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**Stay Vertical, Calaveras**

**CLASS SCHEDULE – SPRING**

**Sign up by going to www.mthcd.org/stay-vertical-calaveras**

**or call 915-2450**

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| Start | **Location** | **Community** | **Description** | **Day** | **Time** |
| On-Going | Murphys Senior Center | Murphys | Strength Training | Mon & Wed | 9:00 am |
| Mar 25 | Murphys Senior Center | Murphys | Tai Chi | Mon  Thurs | 1:00 pm  10:30 am |
| Mar 25 | Murphys Senior Center | Murphys | Tai Chi | Mon & Wed | 10:30 am |
| April 1 | The Body Shop | Angels Camp | Tai Chi | Mon & Wed | 10:30 am |
| April 1 | Power Up! Fitness | Valley Springs | Strength Training | Mon & Wed | 10:45 am |
| April 2 | Better Together | San Andreas | Tai Chi | Tues & Thurs | 11:30 am |
| April 2 | Power Up! Fitness | Valley Springs | Tai Chi | Tue & Fri | 9:45 am |
| April 3 | Library | San Andreas | Tai Chi | Wed & Fri | 12:30 pm |
| April 3 | Library | San Andreas | Strength Training | Wed & Fri | 1:30 pm |
| April 8 | Independence Hall | Arnold | Tai Chi | Mon & Wed | 1:00 pm |
| April 8 | Rancho Calaveras  Club House | Valley Springs | Tai Chi | Mon & Wed | 1:00 pm |
| April 8 | Community United Methodist Church | Valley Springs | Tai Chi | Mon & Wed | 9:15 am |
| April 9 | Community United Methodist Church | Valley Springs | Strength Training | Tues & Thurs | 9:30 am |