

Milton Clinic Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Gym closed</p>	<p>3</p> <p>Wooden luminaries 10 – 11:00 a.m.</p> <p>Board games 2 – 3:00 p.m.</p> <p>Gym closed 10-11AM & 2-3PM</p>	<p>4</p> <p>Gym closed</p>	<p>5</p> <p>Board games 10 – 11:00 a.m.</p> <p>Wooden luminaries 2 – 3:00 p.m.</p> <p>Gym closed 10-11AM & 2-3PM</p>	<p>6</p> <p>Gym closed</p>
<p>9</p> <p>Brain games 10 – 11:00 a.m.</p> <p>Clothespin wreath 2 – 3 p.m.</p> <p>Gym closed 10-11AM & 2-3PM</p>	<p>10</p> <p>Stretch & move 10 – 10:45 a.m.</p>	<p>11</p> <p>Walking group Meet at Milton State Park 9 – 10 a.m.</p> <p>Reverse canvas art 10– 11 a.m.</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p> <p>Reverse canvas art 2 – 3 p.m.</p>	<p>12</p> <p>Stretch & move 1 – 1:45 p.m.</p>	<p>13</p> <p>Walking club at sunbury marina 8:30 – 9:15 a.m.</p> <p>Clothespin wreath 10 – 11:00 a.m.</p> <p>Cardio party 1 – 1:45 p.m.</p> <p>Brain games 2 – 3 p.m.</p>
<p>16</p> <p>Gym closed</p>	<p>17</p> <p>Gym closed</p>	<p>18</p> <p>Walking group meet at Milton State Park 9 – 10 a.m.</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p>	<p>19</p> <p>Stretch & move 1 – 1:45 p.m.</p>	<p>20</p> <p>Walking club at Sunbury marina 8:30 – 9:15 a.m.</p> <p>Cardio party 1 – 1:45 p.m.</p>

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<p>23</p> <p>Cardio party 10 – 10:45 a.m.</p>	<p>24</p> <p>Stretch & move 10 – 10:45 a.m.</p>	<p>25</p> <p>Walking group Meet at Milton State Park 9 – 10 a.m.</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p>	<p>26</p> <p>Stretch & move 1 – 1:45 p.m.</p>	<p>27</p> <p>Walking club at Sunbury marina 8:30 – 9:15 a.m.</p> <p>Paint pour 10- 11am</p> <p>Cardio party 1 – 1:45 p.m.</p>
<p>30</p> <p>Gym closed</p>	<p>31</p> <p>Stretch & move 10 – 10:45 a.m.</p> <p>Paint pour 1- 2 pm</p>			

Class descriptions:

The gym will be closed during class times to those not participating in the group fitness class.

- **Cardio party** – 45-minute class that will focus on endurance and cardiovascular health with some seated and some standing exercise. This is a beginner to intermediate class; the exercises can include weights to make more challenging or be done seated for those that feel more comfortable there.
- **Move and stretch** – 45-minute exercise class that will include a warmup and cool down, as well stretching and some exercises that get you up and moving. This is a beginner class that will be adapted to meet your personal goals!
- **Walking club** – 1-hour outdoor walking class. Class will meet at the Milton State Park or the Sunbury Marina where we will join with the Shamokin Dam Clinic. Walking club will be dependent on weather and class length will be determined by those participating that day up to a full 60-minute walk.
- **Physio-ball Fitness**- This will be a strength building class centered around the use of the Physio-ball. We will also work on improving core stability and balance. Class will be 45 minutes long with a warmup and cool down every Wednesday!
- **Wooden Luminaries**- Create a modern luminaire made from wooden blocks to display in your home!
- **Clothespin Wreath**- Join us in making a beach themed wreath!
- **Paint pour**- Come out and learn a new painting technique!