



Join the Feeling Fit Club!

The Feeling Fit Club is a **FREE** functional fitness program for older adults focusing on **aerobic endurance, strength, flexibility and balance** to maintain independence.

Watch the Feeling Fit Club On TV

Monday—Friday
8:00 am & 1:00 pm
Cox: Ch. 19 or 24
Time Warner: Ch 85
Uverse: Ch 99 and scroll

For a schedule please see:

www.HealthierLivingSD.org

For more information call:
858-495-5500 ext. 3

To receive a DVD call:
858-495-5500 ext. 2

Feeling Fit Club locations (North to South):

Oceanside Presbyterian Church
Vista Library
Escondido Senior Center
Grace Lutheran Church
Solana Beach Community Sr. Center
North County Inland Senior Center
Poway Senior Center
Carlton Hills Evangelical Luth Church
Livewell San Diego
Tifereth Israel Synagogue
Serra Mesa Recreation Center
Bayside Community Center
El Cajon Salvation Army
College Avenue Senior Center
Wesley United Methodist Church
Rancho San Diego Library
The LGBT Center
Lemon Grove Senior Center
Gary & Mary West Sr Wellness Ctr
St. Stephen's Retirement Center
Sons and Daughters of Guam Club
Neighborhood Senior Center
George L. Stevens Senior Center
Summercrest
Kimball Senior Center
Chula Vista Women's Club
Villa Serena
Otay Recreation Center
St. Charles Nutrition

See schedule for class details

A program of the County of San Diego, Health and Human Services Agency, Aging & Independence Services



Aging & Independence Services, in partnership with Access to Independence, is recognized as an Aging and Disability Resource Connection

For information about additional programs and services, contact the

AIS Call Center

1-800-510-2020

1-800-339-4661

Outside San Diego County

www.sandiego.networkofcare.org/aging

