

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>
3	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	4	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	5	10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. – 3:30 p.m. Tai Chi	6	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	
10	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	11	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	12	10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. Alzheimer’s Assoc. “Warning Signs” 2:30 p.m. – 3:30 p.m. Tai Chi	13	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	
17	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	18	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	19	10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. Dr. Swann “Weight Loss Medications and Surgery” 2:30 p.m. - 3:30 p.m. Tai Chi	20	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	
24	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	25	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	26	10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. – 3:30 p.m. Tai Chi	27	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	
MAY 1	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	MAY 2	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	MAY 3	10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. - 3:30 p.m. Tai Chi	MAY 4	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	