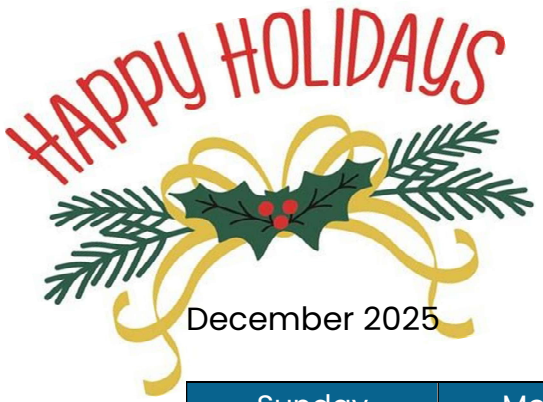


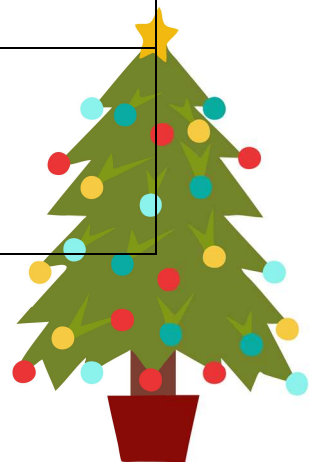
RANCHO FAMILY MEDICAL GROUP

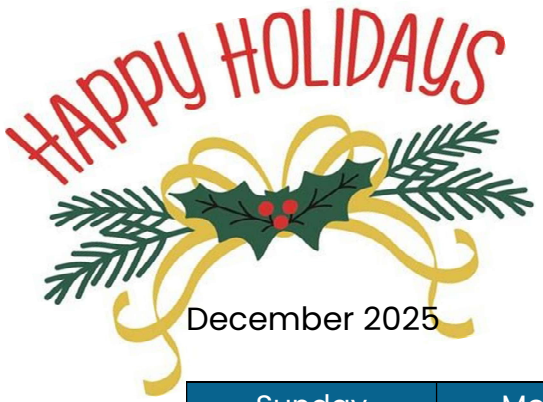
December 2025

Sun City Senior Center

27190 Sun City Blvd,
Sun City, CA 92586
Phone: (951) 225-6808

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





December 2025

RANCHO FAMILY MEDICAL GROUP

Hemet Senior Center

3853 W. Stetson Ave, Suite 203
Hemet, CA 92545
Phone: (951) 225-6808

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

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

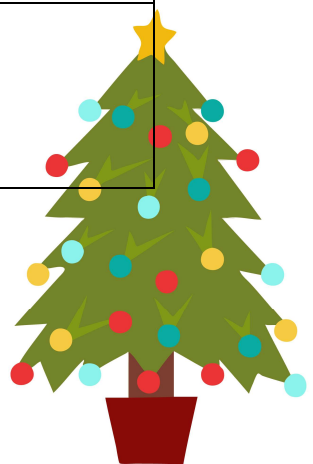
December 2025

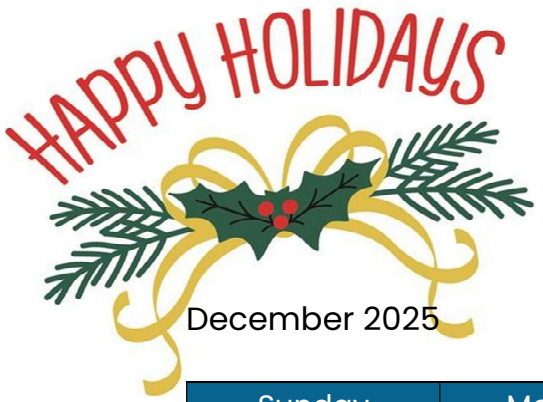
RANCHO FAMILY
MEDICAL GROUP

Temecula Jazzercise

31285 Temecula Parkway, Suite 120
Temecula, CA 92592
Phone: (951) 225-6808

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

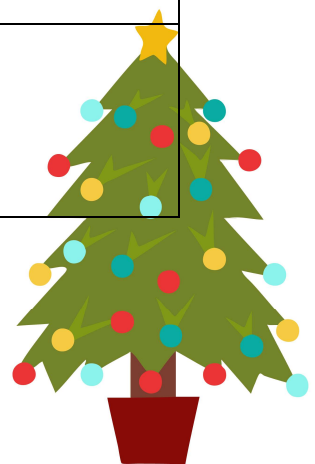




December 2025

RANCHO FAMILY MEDICAL GROUP

CrossFit by Overload

41795 Elm Street, Suite 402
Murrieta, CA 92562
Phone: (951) 225-6808

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