



Stay Vertical, Calaveras

CLASS SCHEDULE – FALL

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.*

Community	Description	Day	Time	Location	Start
Murphys	Strength Training	Mon & Wed	9:00 am	Murphys Senior Center	On-Going
Murphys	Tai Chi	Tues & Thurs	10:30 am	Murphys Senior Center	CLOSED
Murphys	Tai Chi	Mon & Wed	3:45 pm	Murphys Senior Center	Oct 21
Murphys	Tai Chi	Mon & Wed	10:00 am	Murphys Diggins	CLOSED
San Andreas	Tai Chi	Tues & Thurs	8:50 am	Town Hall	CLOSED
San Andreas	Tai Chi	Tues & Thurs	11:00 am	Town Hall	Oct 29
Valley Springs	Strength Training	Mon & Wed	10:45 am	Power Up! Fitness	CLOSED
Valley Springs	Tai Chi	Tue & Fri	9:45 am	Power Up! Fitness	CLOSED
Valley Springs	Strength Training	Tues & Thurs	9:00 am	United Methodist Church	CLOSED
Valley Springs	Tai Chi	Mon & Wed	9:00 am	United Methodist Church	CLOSED

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.

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