

Monday	Tuesday	Wednesday	Thursday	Friday
	1 "Navigating in a Virtual World" Series - Zoom/Skype - Bring your Device! 11 a.m.	2	3 Christmas Coffee Can Centerpieces 11:30 a.m. Telehealth Class 1 p.m.	4 Cardio Core 10 – 10:30 a.m.
7 Let's Have a Ball 10 – 10:45 a.m.	8 Circuit 1 – 1:45 p.m.	9 Chair Stretching 10 – 10:30 a.m. Gingerbread Candy Holder 11:30 a.m. Telehealth Class 2 p.m.	10 Find your Balance 1 – 1:45 p.m.	11 Cardio Core 10 – 10:30 a.m. Christmas Movie marathon Day 11a.m.
14 Let's Have a Ball 10 – 10:45 a.m.	15 Telehealth Class 10 a.m. Open Game Day 11 a.m. Circuit 1 – 1:45 p.m.	16 Chair Stretching 10 – 10:30 a.m.	17 Santa Sleigh Treats for Kids 11:30 a.m. Find your Balance 1 – 1:45 p.m. Santa Sleigh Treats for Kids 2 p.m.	18 Cardio Core 10 – 10:30 a.m.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21 Let's Have a Ball 10 – 10:45 a.m.</p> <p>Mingle & Jingle and Create a Christmas Ornament 11 a.m.</p> <p>Telehealth Class 3 p.m.</p>	<p>22</p> <p>Circuit 1 – 1:45 p.m.</p>	<p>23</p> <p>Chair Stretching 10 – 10:30 a.m.</p>	<p>24</p> <p>No Fitness or Activities Classes Open Gym</p>	<p>25</p> <p>Christmas Day Clinic Closed</p>
<p>28</p> <p>Let's Have a Ball 10 – 10:45 a.m.</p>	<p>29</p> <p>NYE Champagne Glasses 11 a.m.</p> <p>Circuit 1 – 1:45 p.m.</p> <p>Telehealth Class 2 p.m.</p>	<p>30</p> <p>Chair Stretching 10 – 10:30 a.m.</p>	<p>31</p> <p>Plinko! 11:30 a.m.</p> <p>Find your Balance 1 – 1:45 p.m.</p>	<p>1</p> <p>New Year's Day Clinic Closed</p>

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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 570-790-2260 or sign-up at the clinic to get on the class list.
- Patients must complete a fitness assessment and exercise waiver in order to participate in exercise activities. To schedule a fitness assessment please call the Wellness Coordinator at 570-790-2260, Ext 2270.

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** – 45-minute exercise class that incorporates stability ball and physio ball exercises to achieve a full body workout. This class is designed for beginner to intermediate level.
- **Cardio and Core** – 30-minute exercise class focusing on cardiovascular exercise, strengthening of the core and trunk exercises. 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.
- **Telehealth Class** – Learn how to connect virtually to meet with your clinical team!
- **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.
- **Navigating in a Virtual World Series** –Topic – Tech Series – Classes held once a month covering different technology topics. Bring your device, ask any questions you'd like! This month we are covering connecting virtually with our friends and family.
- **Open Game Day** – Class picks the game.
- **Santa Sleigh Treats** – Making candy sleighs to donate to children in our community!
- **Mingle and Jingle** – Holiday get together and ornament making, wear your best holiday attire or ugly Christmas sweater!
- **65 Forward Cookbook** – We want to know your favorite Holiday recipes! Bring in a copy for your Program Coordinator!