

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Chair stretching 1:30 – 2 p.m.</p> <p><b>Gym closed</b> 1:30 – 2 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><b>5</b> Seashell terracotta pots 11 a.m. – 12 p.m. “Down memory lane” 1 – 2 p.m.</p> <p><b>Gym closed</b></p>	<p><b>6</b></p> <p><b>Gym closed</b></p>
<p><b>9</b> Chair stretching 1:30 – 2 p.m.</p> <p><b>Gym closed</b> 1:30 – 2 p.m.</p>	<p><b>10</b> Outdoor walking club 9 – 9:45 a.m. Pasta shell wreaths 11 a.m. – 12 p.m. My Geisinger/MyChart virtual class 1:30 – 2:30 p.m.</p>	<p><b>11</b> Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>	<p><b>12</b> press circuit training 10 – 10:30 a.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	<p><b>13</b> Balance and strength 10 – 10:45 a.m. Celebrate National Bowling Day! 11:30 a.m. – 2:30 p.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>
<p><b>16</b> Chair stretching 1:30 – 2 p.m.</p> <p><b>Gym closed</b> 1:30 – 2 p.m.</p>	<p><b>17</b> Outdoor walking club 9 – 9:30 a.m. National Senior Citizen’s Day 10 a.m. - 12 p.m.</p>	<p><b>18</b> Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>	<p><b>19</b> press circuit training 10 – 10:30 a.m. Pasta shell wreaths 11 a.m. – 12 p.m. National potato day 1 – 2 p.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	<p><b>20</b> Balance and strength 10 – 10:45 a.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>

Group fitness classes have a limit of 8 participants. The gym is closed during all classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

41 S. Main Street, Wilkes Barre, PA

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>23</b></p> <p>Gym closed</p>	<p><b>24</b> Pinecone party 11 a.m. – 12 p.m. Veteran's coffee social 1 – 2 p.m.</p> <p>Gym closed</p>	<p><b>25</b></p> <p>Gym closed</p>	<p><b>26</b> "Navigating in virtual series" 11 a.m. – 12 p.m.</p> <p>Gym closed</p>	<p><b>27</b> Balance and strength 10 – 10:45 a.m.</p> <p>Gym closed 10 – 11 a.m.</p>
<p><b>30</b> Chair stretching 1:30 – 2 p.m.</p> <p>Gym closed 1:30 – 2 p.m.</p>	<p><b>31</b> Outdoor walking club 9 – 9:45 a.m. Paint stick craft 11 a.m. – 12 p.m. YAHTZEE! 1:30 – 2:30 p.m.</p>			

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# 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 distance; masking is also recommended. Please call 570-846-4777 or sign-up at the clinic to get on the class list.
- Patients **must complete** a fitness assessment and exercise waivers to participate in exercise activities. To schedule a fitness assessment please call 570-846-4777.
- Any questions about the activities please feel free to contact **Amanda** at **570-579-6121**.

## 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.
- **Circuit training** – 45-minute exercise class that includes light resistance training and cardio to improve strength, cardiovascular fitness, and agility. This class is designed for beginner to intermediate level.
- **Balance and strength** – 45-minute exercise class that focuses on strength and balance exercises. This class is designed for beginner to intermediate level.
- **Veterans 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.
- **“Navigating in a virtual world” series** – 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).
- **Community garden** – Grow flowers and friendships! Community gardening will be done on Wilkes-Barre Public Square with Amanda. Please meet at clinic.
- **Outdoor walking club** – Come take a stroll outside. Meet at 65 Forward!
- **August challenge** – Pick up a form from fitness and complete the challenge! This is an Exercise Program that you complete at home. When you complete it see Synthia to enter the **RAFFLE** to potentially win a **PRIZE!**