

Hazleton clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Gym closed</b></p> <p>YAHTZEE 11 – 12 p.m. 2 – 3 p.m.</p>	<p><b>3</b></p> <p><b>Gym closed</b></p>	<p><b>4</b></p> <p><b>Gym closed</b></p> <p>Seashell terracotta pots 11 – 12 p.m. 2 – 3 p.m.</p>	<p><b>5</b></p> <p><b>Gym closed</b></p>	<p><b>6</b></p> <p><b>Gym closed</b></p> <p>Beirut tournament 1 – 2 p.m.</p>
<p><b>9</b></p> <p><b>Gym closed</b></p> <p>Pasta shell wreath 11 – 12 p.m. 2 – 3 p.m.</p>	<p><b>10</b></p> <p>Let's have a ball 10 – 10:30 a.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p><b>11</b></p> <p>Chair stretching 10 – 10:30 a.m.</p> <p>Pasta shell wreath 1 – 2 p.m.</p>	<p><b>12</b></p> <p>The walkie talkies 10 – 11 a.m.</p> <p>Find your balance 1 – 1:45 p.m.</p> <p>Celebrate national bowling day TBD</p>	<p><b>13</b></p> <p>Chair stretching 1 – 1:30 p.m.</p>
<p><b>16</b></p> <p>Let's have a ball 10 – 10:30 a.m.</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p><b>17</b></p> <p>Hot potato circuit 11 – 12 p.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p><b>18</b></p> <p>The walkie talkies 9 – 10 a.m.</p> <p>Chair stretching 10:30 – 11 a.m.</p> <p>Pinecone party- flamingos &amp; pineapples 11 – 12 p.m. 2 – 3 p.m.</p>	<p><b>19</b></p> <p><b>Gym closed</b></p>	<p><b>20</b></p> <p><b>Gym closed</b></p>

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<p><b>23</b></p> <p>Let's have a ball 10:30 – 11 a.m.</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p><b>24</b></p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p><b>25</b></p> <p>Chair stretching 10 – 10:30 a.m.</p> <p>Veteran's coffee social 10 – 11 a.m.</p> <p>Paint stick craft 11 – 12 p.m. 1 – 2 p.m.</p>	<p><b>26</b></p> <p>Find your balance 1 – 1:45 p.m.</p>	<p><b>27</b></p> <p>The walkie talkies 9 – 10 a.m.</p> <p>Chair stretching 1 – 1:30 p.m.</p> <p>Navigating in a virtual world – You ask, I answer 11 – 12 p.m. 2 – 3 p.m.</p>
<p><b>30</b></p> <p>Let's have a ball 10 – 10:30 a.m.</p> <p>National senior day luau 10 a.m. – 12 p.m.</p>	<p><b>31</b></p> <p>Find your balance 10 – 10:45 a.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>			<p>Hand in your August challenge!</p>

20 Diana Lane  
West Hazleton, PA  
570-790-2260

**What you need to know:**

- **Group Fitness Classes and Activity Classes have a limit of 8 participants. The gym is closed during group fitness classes.**

**Registration is required.** Class size is limited for both group fitness and social activities in order to maintain social distance; masking is also required. Patients must complete a fitness test and waiver to participate in exercise. To schedule a fitness test or sign-up for classes, call 570-790-2260.

## Class descriptions:

- **Chair stretching** – 30-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginner to intermediate level.
- **Let's have a ball** – 30-minute exercise class that incorporates physio ball exercises to achieve a full body workout. This class is designed for beginner to intermediate level.
- **Find your balance** – 45-minute exercise class that focuses on strength training and balance exercises. This class is designed for beginner to intermediate level.
- **Cardio strength circuit training** – 45-minute exercise class that includes light resistance training, cardiovascular training and stretching to improve strength and flexibility. This class is designed for beginner to intermediate level.
- **The walkie talkies** – A walking group that includes walking outdoors at Butler Community Park while socializing with your comrade! Class will be weather permitting.
- **Hot potato circuit** – Meet with the Wellness Coordinator and the Dietician to discuss healthy options regarding potatoes and nutrition information. Enjoy a game of hot potato and some light exercise while learning.
- **National Senior Day – Luau Celebration** – Enjoy a Hawaiian luau. Play some games including beach volleyball and aloha bingo.
- **Navigating in a virtual world series** – Topic – You ask the questions – A technology series where you ask the questions and we answer them. Make sure to bring any device you frequently use or require assistance with. (ipad, Kindle, Smartphone, Chromebook/Laptop)
- **Beirut** – A tabletop game of hand and eye coordination using ping pong balls and water cups. Players must use ping pong balls and try and make their target.
- **Veteran's coffee social**– Our new social series is specially for our Vets! If you have ever served our country make sure to join for us coffee, conversations and fun.
- **65 Forward cookbook** – We want to know your favorite recipes! Bring in a copy for your Program Coordinator!
- **August challenge** – Pick up a form from fitness and complete the challenge. This is an exercise program that you complete at home and hand in at the end of the month to be entered into a drawing!