

# FEELING FIT CLUB



2025 FEELING FIT CLUB

## SCHEDULE OF CLASSES

NORTH COASTAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oceanside Presbyterian Church**</b> 2001 South El Camino Real Oceanside, CA 92054 (760) 757-3560 Instructor: Gretchen Vurbeff	9:00–10:00am		9:00-10:00am		9:00-10:00am

**\*\*Hybrid Format: Virtual and in-person**

NORTH INLAND					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Escondido Senior Center @ Park Avenue Community Center</b> 210 East Park Avenue Escondido, CA 92025 (760) 839-4688 Instructor: Helena Isbell	9:00–10:00am 10:00–11:00am		9:00–10:00am 10:00–11:00am		
<b>Grace Lutheran Church</b> 643 West 13 <sup>th</sup> Avenue Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	11:30am–12:30pm		11:30am–12:30pm		
<b>Mickey Cafagna Community Center</b> 13094 Civic Center Drive Poway, CA 92064 (858) 668-4671 Instructors: Carolyn Triebel, Patty Frisby	10:00–11:00am (Carolyn)			10:00–11:00am (Patty)	
<b>Temple Adat Shalom</b> 15905 Pomerado Rd, Poway 92064	Please email <a href="mailto:HealthierLiving.HHSA@sdcounty.ca.gov">HealthierLiving.HHSA@sdcounty.ca.gov</a> for class location, days, and times.				

Sponsored by the County of San Diego Health and Human Services Agency, Aging & Independence Services and the San Diego Community College District



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## SCHEDULE OF CLASS

CENTRAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Center**</b> 3909 Centre Street San Diego, CA 92103 (619) 692-2077 Instructor: Panos Papaconstantinou	1:30–2:30pm		1:30-2:30pm		1:30-2:30pm
<b>George L. Stevens Senior Center</b> 570 South 65 <sup>th</sup> Street San Diego, CA 92114 (619) 266-2066 Instructor: Herb Argrow	10:30–11:30am		10:30–11:30am		10:30–11:30am
<b>Cathy Hopper Friendship Center</b> 4425 Bannock Ave, San Diego, 92117 (858) 483-4007 Instructor: Robert Bartolo		9:00-10:00am Dec 9 <sup>th</sup> – Feb 19 <sup>th</sup>		9:00-10:00am Dec 9 <sup>th</sup> – Feb 19 <sup>th</sup>	
<b>Linda Vista United Methodist Church</b> 6869 Tait Street San Diego, 92111 (858) 277-1518 Instructor: Patty Frisby		9:00–10:00am		1:30–2:30pm	

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### SCHEDULE OF CLASSES

EAST					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spring Valley Community Center</b> 8735 Jamacha Boulevard <b>Spring Valley, CA 91977</b> (619) 479-1832 Instructor: Daphne Miller	<b>12:15–1:15pm</b>		<b>12:15–1:15pm</b>		
<b>City of Santee City Hall**</b> <i>Building 8P or 7</i> 10601 Magnolia Avenue <b>Santee, CA 92071</b> (619) 258-4100 x222 Instructor: Daphne Miller		<b>10:30–11:30am</b>		<b>10:30–11:30am</b>	
<b>El Cajon Salvation Army</b> 1025 E. Main Street <b>El Cajon, CA 92021</b> (619) 440-4683 Instructor: Daphne Miller	<b>10:00–11:00am</b>		<b>10:00–11:00am</b>		
<b>Rancho San Diego Branch Library**</b> 11555 Rancho San Diego <b>El Cajon, CA 92019</b> (619) 660-5370 Instructor: Daphne Miller	<b>8:30–9:30am</b>		<b>8:30–9:30am</b>		
<b>Alpine Library</b> 1752 Alpine Boulevard <b>Alpine, CA 91901</b> (619) 445-4221 Instructor: Russell Rowe					<b>2:00–3:00pm</b>

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## SCHEDULE OF CLASSES

SOUTH					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chula Vista Presbyterian Church</b> 940 Hill Top Drive Chula Vista, CA 91911 Instructor: Patty Frisby	1:30-2:30pm		1:30-2:30pm		
<b>Summercrest</b> 2615 Plaza Boulevard National City, CA 91950 (619) 475-2080 Instructor: Daphne Miller		8:30-9:30am		8:30-9:30am	
<b>Kimball Senior Center</b> 1221 D Ave. National City, 91950 Instructor: Lori Wright		9:00-10:00am 10:15-11:15am	10:15-11:15am	9:00-10:00am 10:15-11:15am	

VIRTUAL (ZOOM)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:30am Instructor: Sue Grant	8:40-9:40am Instructor: Melissa Wogahn	8:30 – 9:30am Instructor: Sue Grant	8:40-9:40am Instructor: Melissa Wogahn		8:00-9:00am Instructor: Daphne Miller

**Interested in joining virtually?**

**Please call (858) 495-5500 or email the Health Promotion team at [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov).**

Last Updated: 11/24/25

