

August 2024

Sun City Senior Center

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

August 2024

Hemet Senior Center

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

For Independent Learning Series **MUST** call to register. Please call (562) 637-7248 and ask for Lilly.



951.225.6808

becomewellwithin.com

31285 Temecula Parkway
Ste 120, Temecula, CA 92592

August 2024

Temecula Jazzercise

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-----------------------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 10am Jazzercise | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 10am Jazzercise | 28 | 29 | 30 | 31 |

August 2024

CrossFit by Overload

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|------------------------|---------|------------------------|----------|------------------------|----------|
| | | | | 1 | 2 10:30am CrossFit | 3 |
| 4 10:30am CrossFit | 5 10:30am CrossFit | 6 | 7 10:30am CrossFit | 8 | 9 10:30am CrossFit | 10 |
| 11 10:30am CrossFit | 12 10:30am CrossFit | 13 | 14 10:30am CrossFit | 15 | 16 10:30am CrossFit | 17 |
| 18 10:30am CrossFit | 19 10:30am CrossFit | 20 | 21 10:30am CrossFit | 22 | 23 10:30am CrossFit | 24 |
| 25 10:30am CrossFit | 26 10:30am CrossFit | 27 | 28 10:30am CrossFit | 29 | 30 10:30am CrossFit | 31 |