

August 2025

## Sun City Senior Center

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



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## Hemet Senior Center

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

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



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## Temecula Jazzercise

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



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## CrossFit by Overload

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

