

Shamokin Dam clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Gym open 8 – 4</p> <p>Fitness Classes Cancelled</p>	<p>3</p> <p>Gym closed</p>	<p>4</p> <p>Gym open 8 – 4</p> <p>Board games 10:30 -11:30 a.m.</p> <p>Wooden luminaries 2- 3 p.m.</p> <p>Fitness Classes Cancelled</p>	<p>5</p> <p>Gym closed</p>	<p>6</p> <p>Walking club at marina 8:30 – 9:15 a.m.</p> <p>Wooden luminaries 10:30- 11:30 a.m.</p> <p>Board games 2- 3 p.m.</p> <p>Gym Closed 8:30 – 9:30 a.m.</p>
<p>9</p> <p>Gym closed</p>	<p>10</p> <p>Walking club at East Snyder Park 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Clothespin Wreath 10:30- 11:30 a.m.</p> <p>Brain Games 2- 3 p.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>	<p>11</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym closed 1 – 1:30 p.m.</p>	<p>12</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Brain games 10:30 - 11:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Clothespin wreath 2 - 3 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>13</p> <p>Walking club at marina 8:30 – 9:15 a.m.</p> <p>Gym closed 8:30 – 9:30 a.m.</p>
<p>16</p> <p>Gym closed</p>	<p>17</p> <p>Gym closed</p>	<p>18</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym closed 1 – 1:30 p.m.</p>	<p>19</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>20</p> <p>Walking club at marina 8:30 – 9:15 a.m.</p> <p>Gym Closed 8:30 – 9:30 a.m. 12 – 4 p.m.</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym Closed 1 – 1:30 p.m. 2 – 4 p.m.</p>	<p>24</p> <p>Walking club at East Snyder Park 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>	<p>25</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym closed 1 – 1:30 p.m.</p>	<p>26</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>27</p> <p>Walking club at Marina 8:30 – 9:15 a.m.</p> <p>Gym closed 8:30 – 9:30 a.m.</p>
<p>30</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym closed 1 – 1:30 p.m.</p>	<p>31</p> <p>Walking club at East Snyder Park 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>			

Event information

What you need to know:

- **Registration is required.** Class size is limited for both group fitness and social activities in order to maintain social distance; masking is also recommended. Please call 570-884-7970 or sign-up at the clinic to get on the