

Monday		Tuesday		Wednesday		Thursday	
1	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	2	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and Online</i>	3	<i>No Tai Chi Today</i>  11:00 a.m. – Noon Mobility Stability	4	Holiday <i>No Events or Classes Today</i>
8	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	9	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	10	9:00 a.m. Tai Chi 10:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	11	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
15	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	16	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	17	9:00 a.m. Tai Chi 10:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	18	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
22	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	23	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	24	9:00 a.m. Tai Chi 10:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	25	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
29	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	30	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-person and on Zoom</i>	31	9:00 a.m. Tai Chi 10:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	AUG 1	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

**In-person Fitness  
Classes**

Mondays, Tuesdays, and  
Wednesdays  
mornings  
Vallejo Drive Church  
300 Vallejo Drive

**Join us virtually  
online at Zoom.us**  
Enter ID listed below on  
day and time of meeting.

**Zoom Meeting IDs**  
Fit & Flow (Tues.) and  
Chair Yoga (Thurs.)  
at 10:00 a.m.  
Mobility Stability (Wed.)  
at 11:00 a.m.  
**954 6088 1782**

Bingo (Thurs.)  
at 1:00 p.m.  
**936 4194 7684**

Physician Webinars and  
Educational Programs  
**929 0506 7674**