

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Circuit training 9-9:45 a.m.</p> <p>Drum aerobics 12-12:30 p.m.</p> <p>Chair Yoga 3-3:45pm</p> <p>Limit 6 participants</p>	<p>2</p> <p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p> <p>Create a 4th of July clothespin wreath 11:00-12:30 p.m. & 2:00-3:30 p.m.</p> <p>Limit 6 participants</p>	<p>3</p> <p>Clinic closed</p>
<p>6</p> <p>Circuit training 9-9:45 a.m.</p> <p>Chair yoga 10-10:45 a.m. & 11-12:15 p.m.</p> <p>Strength & stretch 3-3:45 p.m.</p> <p>Limit 6 participants</p>	<p>7</p> <p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p> <p>Scrabble day, come play 11:00-1 p.m.</p> <p>Limit 6 participants</p>	<p>8</p> <p>Circuit training 9-9:45 a.m.</p> <p>Drum aerobics 12-12:30 p.m.</p> <p>Chair Yoga 3-3:45pm</p> <p>Limit 6 participants</p>	<p>9</p> <p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p> <p>Drip paint flowerpot craft 10:30 -12:30 p.m.</p> <p>Limit 6 participants</p>	<p>10</p> <p>Circuit training 9-9:45 a.m.</p> <p>Strength & stretch 3-3:45 p.m.</p> <p>Limit 6 participants</p>
<p>13</p> <p>Circuit training 9-9:45 a.m.</p> <p>Chair yoga 10-10:45 a.m. & 11-12:15 p.m.</p> <p>Strength & stretch 3-3:45 p.m.</p> <p>Limit 6 participants</p>	<p>14</p> <p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p> <p>Learn about emojis! 11-12 p.m.</p> <p>Limit 6 participants</p>	<p>15</p> <p>Circuit training 9-9:45 a.m.</p> <p>Drum aerobics 12-12:30 p.m.</p> <p>Chair Yoga 3-3:45pm</p> <p>Limit 6 participants</p>	<p>16</p> <p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p>	<p>17</p> <p>Circuit training 9-9:45 a.m.</p> <p>Strength & stretch 3-3:45 p.m.</p> <p>Limit 6 participants</p>

Registration is required to use the community room for the month of July due to Covid19 restrictions. Thank you.

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20	<p>Circuit training 9-9:45 a.m.</p> <p>Chair yoga 10-10:45 a.m. & 11-12:15 p.m.</p> <p>Healthy eating class 1:00 - 2:00 p.m.</p> <p>Strength & stretch 3:00 - 3:45 p.m.</p> <p>Limit 6 participants</p>	21	<p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p> <p>Sun-catcher craft 10:30 -12 p.m. & 2-3 p.m.</p> <p>Limit 6 participants</p>	22	<p>Circuit training 9-9:45 a.m.</p> <p>Drum aerobics 12-12:30 p.m.</p> <p>Chair Yoga 3-3:45pm</p> <p>Limit 6 participants</p>	23	<p>Walking group Kirby park track 9:30 -10 a.m.</p> <p>Limit 25 participants</p> <p>Meet at Farmer's Market Wilkes-Barre on square 10:30-1 p.m.</p>	24	<p>Circuit training 9-9:45 a.m.</p> <p>Strength & stretch 3:00 - 3:45 p.m.</p> <p>Limit 6 participants</p>
27	<p>No exercise classes</p> <p>Individual exercise only call to reserve a time 8:00-4:30 p.m.</p>	28	<p>No exercise classes</p> <p>Celebrate Christmas in July and make sea glass trees 10:00-2 p.m.</p> <p>Individual exercise only call to reserve a time 8:00-10 a.m.</p>	29	<p>No exercise classes</p> <p>Individual exercise only call to reserve a time 8:00-4:30 p.m.</p>	30	<p>No exercise classes</p> <p>Meet at Farmer's Market Wilkes-Barre on square 10-12 p.m.</p> <p>Individual exercise only call to reserve a time 8:00-4:30 p.m.</p>	31	<p>No exercise classes</p> <p>Individual exercise only call to reserve a time 8:00-4:30 p.m.</p>

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Event Information

What you need to know:

- **Registration is required.** Class size is limited in order to maintain social distance. Please 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 in order to participate in exercise activities. To schedule a fitness assessment please call 570-714-3050.
- Loyalty cards will be given to all participants who exercise in the month of July. Get a stamp for every 30 min of exercise. Once 10 sessions are completed, return your card for a chance to win a limited edition 65-Forward umbrella!

Exercise class descriptions:

- **Circuit training** – 45-minute exercise class that includes cardio and strength exercise stations to improve strength, cardiovascular fitness and agility. Beginner to intermediate level.
- **Strength and stretch** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level.
- **Drum aerobics** – 30-minute cardio class that includes drumsticks and fun music! Beginner to intermediate level.
- **Chair yoga** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress, all while sitting on a chair! This class is designed for beginners.