

Monday		Tuesday		Wednesday		Thursday		Friday	
1 12:00pm Forever Fit 	2 9:00am Silver Sneakers 10:00am Chair Yoga- Jocelyn 11:00am Sit N Fit 12:00pm Zumba	3 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	4 OFFICE CLOSED 	5 	8 12:00pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!	9 9:00am Silver Sneakers 10:00am Chair Yoga- Jocelyn 11:00am Sit N Fit 12:00pm Zumba	10 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	11 9:00am Silver Sneakers 10:00am Chair Yoga- Jocelyn 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game	12 10:00am Alzheimer's Support Group with VNA Care
15 12:00pm Forever Fit 	16 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101 - Jason	17 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	18 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	19 11:00am BINGO with Desert Wind Hospice					
22 12:00pm Forever Fit	23 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness Group	24 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	25 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Jason	26 					
29 12:00pm Forever Fit	30 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	31 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share 	1 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	2					

Call today to register or for more information at 760-261-5016.

*Must pre-register for exercise classes.