

January 2025

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	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	

January 2025

Hemet Senior Center

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

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

January 2025

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 10am Jazzercise	29	30	31	

January 2025

CrossFit by Overload

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