



## Stay Vertical, Calaveras

### CLASS SCHEDULE – SPRING 2020

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 online, including the class you want.

Community	Description	Day	Time	Location	Start
Angels Camp	Tai Chi	Mon & Fri	11:00am	Foothill Village	April 6
Angels Camp	Tai Chi	Closed	Closed	Saddle Creek	Ongoing
Murphys	Tai Chi	Mon & Wed	9:30 am	Murphys Fire Training Center	April 1
Murphys	Strength Training	Mon & Wed	9:00 am	Murphys Senior Center	Ongoing
Murphys	Tai Chi for Parkinson's	Mon & Wed	10:30 am	Murphys Senior Center	May 4
Murphys	Tai Chi	Tues & Thurs	10:30 am	Murphys Senior Center	May 4
San Andreas	Tai Chi 2	Mon & Wed	2:00 pm	Town Hall	March 4
San Andreas	Strength Training	Mon & Wed	3:15 pm	Town Hall	March 4
Valley Springs	Tai Chi 2	Mon & Wed	9:30 am	United Methodist Church	April 6
Valley Springs	Strength Training	Tues & Thurs	9:30 am	United Methodist Church	April 7
Valley Springs	Strength Training	Mon & Wed	10:45 am	Power Up! Fitness	April 6
Valley Springs	Tai Chi	Tue & Fri	9:45 am	Power Up! Fitness	April 7

If you need more info please call 209-915-2450 or contact [stayverticalcalaveras@gmail.com](mailto:stayverticalcalaveras@gmail.com)