



Feeling Fit Club



Summertime Schedule

at the Brengle Terrace Park and Vista Library



Are you 60+ and want to stay independent?

Never exercised? – No problem!

Improve your balance, strength, flexibility and have FUN. All levels are welcome!

8:40AM—9:40AM

Tuesdays (Walking Class)

Thursdays

Classes held at Brengle Terrace Park:

June: 5, 12, 19, 26

July: 3, 10, 17, 24, 31

August: 7, 14

Classes held at Vista Library:

May 31st

June: 7, 14, 21, 28

July: 5, 12, 19, 26

See reverse side for more details on class locations, directions and logistics

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





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Summertime Schedule

at the Vista Library and Brengle Terrace Park

Tuesdays (Walking Class)

Thursdays

Brengle Terrace Park

700 Eucalyptus Ave.

Vista, CA 92084

Vista Library

700 Eucalyptus Ave.

Vista, CA 92084

- Enter off of Vale Terrace Drive and park at the playground at the end of the parking lot (turn right after entering).
- Wear comfortable, sturdy shoes.
- Bring water.
- Wear a hat.



Classes resume to normal schedule at Vista Library on August 16th

Call (858) 495-5500 for more information



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