

January 12, 2018

SJV Health and Wellness Ministry

Exercise Classes

Pickleball

Tuesday 10am – Noon

Family Life Center

Four Courts to choose from:
beginner, fun bunch, intermediate, and competitive

\$5.00 per person per class

fee waived until January 31, 2018

Exercise/fitness class – FREE

Next Class on January 25, 2018

Thursday 12:30pm

Family Life Center

show up to register, wear proper support footwear,
bring water (if diabetic bring juice)

Valerie Martin – Instructor

Yoga Style Stretch and Exercise – FREE

Starts January 2, 2018

Tuesday Evenings - 6:30 p.m. to 7:30 p.m.

Thursday Evenings - 7:00 p.m. to 8:00 p.m.

Family Life Center

Dave and Lisa Morgan – Instructors