

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p>Join the 12 days of <b>Fit-mas Challenge!</b></p> <ul style="list-style-type: none"> <li>- Daily exercise challenges</li> <li>- Complete and turn in by Jan. 4<sup>th</sup> to enter raffle</li> <li>- Ask your wellness coordinator for info!</li> </ul>	<p><b>Core balance circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Clinic tours</b> <b>Community room closed 11 a.m. – 1 p.m.</b></p> <p><b>Holiday wine glass snow globe</b> 2 – 3 p.m.</p>	<p><b>Whacky Wednesday workouts</b> 9 – 9:30 a.m.</p> <p>10 – 10:30 a.m.</p> <p>3 – 3:30 p.m.</p>	<p><b>Core balance circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Christmas cards for vets</b> 10 – 10:30 a.m. &amp; 2 – 3 p.m.</p>	<p><b>Cardio strength circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Strength and stretch</b> 3 – 3:45 p.m.</p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>Cardio strength circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Strength and stretch</b> 3 – 3:45 p.m.</p>	<p><b>Core balance circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Clinic tours</b> <b>Community room closed 11 a.m. – 1 p.m.</b></p> <p><b>Book club</b> 2 – 3:30 p.m.</p>	<p><b>Whacky Wednesday workouts</b> 9 – 9:30 a.m.</p> <p>10 – 10:30 a.m.</p> <p>3 – 3:30 p.m.</p>	<p><b>Core balance circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Holiday bath bombs</b> 11 a.m. – 12 p.m. &amp; 1:30 – 2:30 p.m.</p>	<p><b>Cardio strength circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Strength and stretch</b> 3 – 3:45 p.m.</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>Cardio strength circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Strength and stretch</b> 3 – 3:45 p.m.</p>	<p><b>Core balance circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Clinic tours</b> <b>Community room closed 11 a.m. – 1 p.m.</b></p> <p><b>Virtual series</b> 2 – 3 p.m.</p>	<p><b>Whacky Wednesday workouts</b> 9 – 9:30 a.m.</p> <p>10 – 10:30 a.m.</p> <p>3 – 3:30 p.m.</p>	<p><b>Gym open – No fitness classes</b></p> <p><b>Sanitize &amp; safety during the holidays</b> 11 a.m. – 12 p.m.</p>	<p><b>Cardio strength circuit</b> 9 – 9:45 a.m.</p> <p><b>Chair yoga</b> 10 – 10:30 a.m.</p> <p><b>Strength and stretch</b> 3 – 3:45 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>21</b></p> <p>Cardio strength circuit 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p><b>22</b></p> <p>Core balance circuit 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Clinic tours Community room closed 11 a.m. – 1 p.m.</p> <p>Merry &amp; mingle ugly Christmas sweater contest 2 – 3 p.m.</p>	<p><b>23</b></p> <p>Whacky Wednesday workouts 9 – 9:30 a.m.</p> <p>10 – 10:30 a.m.</p> <p>3 – 3:30 p.m.</p>	<p><b>24</b></p> <p>Gym open – No fitness classes</p> <p>Open game play 11 a.m. – 12 p.m.</p>	<p><b>25</b></p> <p>Clinic Closed</p>
<p><b>28</b></p> <p>Cardio strength circuit 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p><b>29</b></p> <p>Core balance circuit 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Clinic tours Community room closed 11 a.m. – 1 p.m.</p> <p>New year's hat making &amp; resolutions 2 – 3 p.m.</p>	<p><b>30</b></p> <p>Whacky Wednesday workouts 9 – 9:30 a.m.</p> <p>10 – 10:30 a.m.</p> <p>3 – 3:30 p.m.</p>	<p><b>31</b></p> <p>Gym open – No fitness classes</p> <p>Open game play 11 a.m. – 12 p.m.</p>	<p>Clinic Closed</p>

Group fitness classes have a limit of 6 participants. Sign up at front desk or with the wellness coordinator. Calendar subject to change.

499 Wyoming Ave Kingston, PA

# 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. Call 570-714-3050 or sign up at the clinic to get on the class list.
- Patients must complete a fitness assessment and exercise waiver to participate in exercise activities. To schedule a fitness assessment, call 570-714-3050.
- **Chair yoga is limited to 2 classes per week per person due to high demand.**

## Class descriptions:

- **Chair Yoga** – 30-minute exercise class to improve strength, flexibility, and reduce overall stress.
- **Strength and Stretch** – 45-minute exercise class that focuses on strength training and stretching. This class is designed for beginner to intermediate level.
- **Core Balance Circuit** – 45-minute circuit style class that focuses on abdominal and low back strength training and exercise drills to improve overall balance. This class is designed for beginner to intermediate level.
- **Navigating in a Virtual World series** – Topics vary monthly!! Receive a prize for every 3 classes you attend – punch cards will be distributed.
- **Cardio Strength Circuit** – 45-mins of cardio and strength exercise set up in stations format. This class is designed for beginner to intermediate level.
- **Whacky Wednesday workouts** – Celebrate hump day with 30-mins of fitness fun! What could it be? The class picks a workout out of a hat. Maybe it's cardio exercise, chair yoga, ball exercise, fitness games or a combo of all 3! It's different every time. This class is designed for beginner to intermediate level.