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**Stay Vertical, Calaveras**

**CLASS SCHEDULE – SUMMER**

*Each unit goes for 16 classes and participants are expected to complete all 16 classes.*

~ CLASSES START ON TIME ~

*All classes are provided FREE through a grant from the Mark Twain Health Care District.*

**If you are a returning exerciser, please sign up through your instructor.**

**Any new participants fill out the form below, including the class you want.**

| **Community** | **Description** | **Day** | **Time** | **Location** | Start |
| --- | --- | --- | --- | --- | --- |
| ~~Angels Camp~~ | ~~Tai Chi~~ | ~~Mon & Wed~~ | ~~10:30 am~~**CANCELLED** | ~~The Body Shop~~ | ~~July 8~~ |
| Arnold | Strength Training | Mon & Wed | 9:30 am |  Behind Independence Hall | July 8 |
| Murphys | Strength Training | Mon & Wed | 9:00 am | Murphys Senior Center | On-Going |
| Murphys | Tai Chi | MonThurs | 1:00 pm10:30 am | Murphys Senior Center | July 8 |
| Murphys | Tai Chi | Mon & Wed | 9:00 am | The Diggins | July 10 |
| Murphys | Parkinson’s Tai Chi | Fri | 9:00 am | Murphys Senior Center | **closed** |
| San Andreas | Tai Chi &Seated Tai Chi | Tues & Thurs | 9:00 am | Town Hall | July 9 |
| Valley Springs | Strength Training | Mon & Wed | 10:45 am | Power Up! Fitness | July 8 |
| Valley Springs | Tai Chi | Tue & Fri | 9:45 am | Power Up! Fitness | July 9 |
| Valley Springs | Strength Training | Tues & Thurs | 9:30 am | United Methodist Church | July 9 |
| Valley Springs | Tai Chi | Mon & Wed | 9:15 am | United Methodist Church | July 8 |

If you need more info please call 209-915-2450 or contact stayverticalcalaveras@gmail.com