



Stay Vertical, Calaveras

CLASS SCHEDULE - WINTER

Sign up by going to www.mthcd.org/stay-vertical-calaveras
or call 915-2450

| Start | Location | Community | Description | Day | Time |
|----------|-----------------------------------|----------------|-------------------|--------------|---------------------|
| On-Going | Murphys Senior Center | Murphys | Strength Training | Mon & Wed | 9:00 am |
| Jan 7 | The Body Shop | Angels Camp | Tai Chi | Mon & Wed | 10:30 am |
| Jan 7 | Rancho Calaveras Club House | Valley Springs | Tai Chi | Mon & Wed | 1:00 pm |
| Jan 7 | Murphys Senior Center | Murphys | Tai Chi | Mon Thurs | 1:00 pm 10:30 am |
| Jan 8 | Community United Methodist Church | Valley Springs | Strength Training | Tue & Thurs | 9:30 am |
| Jan 9 | Murphys Senior Center | Murphys | Tai Chi | Wed & Fri | 12 noon |
| Jan 14 | Independence Hall | Arnold | Strength Training | Mon & Wed | 1:00 pm |
| Jan 15 | Power Up! Fitness | Valley Springs | Tai Chi | Tue & Thurs | 9:45 am |
| Jan 15 | Power Up! Fitness | Valley Springs | Strength Training | Mon & Wed | 10:45 am |
| Feb 6 | Library | San Andreas | Tai Chi | Wed & Fri | 1:00 pm |
| Feb 6 | Library | San Andreas | Strength Training | Wed & Fri | 2:00 pm |