

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chair Yoga 9 – 9:45 & 10 – 10:45 a.m. Celebrate National Watermelon Day 11:30 a.m. – 12:30 p.m. & 2 – 3 p.m. Gym Closed 9 – 11 a.m.</p>	<p>4 Outdoor Walking Program* 9:30 – 10:30 a.m. Balance and Strength 2 – 3 p.m. Gym Closed 2 – 3 p.m.</p>	<p>5 Chair Yoga 10 – 10:45 a.m. New Patient Orientation 11 – 11:30 a.m. 11:30 a.m. – 12 p.m. UNO Game Day 1 – 3 p.m. Gym Closed 10 – 11 a.m.</p>	<p>6 Balance and Strength 9 – 9:45 a.m. & 10 a.m. – 10:45 a.m. Chair Yoga 1 – 1:45 p.m. Gym Closed 9 a.m. – 2 p.m.</p>	<p>7 Outdoor Walking Program* 9:30 – 10:30 a.m. Balance and Strength 2 – 3 p.m. Craft Make Up Day 11:30 a.m. – 1:30 p.m. Gym Closed 2 – 3 p.m.</p>
<p>10 Chair Yoga 9 – 9:45 a.m. and 10 – 10:45 a.m. Mini Olympics – Minute to Win It Games 1 – 3 p.m. Gym Closed 9 – 11 a.m.</p>	<p>11 Outdoor Walking Program* 9:30 – 10:30 a.m. Balance and Strength 2 – 3 p.m. Gym Closed 2 – 3 p.m.</p>	<p>12 Chair Yoga 10 – 10:45 a.m. Make your own craft stick summer sign 11:30 a.m. – 12:30 p.m. & 2 – 3 p.m. Gym Closed 10 – 11 a.m.</p>	<p>13 Balance and Strength 9 – 9:45 a.m. & 10 a.m. – 10:45 a.m. Chair Yoga 1 – 1:45 p.m. Gym Closed 9 a.m. – 2 p.m.</p>	<p>14 Outdoor Walking Program* 9:30 – 10:30 a.m. Balance and Strength 2 – 3 p.m. 1st Book Club Meeting 11:30 a.m. – 12:30 p.m. & 2 – 3 p.m. Gym Closed 2 – 3 p.m.</p>
<p>17 No Fitness Classes Healthy Eating for a Healthy You Convo 1 – 2 p.m.</p>	<p>18 No Fitness Classes</p>	<p>19 No Fitness Classes New Patient Orientation 11 – 11:30 a.m. 11:30 a.m. – 12 p.m. Create your own Watercolor Luminaries 11:30 a.m. – 12:30 p.m. & 2 – 3 p.m.</p>	<p>20 Balance and Strength 9 – 9:45 a.m. & 10 a.m. – 10:45 a.m. Chair Yoga 1 – 1:45 p.m. Gym Closed 9 a.m. – 2 p.m.</p>	<p>21 Outdoor Walking Program* 9:30 – 10:30 a.m. Balance and Strength 2 – 3 p.m. Pizza Party to Celebrate National Senior Citizen's Day! 11 a.m. – 1p.m. Gym Closed 11 a.m. – 3 p.m.</p>

Group Fitness Classes have a limit of 8 participants. The gym is closed during Chair Yoga and Balance and Strength classes. Sign up at front desk or with the Wellness Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24 Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Create your own fruit votive candle 11:30 a.m. – 12:30 p.m. & 2 – 3 p.m.</p> <p>Low Sodium Heart Healthy Convo 1 – 2 p.m.</p>	<p>25 Outdoor Walking Program* 9:30 – 10:30 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p>	<p>26 Chair Yoga 10 – 10:45 a.m.</p> <p>Decades Trivia 12:30 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m.</p>	<p>27 Balance and Strength 9 – 9:45 a.m. & 10 a.m. – 10:45 a.m.</p> <p>Chair Yoga 1 – 1:45 p.m.</p> <p>Gym Closed 9 a.m. – 2 p.m.</p>	<p>28 Outdoor Walking Program* 9:30 – 10:30 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>
<p>31 Chair Yoga 9 – 9:45 & 10 – 10:45 a.m.</p> <p>Make a Seashell Windchime 11:30 a.m. – 12:30 p.m. & 2 – 3 p.m.</p> <p>Gym Closed 9 – 11 a.m.</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 570-207-5970 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 570-207-5970
- Loyalty cards will be given to all participants. 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!
- (*) indicates class will be held outdoors at the ½ Marathon Pavilion (on West Olive Street – across from the Fresh Food Farmacy)

Class Descriptions:

- **Chair Yoga**– 45-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginners.
- **Healthy Convo Series** – One-hour class focused on good nutrition, healthy eating, exercise and other tips to improve your lifestyle.
- **Chronic Disease Self-Management** - Join us for our 6 – week self-management program, Chronic Disease Self-Management, as we tackle different ways to manage and improve your health. Registration is required.
- **Outdoor Walking Program** - 45-minute walking program where we will begin with a warmup, 30-minute walk at your own pace and a cool down.
- **Small Group Training** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level.
- **Balance and Strength** – 45-minute exercise class that focuses on strength training and balance exercises. Beginner to intermediate level.
- **National Senior Citizens Day** – Come join us as we celebrate this special day. Celebration is limited to 25 participants.