



ACTIVE AGING

Fitness Class

Designed for the older adult to improve balance, mobility and strength

SHINGLE SPRINGS

Traditional Style Exercise
Park Community Church
3901 Wild Chaparral Drive
Monday / Wednesday
9:00 a.m. to 10:00 a.m.

Instructor: Mary Kay Brancheau: 530-622-2935

DIAMOND SPRINGS

Traditional Style Exercise
Diamond Sunrise Apartments
4015 Panther Lane
Monday / Thursday
10:30 a.m. to 11:30 a.m.

Instructor: Cess Wolary: 530-621-3638

DIAMOND SPRINGS

Traditional Style Exercise
Lake Oaks Mobile Home Park
4280 Patterson Drive
Tuesday / Thursday / Saturday
9:00 a.m. to 10:00 a.m.

Instructor: Cess Wolary: 530-621-3638

PLACERVILLE

Traditional Style Exercise
Westside Church
4657 Missouri Flat Road
Tuesday / Thursday
10:45 a.m. to 11:45 a.m.

Instructor: Mary Kay Brancheau: 530-622-2935

PLACERVILLE

NIA Technique
First Lutheran Church
1200 Pinecrest Court
Monday / Wednesday / Friday
8:15 a.m. to 9:30 a.m.

Instructor: Margaret Leitz: 530-622-1463

Reservations are not needed and drop-ins are welcome. Please wear comfortable clothing and bring a water bottle. A suggested donation for the class is \$3.

For more information, please call the Senior Activities Program at 530-621-6255.