



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 Feeling Fit on TV!
Monday through Friday
8:00am 1:00pm 4:00pm
Cox: Ch 19 or 24
Time Warner: Ch 85
Uverse: Ch 99 and scroll

*Local programming may trump exercise class at times

For a schedule visit:
www.HealthierLivingSD.org

For more information call:
858-495-5500

To receive a DVD call:
858-495-5500

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
Cathy Hopper Clairemont Friendship Center
Tifereth Israel Synagogue
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
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

This class is sponsored by the
County of San Diego,
Health & Human Services Agency