

FEELING FIT CLUB



2023 FEELING FIT CLUB SCHEDULE OF CLASSES

NORTH COASTAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Oceanside Presbyterian Church** 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
Solana Beach Senior Center** @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2587 Instructor: Sue Grant	8:30 – 9:30am (ZOOM Only)		8:30 – 9:30am		

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

NORTH INLAND					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Escondido Senior Center @ Park Avenue Community Center 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		
Grace Lutheran Church 643 West 13 th Avenue Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	11:30am–12:30pm		11:30am–12:30pm		

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NORTH INLAND (Cont.)					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Mickey Cafagna Community Center 13094 Civic Center Drive Poway, CA 92064 (858) 668-4671 Instructors: Carolyn Triebel, Patty Frisby	10:00–11:00am (Carolyn)			10:00–11:00am (Patricia)	
Temple Adat Shalom 15905 Pomerado Rd, Poway 92064	<i>Please email HealthierLiving.HHSA@sdcounty.ca.gov for class location, days, and times.</i>				

CENTRAL					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
The Center** 3909 Centre Street, San Diego, CA 92103 (619) 692-2077 Instructor: Panos Papaconstantinou Mask and Proof of Vaccination Required	1:30–2:30pm		1:30-2:30pm		1:30-2:30pm
George L. Stevens Senior Center 570 South 65 th Street San Diego, CA 92114 (619) 266-2066 Instructor: Herb Argrow	12:30–1:30pm		10:30–11:30am		10:30–11:30am

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EAST					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Spring Valley Community Center 8735 Jamacha Boulevard Spring Valley, CA 91977 (619) 479-1832 Instructor: Sandra McDonald	11:00am-12:00pm 12:15–1:15pm		11:00am-12:00pm 12:15–1:15pm		
City of Santee City Hall** <i>Building 8P or 7</i> 10601 Magnolia Avenue Santee, CA 92071 (619) 258-4100 x222 Instructor: Daphne Miller		10:30–11:30am		10:30–11:30am	
El Cajon Salvation Army 1025 E. Main Street El Cajon, CA 92021 (619) 440-4683 Instructor: Daphne Miller	10:00-11:00am		10:00–11:00am		
Rancho San Diego Branch Library** 11555 Rancho San Diego El Cajon, CA 92019 (619) 660-5370 Instructor: Daphne Miller	8:30–9:30am		8:30–9:30am		
Alpine Library-Resource Room 1752 Alpine Blvd., Alpine, CA 91901 (619)445-4221 Instructor: Karen Barry		10:45–11:45am (ZOOM Only)		10:45–11:45am (ZOOM Only)	2:00-3:00pm

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

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SOUTH					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Chula Vista Presbyterian Church 940 Hill Top Drive Chula Vista, CA 91911 Instructor: Patty Frisby	1:30-2:30pm		1:30-2:30pm		
Summercrest 2615 Plaza Boulevard National City, CA 91950 (619) 475-2080 Instructor: Daphne Miller		8:30-9:30am		8:30-9:30am	

VIRTUAL (ZOOM)						
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Melissa Wogahn		8:40-9:40am		8:40-9:40am		
Danyll Monroe		10:00-11:00am			9:00-10:00am	
Daphne Miller						8:00-9:00am

As sites reopen, virtual classes may transition back to in-person.

Interested in joining virtually? Please call (858) 495-5500 or email the Health Promotion team at HealthierLiving.HHSA@sdcounty.ca.gov.

Last Updated: 8/3/2023