

March 8, 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**

**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.**

**Family Life Center**

Dave and Lisa Morgan – Instructors