****

**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 CalaverasClub House | Rancho Calaveras | Tai Chi | Monday | 1:00 pm |
| Oct 22 | Rancho CalaverasClub House | Rancho Calaveras | Strength Training | Monday | 2:15 pm |
| Oct. 26 | Power Up! Fitness | Valley Springs | Tai Chi | Friday | 9:45 am |