

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Fusion Yoga 10 – 10:45 a.m. Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	<p>2 Fusion Yoga 10 – 10:45 a.m. Holiday Wine Glass Snow Globes 11 a.m. Express Cardio Core 2 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	<p>3 Balance and Strength 9 – 9:45 a.m. & 10 a.m. – 10:45 a.m. Chair Yoga 1 – 1:45 p.m. Gym Closed 9 – 11 a.m. & 1 – 2 p.m.</p>	<p>4 Christmas Ornaments for new Moms & Babies 11 a.m. Circuit Training 2 – 3 p.m. Gym Closed 2 – 3 p.m.</p>
<p>7 Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m. Holiday Bath Bombs 11 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	<p>8 Fusion Yoga 10 – 10:45 a.m. Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	<p>9 Fusion Yoga 10 – 10:45 a.m. Express Cardio Core 2 – 2:30 p.m. Open Game Day 11 a.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	<p>10 Balance and Strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair Yoga 1 – 1:45 p.m.</p> <p>Gym Closed 9 – 11 a.m. & 1 – 2 p.m.</p>	<p>11 Book Club “Movie” in the gym 11 a.m. – 12:30 p.m. Circuit Training 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>
<p>14 Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m. Virtual Series - TBD 11 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	<p>15 Fusion Yoga 10 – 10:45 a.m. Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	<p>16 Fusion Yoga 10 – 10:45 a.m. New Patient Orientation 11 & 11:30 a.m. Express Cardio Core 2 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	<p>17 Balance and Strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair Yoga 1 – 1:45 p.m.</p> <p>Gym Closed 9 – 11 a.m. & 1 – 2 p.m.</p>	<p>18 Circuit Training 2 – 3 p.m. Sanitize & Safety during the Holiday Season 11 a.m.</p> <p>Gym Closed 2 – 3 p.m.</p>

Group Fitness Classes have a limit of 10 participants. The gym is closed during Chair Yoga and Balance and Strength classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21 Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Reindeer Games 11 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	<p>22 Fusion Yoga 10 – 10:45 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	<p>23</p> <p>Mingle and Jingle Ugly Christmas Sweater Contest & Ornament Making 11 a.m.</p> <p>No Fitness Classes</p>	<p>24</p> <p>No Fitness Classes</p>	<p>25</p> <p>Christmas Day Clinic Closed</p>
<p>28 Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Nutrition Seminar 1 – 2 p.m.</p> <p>Year End in Review 11 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	<p>29 Fusion Yoga 10 – 10:45 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	<p>30 Fusion Yoga 10 – 10:45 a.m.</p> <p>New Patient Orientation 11 & 11:30 a.m.</p> <p>New Year's Resolutions & Gathering 11 a.m.</p> <p>Gym Closed 11 a.m. -1 p.m.</p>	<p>31 Balance and Strength 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	<p>1</p> <p>New Year's Day Clinic Closed</p>

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3 West Olive Street, Scranton, 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. Please call 570-207-5970 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 570-207-5970.

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 Yoga** – 45-minute exercise class that blends chair yoga and physio ball movements. This class is designed for beginner to intermediate level.
- **Cardio, Balance and Core** – 30-minute exercise class focusing on cardiovascular exercise, strengthening of the core and balance exercises. This class is designed for beginner to intermediate level.
- **Balance and Strength** – 45-minute exercise class that focuses on strength training and balance exercises. This class is designed for beginner to intermediate level.
- **Small Group Training** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. This class is designed for beginner to intermediate level.
- **Express Cardio and Core** - 30-minute exercise class focusing on cardiovascular movements (standing and sitting) and strengthening of the core.
- **Navigating in a Virtual World Series** – Topic – Cyber Security! Receive a prize for every 3 classes you attend – punch cards will be distributed.
- **Healthy Convo Series** – One-hour class focused on good nutrition, healthy eating, exercise and other tips to improve your lifestyle.