



Stay Vertical, Calaveras

CLASS SCHEDULE - WINTER

**Sign up by going to www.mthcd.org/stay-vertical-calaveras
or call 915-2450**

Start	Location	Community	Description	Day	Time
On-Going	Murphys Senior Center	Murphys	Strength Training	Mon & Wed	9:00 am
Jan 7	The Body Shop	Angels Camp	Tai Chi	Mon & Wed	10:30 am
Jan 7	Rancho Calaveras Club House	Valley Springs	Tai Chi	Mon & Wed	1:00 pm
Jan 7	Murphys Senior Center	Murphys	Tai Chi	Mon Thurs	1:00 pm 10:30 am
Jan 8	Community United Methodist Church	Valley Springs	Strength Training	Tue & Thurs	9:30 am
Jan 9	Murphys Senior Center	Murphys	Tai Chi	Wed Fri	12 noon 10:30 am
Jan 14	Independence Hall	Arnold	Strength Training	Mon & Wed	1:00 pm
Jan 15	Power Up! Fitness	Valley Springs	Tai Chi	Tue & Fri	9:45 am
Jan 15	Power Up! Fitness	Valley Springs	Strength Training	Mon & Wed	10:45 am
Feb 6	Library	San Andreas	Tai Chi	Wed & Fri	1:00 pm
Feb 6	Library	San Andreas	Strength Training	Wed & Fri	2:00 pm