



# 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

**For a schedule visit:**

**[www.HealthierLivingSD.org](http://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  
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\***

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

