

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Express Cardio & Core 9 – 9:30 a.m. Circuit Training 1 – 1:45 p.m.	2 Chair Stretching 9 – 9:45 a.m. “Navigating in a Virtual World” Series 11 a.m. – 12 p.m. 2 – 3 p.m.	3 Circuit Training 1 – 1:45 p.m.	4 Chair Stretching 9 – 9:45 a.m. Christmas Coffee Can Centerpiece 11 a.m. – 12 p.m.
7 Chair Stretching 1 – 1:45 p.m.	8 Express Cardio & Core 9 – 9:30 a.m. Gingerbread Candy Holder 11 a.m. – 12 p.m. 2- 3 p.m. Circuit Training 1 – 1:45 p.m.	9 Chair Stretching 9 – 9:45 a.m.	10 Circuit Training 1 – 1:45 p.m. Christmas Movie Marathon Day 8 a.m. – 4:30 p.m.	11 Chair Stretching 9 – 9:45 a.m.
14 Open Game Day 11 a.m. – 1 p.m. Chair Stretching 1 – 1:45 p.m.	15 Express Cardio & Core 9 – 9:30 a.m. Circuit Training 1 – 1:45 p.m.	16 Chair Stretching 9 – 9:45 a.m. Santa Sleigh Treats 11 a.m. – 12 p.m. Santa Sleigh Treats for Kids 2 – 2:30 p.m.	17 Circuit Training 1 – 1:45 p.m.	18 Chair Stretching 9 – 9:45 a.m.

Group Fitness Classes have a limit of 8 participants. The gym is **closed** during ANY group fitness 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
21 Chair Stretching 1 - 1:45 p.m.	22 Express Cardio & Core 9 - 9:30 a.m. Mingle and Jingle 11 a.m. - 3 p.m. Circuit Training 1 - 1:45 p.m.	23 Chair Stretching 9 - 9:45 a.m.	24 No Fitness Classes	25 Christmas Day Clinic Closed
28 NYE Champagne Glasses 11 a.m. - 12:30 p.m. Chair Stretching 1 - 1:45 p.m.	29 Express Cardio & Core 9 - 9:30 a.m. Circuit Training 1 - 1:45 p.m.	30 Chair Stretching 9 - 9:45 a.m. PLINKO! 11 a.m. - 12 p.m.	31 Circuit Training 1 - 1:45 p.m.	1 New Year's Day Clinic Closed

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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 570-846-4777 or sign-up at the clinic to get on the class list.
- **Patients must complete a fitness assessment and exercise waivers** in order 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** - 45-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginner to intermediate level.
- **Express Cardio & Core** - 30- minute exercise class focusing on cardiovascular movements (standing and sitting) and strengthening of the core.
- **"Navigating in a Virtual World" 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.
- **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.
- **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!