

951.225.6808

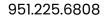
becomewellwithin.com

27190 Sun City Blvd.

Sun City, CA 92586

Sun City Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office Closed	3	4	5	6 11am Gentle Yoga	7
8	9 11am Gentle Yoga	10	PATRIOT DAY WE WILL NEVER FORGET Ipm Bunco	12	13 10 am Lions Club Bingo (Card Buy ins Required)	14
15	16	17 9am Gentle Yoga	18 Ipm Chair Dance Fitness	19	20	21
22	23	24 9am Gentle Yoga	25	26	27 10 am Lions Club Bingo (Card Buy ins Required)	28
29	30 11am Gentle Yoga					



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3853 W. Stetson Ave Suite 200,

Hemet CA 92545

Hemet Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	LABOR	Independent				
	DAY	Learning Series			9am Gentle Yoga	
	Office Closed					
8	9	10	11	12	13	14
	9am Gentle Yoga	Independent			Bereavement	
	11am Line Dancing	Learning Series			Support Group	
			WE WILL NEVER FORGET		8:30	
15	16	17	18	19	20	21
		Independent		Independent	Bereavement	
		Learning Series		Learning Series	Support Group	
					8:30	
22	23	24	25	26	27	28
	9am Gentle Yoga	Independent		Independent	Bereavement	
	11am Line Dancing	Learning Series		Learning Series	Support Group	
					8:30	
29	30					
	9am Gentle Yoga					

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



RANCHO FAMILY MEDICAL GROUP

Temecula Jazzercise

951.225.6808

becomewellwithin.com

31285 Temecula Parkway Ste 120, Temecula, CA 92592

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		3	4	5	6	7
8	9	10 10am Jazzercise	PATRIOT DAY WE WILL NEVER FORGET	12	13	14
15	16	17	18	19	20	21
22	23	24 10am Jazzercise	25	26	27	28
29	30					

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41588 Eastman Dr. Suite A,

Murrieta, CA 92562



CrossFit by Overload

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