

FEELING FIT CLUB



Schedule of Classes



Call sites first to make sure classes are still held at the same time

Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Bayside Community Center 2202 Comstock San Diego, CA 92111 858-278-0771 Irene Atteberry		9:15-10:15 AM		9:15-10:15 AM	
Borrego Seniors Nutrition Video Program 580 Circle J Dr @Cahuilla, PO Box 1362 Borrego Springs, CA 92004 760-767-3116 Rosemary Fey		11:00-12:00			11:00-12:00
Clairemont Friendship Sr Center 4425 Bannock Ave. San Diego, CA 92117 858-483-5100 Joyce Knight	10:15-11:15AM		Feeling Fit Plus *7:00-8:45 AM 10:15-11:15AM		Feeling Fit Plus *7:00-8:45 AM 10:15-11:15AM
College Avenue Senior Center 4855 College Avenue San Diego, CA 92115 619-583-3300 Elissa Landsman	10:00-11:00 AM		10:00-11:00 AM		10:00-11:00 AM
Joslyn Senior Center Escondido 710 East Park Avenue Escondido, CA 92025 760-839-4688 Linda Barlow	9:00-10:00 AM 10:00-11:00 AM		9:00-10:00 AM 10:00-11:00 AM		
Kimball Senior Center-Video Program 1217 D Avenue National City, CA 91950 619-336-6760 Delaine Drake			10:00-11:00AM		10:00-11:00 AM
Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945 619-337-1425 Pam Takahashi	9:15-10:15 AM 10:15-11:15 AM		9:15-10:15 AM 10:15-11:15 AM		
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Martin L. King Recreation Center (Encanto) 6401 Skyline Dr., San Diego, CA 92113 619-527-3416 Rosemary Pope	11:10-12:10 AM				
Mount Miguel Covenant Village 325 Kempton St. Spring Valley, CA 91977 619-931-1198 Dan Harris		2:30-3:30 PM		2:30-3:30 PM	
National City Senior Nutrition 1415 D Ave. National City, CA 91950 619-336-6751 Ingrid Slettengren	10:00-11:00AM	10:00-11:00 AM		10:00-11:00 AM	
Neighborhood Senior Center 795 South Boundary St. San Diego, CA 92113 619-263-2108 Jeanette Van		11:00AM-Noon		11:00AM-Noon	
North Park Adult Center 2719 Howard Avenue San Diego, CA 92104 619-280-2563 Cindy Altic (manager) 619-284-9651 Marti (assistant on site)	10:00-11:30 AM		10:00 – 11:30 AM		10:00 – 11:30 AM
Ocean Beach Recreation Center 4726 Santa Monica San Diego, CA 92106 619-531-1527		10:00-11:00 AM		10:00-11:00 AM	
Poway Weingart Senior Center 13094 Civic Center Drive Poway, CA 92064 858-748-6094 ext. 303 Chris Bessey	10:00-11:00 AM			10:00-11:00 AM	
San Marcos Senoir Center 111 Richmar Ave. San Marcos, CA 92069 760-744-5535 Georgianne Woodward		10:00-10:50 AM	8:15-9:05 AM	10:00-10:50 AM	8:15-9:05 AM



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San Ysidro Nutrition Program 212 W. Park Avenue San Ysidro, CA 92173 619-428-5199 Rosa Munoz		10:00-11:00 AM		10:00-11:00 AM	
Senior Cmty Ctrs Of San Diego 928 Broadway San Diego, CA 92101 619-235-6538 Tim Ruis (x 305)		9:30-10:30 AM		9:30-10:30 AM	
Solana Beach Cmty Senior Center @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 858-509-2580 x1217 Cindy Wright	10:00-11:00 AM		10:00-11:00 AM		
St. Charles Nutrition 945 18 th Street San Diego, CA 92154	8:30-9:30 AM 10:00-11:00 AM		8:30-9:30 AM 10:00-11:00 AM		8:30-9:30 AM 10:00-11:00 AM
St. Jude's 3751 Boston Avenue San Diego, CA 92113 619-264-4771 Sylvia Moran		11:00 AM-Noon		11:00 AM-Noon	
St. Stephan's Retirement Comm. 5625 Imperial Ave San Diego, CA 92114 619-806-3097 Alicia Bell	2:00-3:00 PM		2:00-3:00 PM		
Summercrest 2721 Plaza Boulevard National City, CA 91950	9:30-10:30 AM		9:30-10:30 AM		
Towncentre Manor 434 F Street Chula Vista, CA 91910	1:00-2:00 PM		1:00-2:00 PM		1:00-2:00 PM

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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Villa Serena 1231 Medical Center Dr. Chula Vista, CA 91911 619-934-8001 Karla Ibarra	11:30-12:30		11:30-12:30		11:30-12:30
Vista Senior Center 1400 Vale Terrace Dr. Vista, CA 92083 760-639-6160 Lisa Cariocella		10:00-11:00 AM		10:00-11:00 AM	

To place orders for DynaBands, video tapes or the nutrition information please call:

Feeling Fit Info Line [\(858\) 495-5500](tel:8584955500)