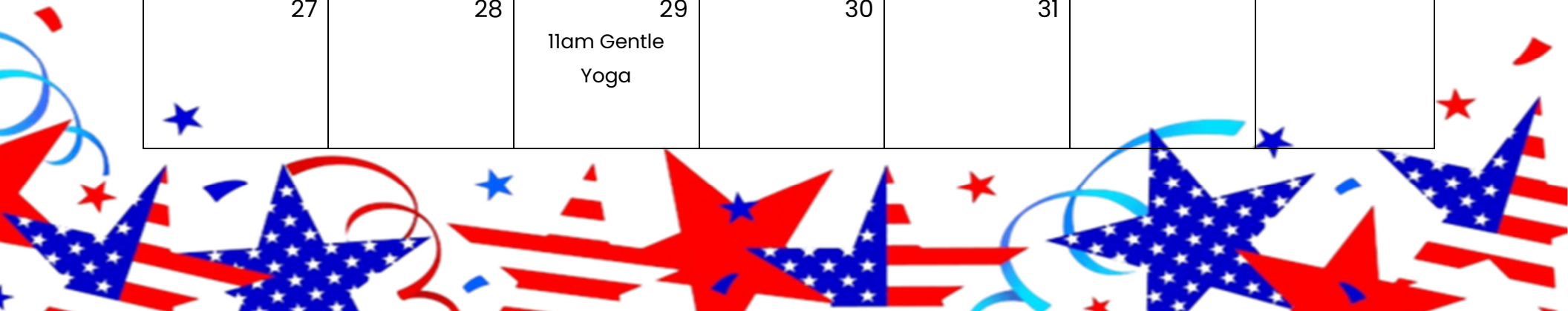


July 2025


## Sun City Senior Center

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



July 2025

## Hemet Senior Center

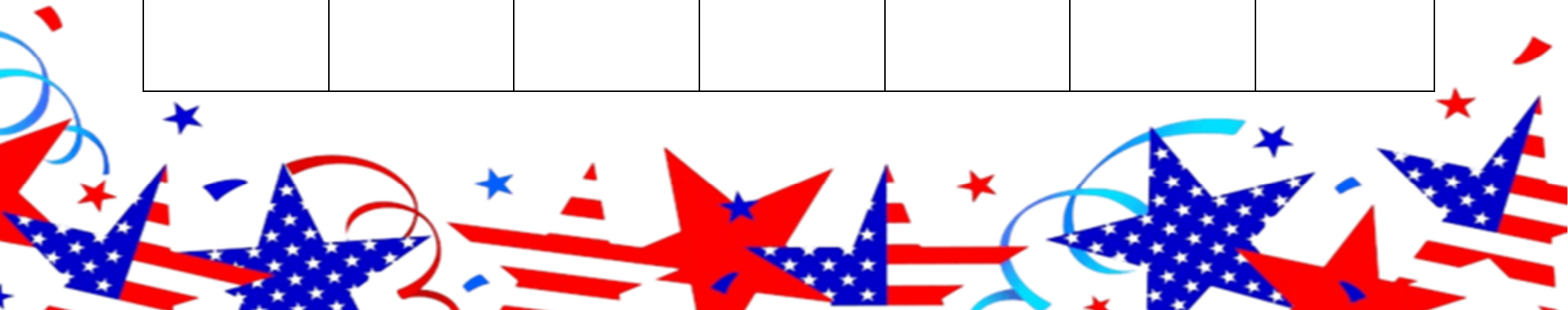
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 <b>9am Gentle Yoga</b> Independent Learning Series	2	3 Independent Learning Series	4  ★ HAPPY ★ <b>4TH OF JULY</b> Offices Closed	5
6	7	8 <b>9am Gentle Yoga</b> Independent Learning Series	9	10 Independent Learning Series	10am 11am Bereavement Support Group	12
13	14 11am Line Dancing	15 <b>9am Gentle Yoga</b> Independent Learning Series	16	17 Independent Learning Series	10am 18 Bereavement Support Group	19
20	21	22 <b>9am Gentle Yoga</b> Independent Learning Series	23	24 Independent Learning Series	10am 25 Bereavement Support Group	26
27	28 11am Line Dancing	29	30			

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

July 2025

## Temecula Jazzercise

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



July 2025

## CrossFit by Overload

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

