



Stay Vertical Calaveras

CLASS SCHEDULE

Sign up at stayverticalcalaveras@gmail.com or 915-2450

Start	Location	Community	Description	Day	Time
Oct. 1	Murphys Senior Center	Murphys	Strength Training	Mon & Wed	9:00 am
Oct. 4	Murphys Senior Center (full)	Murphys	Tai Chi	Thursday	10:30 am
Oct. 8	Murphys Diggins (full)	Murphys	Tai Chi	Mon & Wed	10:30 am
Oct. 9	Community United Methodist Church	Valley Springs	Strength Training	Tue & Thurs	9:30 am
Oct. 9	Murphys Diggins (full)	Murphys	Tai Chi	Tues & Fri	10:30 am
Oct. 10	Pinnacle P.T. (full)	Angels Camp	Strength Training	Wednesday	1:00 pm
Oct. 15	Power Up! Fitness	Valley Springs	Tai Chi	Mon & Wed	10:45 am
Oct. 16	Power Up! Fitness (full)	Valley Springs	Strength Training	Tue & Thurs	9:45 am
Oct. 22	Independence Hall	White Pines	Strength Training	Mon & Wed	1:00 pm
Oct. 22	Rancho Calaveras Club House	Rancho Calaveras	Tai Chi	Monday	1:00 pm
Oct 22	Rancho Calaveras Club House	Rancho Calaveras	Strength Training	Monday	2:15 pm
Oct. 26	Power Up! Fitness	Valley Springs	Tai Chi	Friday	9:45 am