

EXERCISE CLASSES
PAN-AM CENTER
M/W/F BAILOTERAPIA
9:00-10:00
M/T YOGA 10:00-10:45
M/W TAI CHI 10:45-11:15

PAN-AM MONDAY-FRIDAY
9:00-2:00 PM
PAC (559) 675-2095

FRANK BERGON
CURRENTLY CLOSED
FAB (559) 673-4293

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Day Trips are subject to change due to Weather conditions "	1 9:00-10:00 Coffee/News 10:00-1:00 Karaoke 10:00-10:45 Chair Yoga 10:45-11:15 Tai Chi 11:00-11:45 Tech Class 11:30-1:00 Pickleball 12:00-1:30 (PAC) Movie Day	2 9:00-10:00 Coffee/News 10:00-10:45 Gentle Yoga 10:00-1:00 Denny's 11:00-11:45 Tech Class 12:30-1:30 Board Games	3 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-1:00 Nails 10:15-11:15 Tai Chi 11:30-12:30 Arts & Crafts 11:30-1:00 Pickleball 1:00-2:00 Knit 'n' Knots	4 CLOSED 4th of July	5 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke	6
7	8 9:00-10:00 Coffee/News 10:00-1:00 Karaoke 10:00-10:45 Chair Yoga 10:45-11:15 Tai Chi 11:00-11:45 Tech Class 11:30-1:00 Pickleball 12:00-1:30 (PAC) Movie Day	9 9:00-10:00 Coffee/News 10:00-10:45 Gentle Yoga 10:00-1:00 Thrift Stores 11:00-11:45 Tech Class 12:30-1:30 Board Games	10 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-1:00 Nails 10:15-11:15 Tai Chi 11:30-12:30 Arts & Crafts 11:30-1:00 Pickleball 1:00-2:00 Knit 'n' Knots	11 9:00-10:00 Coffee/News 10:15-11:00 Board Games 11:00-11:45 Weight Training 12:30-1:30 Bingo	12 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke	13
14	15 9:00-10:00 Coffee/News 10:00-1:00 Karaoke 10:00-10:45 Chair Yoga 10:45-11:15 Tai Chi 11:00-11:45 Tech Class 11:30-1:00 Pickleball 12:00-1:30 (PAC) Movie Day	16 9:00-10:00 Coffee/News 10:00-10:45 Gentle Yoga 10:00-1:00 Maya Theater 11:00-11:45 Tech Class 12:30-1:30 Board Games	17 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-1:00 Nails 10:15-11:15 Tai Chi 11:30-12:30 Arts & Crafts 11:30-1:00 Pickleball 1:00-2:00 Knit 'n' Knots	18 9:00-10:00 Coffee/News 10:15-11:00 Board Games 11:00-11:45 Weight Training 12:30-1:30 Bingo	19 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke	20
21	22 9:00-10:00 Coffee/News 10:00-1:00 Karaoke 10:00-10:45 Chair Yoga 10:45-11:15 Tai Chi 11:00-11:45 Tech Class 11:30-1:00 Pickleball 12:00-1:30 (PAC) Movie Day	23 9:00-10:00 Coffee/News 10:00-10:45 Gentle Yoga 10:00-1:00 Kerman Center 11:00-11:45 Tech Class 12:30-1:30 Board Games	24 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-1:00 Nails 10:15-11:15 Tai Chi 11:30-12:30 Arts & Crafts 11:30-1:00 Pickleball 1:00-2:00 Knit 'n' Knots	25 9:00-10:00 Coffee/News 10:15-11:00 Board Games 11:00-11:45 Weight Training 12:30-1:30 Bingo	26 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke	27
28	29 9:00-10:00 Coffee/News 10:00-1:00 Karaoke 10:00-10:45 Chair Yoga 10:45-11:15 Tai Chi 11:00-11:45 Tech Class 11:30-1:00 Pickleball 12:00-1:30 (PAC) Movie Day	30 9:00-10:00 Coffee/News 10:00-10:45 Gentle Yoga 10:00-1:00 Kerman Walmart 11:00-11:45 Tech Class 12:30-1:30 Board Games	31 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-1:00 Nails 10:15-11:15 Tai Chi 11:30-12:30 Arts & Crafts 11:30-1:00 Pickleball 1:00-2:00 Knit 'n' Knots			 