



## 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	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	Mon Thurs	1:00 pm 10:30 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	<b>closed</b>
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](mailto:stayverticalcalaveras@gmail.com)