






Monday	Tuesday	Wednesday	Thursday	Friday
24 	25	26 	27	28
3 NO CLASS 	4 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm YoCHI	5 Ash Wednesday 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	6 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit	7 10:00am Loss of a Spouse with Judy Lux 
10 12:00pm Forever Fit 1:30pm Greif Share with Judy Lux	11 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm YoCHI	12 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba 1:30pm- Crafts with Desert Wind Hospice	13 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 1:30pm Mahjong Game	14 10:00am Alzheimer's Support Group with VNA Care
17 12:00pm Forever Fit 1:30pm GreifShare with Judy Lux 	18 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm YoCHI 5:00pm Mended Hearts	19 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	20 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 4:00pm Stroke Support Group	21 11:00am Bingo with Providence Home Health 
24 12:00pm Forever Fit 1:30pm GreifShare with Judy Lux	25 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm YoCHI 4:00pm Cardiac Awareness Group	26 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba 	27 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit- Jocelyn	28 

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

*Must pre-register for exercise classes.