

May 2024

# Sun City Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 	6 11am Gentle Yoga	7	8 1pm Bunco	9	10 10 am Lions Club Bingo (Card Buy ins Required)	11
12	13 11am Gentle Yoga	14	15 1pm Chair Dance Fitness	16 RFMG Free Bingo! Call to RVSP 951-225-6808	17	18
19	20 11am Gentle Yoga	21	22	23	24 10 am Lions Club Bingo (Card Buy ins Required)	25
26	27 11am Gentle Yoga	28	29	30	31	

May 2024

# Hemet Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 	6 9am Gentle Yoga 11am Line Dancing	7	8	9	10	11
12	13 9am Gentle Yoga 11am Line Dancing	14	15	16 1pm Chair Dance Fitness	17	18
19	20 9am Gentle Yoga	21	22	23	24	25
26	27 9am Gentle Yoga	28	29	30	31	

						951.225.6808
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[becomewellwithin.com](http://becomewellwithin.com)

31285 Temecula Parkway  
Ste 120, Temecula, CA 92592

May 2024

# Temecula Jazzercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 	6	7	8	9	10	11
12	13	14 10am Jazzercise	15	16	17	18
19	20	21	22	23	24	25


26	27	28	29	30	31
		10am Jazzercise			951.225.6808

**RANCHO FAMILY**  
MEDICAL GROUP

**becomewellwithin.com**  
**41588 Eastman Dr. Suite A,**  
**Murrieta, CA 92562**

**May 2024**

# CrossFit by Overload

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am CrossFit	2 10:30am CrossFit	3 10:30am CrossFit	4 10:30am CrossFit
5 	6 10:30am CrossFit	7 10:30am CrossFit	8 10:30am CrossFit	9 10:30am CrossFit	10 10:30am CrossFit	11 10:30am CrossFit
12 10:30am CrossFit	13 10:30am CrossFit	14 10:30am CrossFit	15 10:30am CrossFit	16 10:30am CrossFit	17 10:30am CrossFit	18 10:30am CrossFit
19 10:30am CrossFit	20 10:30am CrossFit	21 10:30am CrossFit	22 10:30am CrossFit	23 10:30am CrossFit	24 10:30am CrossFit	25 10:30am CrossFit

<b>26</b>	<b>27</b> <b>10:30am CrossFit</b>	<b>28</b>	<b>29</b> <b>10:30am CrossFit</b>	<b>30</b>	<b>31</b>	
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