

May 20, 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

Exercise/fitness class – FREE

**Thursday 12:30pm – CANCELLED UNTIL FURTHER NOTICE
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

**Tuesday Evenings - 6:30 p.m. to 7:30 p.m.
Thursday Evenings - 7:00 p.m. to 8:00 p.m.
Columbus Room in the basement of the church
Dave and Lisa Morgan – Instructors**