer's Support Group with VNA Care 1:00pm Par-Tea Hosted by Green Valley Hospice
14 12:00pm Forever Fit 1:30pm Grief Share with Judith Lux	15 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Yochi 5:00pm Mended Hearts	16 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba 	17 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 4:00pm Stroke Support Group	18 11:00am Bingo Care Life Hospice  
21 12:00pm Forever Fit 1:30pm Grief Share with Judith Lux	22 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Yochi 4:00pm Cardiac Awareness Group	23 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	24 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit	25 
28 No Exercise Class 1:30pm Grief Share with Judith Lux	29 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Yochi	30 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	1 	2 

Call today to register or for more information at 760-261-5016.
 Visit our website at www.psjhmedgroups.org

*Must pre-register for exercise classes.