

FITNESS OVER 50

APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 No Class	2	3 Yoga Day Bring Mats	4	5 Stability Balls Bring Balls	6
7	8 Circuit Training	9	10 Yoga Day Bring Mats	11	12 Stability Balls Bring Balls	13
14	15 No Class	16	17 Yoga Day Bring Mats	18	19 Stability Balls Bring Balls	20
21	22	23	24	25	26	27
28	29	30				

MONDAYS,
 WEDNESDAYS, AND
 FRIDAYS

 8:30 – 9:30 AM

 AT THE SENIOR
 CENTER

 For more information,
 contact Mariposa
 Parks and Recreation:
 Monday – Friday
 8:00 am – 4:30 pm
 (209) 966-2498