

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>4</b>	<p><b>Nat'l Watermelon Day!</b> <b>Make your own fruit mason jar</b> 11 a.m. – 12:30 p.m. <i>Limit 6 participants</i></p>	<b>5</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>6</b>	<p><b>Walking group</b> <i>Wyoming area track</i> 9 – 9:30 a.m. <i>Limit 25 participants</i></p> <p><b>Farmer's market meet-up</b> 10:30 a.m. – 1 p.m.</p> <p><b>Game day!</b> 2 – 3 p.m.</p>	<b>7</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>
<b>10</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>11</b>	<p><b>Walking group</b> <i>Kirby park track</i> 9 – 9:30 a.m. <i>Limit 25 participants</i></p> <p><b>Mini Olympics Minute to Win-it</b> 10:30 a.m. – 12:30 p.m. <i>Limit 6 participants</i></p>	<b>12</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>13</b>	<p><b>Walking group</b> <i>Wyoming area track</i> 9 – 9:30 a.m. <i>Limit 25 participants</i></p> <p><b>Farmer's market meet-up</b> 10:30 a.m. – 12 p.m.</p> <p><b>First book club meeting!</b> 2 – 3 p.m.</p>	<b>14</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>
<b>17</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>18</b>	<p><b>Walking group</b> <i>Kirby park track</i> 9 – 9:30 a.m. <i>Limit 25 participants</i></p> <p><b>DIY Craft stick summer sign!</b> 10:30 a.m. – 12 p.m. <i>Limit 6 participants</i></p>	<b>19</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>20</b>	<p><b>Walking group</b> <i>Wyoming area track</i> 9 – 9:30 a.m. <i>Limit 25 participants</i></p> <p><b>Nat'l Senior Citizens Day Celebration!</b> 10:30 a.m. – 12:30 p.m.</p> <p><b>Healthy eating class</b> 1 – 2 p.m. <i>Limit 6 participants</i></p>	<b>21</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>

Registration is required to use the community room due to Covid-19 restrictions. Thank you.

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>24</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>25</b>	<p><b>Walking group</b> <i>Kirby park track</i> 9 – 9:30 a.m. <i>Limit 25 participants</i></p> <p><b>Craft: Real fruit votive candle</b> 10:30 a.m. – 12 p.m. <i>Limit 6 participants</i></p>	<b>26</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<b>27</b>	<p><b>No exercise classes</b></p> <p><b>Low Sodium Class</b> 1 – 2 p.m.</p> <p><b>Game day - Decades Trivia</b> 10:30 a.m. – 1 p.m. <i>Limit 6 participants</i></p>	<b>28</b>	<p><b>No exercise classes</b></p>	
<b>31</b>	<p><b>Circuit training</b> 9 – 9:45 a.m.</p> <p><b>Chair Yoga</b> 10 – 10:45 a.m.</p> <p><b>Strength &amp; stretch</b> 3 – 3:45 p.m. <i>Limit 6 participants</i></p>	<p><b>NOTE: open gym time is available by appt only. Please call to register for a time slot.</b></p>								

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# Event Information

## What you need to know:

- **Registration is required.** Class size is limited in order to maintain social distance; masking is also recommended. Please call 570-714-3050 or sign-up at the clinic to get on the class list.
- Patients must complete a fitness assessment and exercise waiver in order to participate in exercise activities. To schedule a fitness assessment please call 570-714-3050.
- Loyalty cards will be given to all participants who exercise in the month of August. Get a stamp for every 30 min of exercise. Once 10 sessions are completed, return your card for a chance to win a limited edition 65-Forward umbrella!
- For information about the craft and social activities please contact Amanda, program coordinator, at 570-714-3050.

## Class descriptions:

- **Circuit training** – 45-minute exercise class that includes cardio and strength exercise stations to improve strength, cardiovascular fitness and agility. Beginner to intermediate level.
- **Strength and stretch** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level.
- **Chair yoga** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress, all while sitting on a chair! This class is designed for beginners.
- **Walking group** – 30-minute walk at Kirby park track, Tuesdays, and Wyoming area track, Thursdays. Walk at your own pace. Benches and shaded areas are available to take breaks if needed. Please bring your own water and sunscreen!