

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m. National coloring day 11 a.m. Monday's at the market 12 p.m. (meet at clinic) Cardio express 2 – 2:30 p.m.</p>	<p>3 Fusion stretch 9 – 9:45 a.m. Walking club 10 – 10:45 a.m. Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>	<p>4 Fusion stretch 10 – 10:45 a.m. Summer Olympics 11 a.m. – 1 p.m. Circuit training 2 – 2:45 p.m.</p>	<p>5 Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair yoga 2 – 2:45 p.m.</p>	<p>6 Walking club 10 – 10:45 a.m. Ladder ball – Week 1 11 a.m. – 12:15 p.m. Flamingo craft 1 – 2 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>
<p>9 Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m. UNO 11 a.m. Monday's at the market 12 p.m. (meet at clinic) Cardio express 2 – 2:30 p.m.</p>	<p>10 Fusion stretch 9 – 9:45 a.m. Walking club 10 – 10:45 a.m. Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>	<p>11 Fusion stretch 10 – 10:45 a.m. Sunflower door pillows 11 a.m. – 12 p.m. Open game day 1 – 2 p.m. Circuit training 2 – 2:45 p.m.</p>	<p>12 Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair yoga 2 – 2:45 p.m.</p>	<p>13 Walking club 10 – 10:45 a.m. Ladder ball – Week 2 11 a.m. – 12:15 p.m. Faux stained-glass frames 1 – 2 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>
<p>16 Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m. Scrabble 11 a.m. Monday's at the market 12 p.m. (meet at clinic) Cardio express 2 – 2:30 p.m.</p>	<p>17 Fusion stretch 9 – 9:45 a.m. Walking club 10 – 10:45 a.m. Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>	<p>18 Fusion stretch 10 – 10:45 a.m. Circuit training 2 – 2:45 p.m.</p>	<p>19 Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair yoga 2 – 2:45 p.m.</p>	<p>20 Walking club 10 – 10:45 a.m. Luau 11 a.m. – 1 p.m. Check out flyer for more details!</p> <p>Gym closed 10 – 11 a.m.</p>

Group fitness classes have a limit of 10 participants. The gym is closed during all classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

Monday		Tuesday		Wednesday		Thursday		Friday	
23	<p>Checkers 11 a.m.</p> <p>Monday's at the market 12 p.m. (meet at clinic)</p> <p>Gym closed</p>	24	<p>Fusion stretch 9 – 9:45 a.m.</p> <p>Walking club 10 – 10:45 a.m.</p> <p>Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>	25	<p>Fusion stretch 10 – 10:45 a.m.</p> <p>Pistachio sunflower canvas 11 a.m. – 12 p.m.</p> <p>Circuit training 2 – 2:45 p.m.</p>	26	<p>Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Chair yoga 2 – 2:45 p.m.</p>	27	<p>Walking club 10 – 10:45 a.m.</p> <p>Ladder ball – Week 3 11 a.m. – 12:15 p.m.</p> <p>Make up craft day 1 – 2 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>
30	<p>Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>BINGO! 11 – 12:00 p.m.</p> <p>Monday's at the market 12 p.m. (meet at clinic)</p> <p>Cardio core express 2 – 2:30 p.m.</p>	31	<p>Fusion stretch 9 – 9:45 a.m.</p> <p>Walking club 10 – 10:45 a.m.</p> <p>Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>						

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3 West Olive Street, Scranton, PA

Fitness and activities information

What you need to know:

- **Registration is required.** Class size is limited for both group fitness and social activities to maintain social distancing; masking is also required. If you sign up and cannot attend class, please call the clinic.
- The gym is closed during group fitness classes. Please see Wellness Coordinator with any questions.
- Patients must complete a fitness assessment and exercise waiver in order to participate in exercise activities. To schedule a fitness assessment please see Wellness Coordinator.
- **Outdoor walking program is being held at Weston Field.** Weston field is located at 982 Providence Road, North Scranton. From W Olive Street, turn right onto Providence Road, pass the Glider Diner. Parking lot will be on your right.

Class descriptions:

- **Chair yoga** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginner to intermediate level.
- **Fusion stretch** – 45-minute exercise class that blends chair yoga, Pilates, and physio ball movements. This class is designed for beginner to intermediate level.
- **Circuit training** – 45-minute exercise class that involves all different types of exercises. Participants move around the room to each station. Come join us for this fun and upbeat class!
- **Balance and strength** – 45-minute exercise class that focuses on strength training and balance exercises. This class is designed for beginner to intermediate level.
- **Walking club** – Join us for our 45-minute walk at your own pace walking program. Enjoy the outdoors and a chance to work on your cardiovascular health. Walking done at Weston Field. See above.
- **Knitting club** – Interested in learning how to knit or to sharpen your skills? Come join us for our new knitting club!
- **Ladder Ball** – Join us in our 3-week Ladder Ball competition. Come join us for a game of precision and fun!
- **Farmers Market Walk** – Meet us at the clinic as we take a walk over to the farmers market to grab some fresh produce!