

Monday		Tuesday		Wednesday		Thursday		<p>In-person Fitness Classes</p> <p>Mondays, Tuesdays, and Wednesdays 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</p> <p>Fit & Flow (Tues.), Stretch & Strengthen (Thurs.) at 10:00 a.m. Mobility Stability (Wed.) at 11:00 a.m. 954 6088 1782</p> <p>Bingo (Thurs.) at 1:00 p.m. 936 4194 7684</p> <p>Physician Webinars and Educational Programs 929 0506 7674</p>
6	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	7	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and Online</i>	8	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	9	10:00 a.m. – 11:00 a.m. Chair Yoga 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>	14	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i> Noon – 1:00 p.m. Dr. P. Namdaran “Valvular Heart Procedures”	15	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	16	10:00 a.m. – 11:00 a.m. Chair Yoga 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>	21	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	22	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	23	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon “Let’s Talk” – Support Group <i>No Bingo Today</i>	
27	Memorial Day Holiday <i>No Classes</i>	28	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	29	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	30	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo	
June 3	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	June 4	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-person and on Zoom</i>	June 5	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	June 6	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo	