

Community	Description	Day	Time	Location & Contact	Start
Angels Camp	Tai Chi 1 for Arthritis	Wed	12:00pm-1:00pm	Family 4 Fitness 4868 CA 4, Suite A (Evelyne)	Currently in Session
Arnold	Tai Chi 1 & 2 for Arthritis	Mon & Wed	12:00pm-1:15pm	Chapel in the Pines 2286 Cedar Lane (Elizabeth)	Currently in Session
Copperopolis	Tai Chi for Arthritis	Tue & Thurs	7:00am-8:00am	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Tue & Thurs	8:00am-9:00am	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Tue & Thurs	9:00am-10:00am	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Tue & Thurs	10:00am-11:00am	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Tue & Thurs	11:00am-12:00pm	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Mon & Wed	7:00am-8:00am	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Mon & Wed	3:30pm-4:30pm	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Tai Chi for Arthritis	Sun & Wed	10:00am-11:00am	Call/Text Jacquelyne (209)684-1956	Currently in Session
Copperopolis	Strength Training	TBD	TBD	TBD	LOOKING FOR INSTRUCTOR
Mountain Ranch	Tai Chi 1 for Arthritis/Qi Gong	Thurs	10:00am-12:00am	Mountain Ranch Community Club 8049 Washington St. (Evelyne)	Currently in Session
Murphys	Chair Fitness	Tue & Thurs	10:00am-11:00am	Murphys Senior Center 65 Mitchler St (Louise)	Currently in session

Community	Description	Day	Time	Location & Contact	Start
Murphys	Strength Training	Mon	10:00am-11:00am	Murphys Senior Center 65 Mitchler St (Louise)	Currently in Session
Murphys	Brain Fitness	Tue	11:15am-12:15pm	Murphys Senior Center 65 Mitchler St (Kelly)	Currently in session
San Andreas	Qi Gong	Wed	9:00am-10:00am	Mark Twain Medical Center 768 Mountain Ranch Rd Classroom 1 (Evelyne)	Currently in Session
San Andreas	Tai Chi	Wed	10:00am-11:00am	Mark Twain Medical Center 768 Mountain Ranch Rd Classroom 1 (Evelyne)	Currently in Session
San Andreas	Qi Gong	Tue & Thurs	3:00pm-4:00pm	Mark Twain Medical Center 768 Mountain Ranch Rd Classroom 1 (Evelyne)	Currently in Session
San Andreas	Tai Chi 1 for Arthritis	Tue & Thurs	4:00pm-5:00pm	Mark Twain Medical Center 768 Mountain Ranch Rd Classroom 1 (Evelyne)	Currently in Session
Valley Springs	Strength Training	Tue & Thurs	9:30am-10:30am	Methodist Church 135 Laurel St (Sharen)	Currently in session
Valley Springs	Tai Chi 1 for Arthritis	Tue & Thurs	10:30am-11:30am	Methodist Church 135 Laurel St (Sharen)	Currently in session

Community	Description	Day	Time	Location & Contact	Start
Valley Springs	Tai Chi 2 for Arthritis	Tue & Thurs	11:30am-12:30pm	Methodist Church 135 Laurel St (Sharen)	Currently in session
Valley Springs	Seated Strength Training	Mon & Wed	11:00am-12:00pm	Power Up Fitness - 145 Mangili Rd. (Danette / Jen)	Currently in session
West Point	Tai Chi 1 for Arthritis	TBD	TBD	Blue Mountain Coalition 364 Main St.	LOOKING FOR INSTRUCTOR
West Point	Qi Gong	TBD	TBD	Blue Mountain Coalition 364 Main St.	LOOKING FOR INSTRUCTOR

Each class has an independent instructor who will need to be contacted for sign up, class availability & scheduling.

Please reach out to the Mark Twain Health Care District Office at: 209-256-2022 for your preferred location contact information to get in touch with a local instructor and get involved!

You can also join the Facebook group for up-to-date information on classes and instructors!