

Monday		Tuesday		Wednesday		Thursday		<p>In-person Fitness Classes</p> <p>Mondays and Tuesdays at 10:00 a.m. Vallejo Drive Church 300 Vallejo Drive</p> <p>Join us virtually online at Zoom.us Enter ID listed below on day and time of meeting.</p> <p>Zoom Meeting IDs Fit & Flow, Stretch & Strengthen, Tai Chi, and Zumba Gold 954 6088 1782</p> <p>Bingo 936 4194 7684</p> <p>Physician Webinars and Events 929 0506 7674</p>
FEB 27	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	FEB 28	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	1	10:00 a.m. – 11:00 a.m. Zumba Gold	2	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. - Noon “Let’s Talk” - Support Group 1:00 p.m. - 2:00 p.m. Bingo	
6	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i> <i>Meets In-Person</i> 1:00 – 2 p.m. CalFresh, “Cooking Series” Vallejo Drive Church	7	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	8	10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. – 3:30 p.m. Tai Chi	9	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. - Noon “Let’s Talk” - Support Group 1:00 p.m. - 2:00 p.m. Bingo	
13	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i> <i>Meets In-Person</i> 1:00 – 2 p.m. CalFresh, “Cooking Series” Vallejo Drive Church	14	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	15	10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. Dr. Koutnouyan “Runny Noses” 2:30 p.m. - 3:30 p.m. Tai Chi	16	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. - Noon “Let’s Talk” - Support Group 1:00 p.m. - 2:00 p.m. Bingo	
20	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i> <i>Meets In-Person</i> 1:00 – 2 p.m. CalFresh, “Cooking Series” Vallejo Drive Church	21	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	22	10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. – 3:30 p.m. Tai Chi	23	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. - Noon “Let’s Talk” - Support Group 1:00 p.m. - 2:00 p.m. Bingo	
27	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	28	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	29	10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. - 3:30 p.m. Tai Chi	30	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. - Noon “Let’s Talk” - Support Group 1:00 p.m. - 2:00 p.m. Bingo	