

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Please read Event Information below regarding class sizes. </div> | | 1 Chair Yoga 10 – 10:45 a.m. Create your own 4 th of July Clothespin Wreath 11 a.m. & 1 p.m. Gym closed 10-11 a.m. | 2 Small Group Strength Training 10 – 11 a.m. Chair Yoga 1 – 1:45 p.m. Gym closed 10-11 a.m. and 1 – 2 p.m. | 3 Clinic Closed |
| 6 Chair Yoga 10 – 10:45 a.m. Scrabble Day 11 a.m. - 3 p.m. Gym closed 10-11 a.m. | 7 Outdoor Walking Program* 10 – 10:45 a.m. Chronic Disease Self-Management – Skype (Session 5) 1 – 3:30 p.m. | 8 Chair Yoga 10 – 10:45 a.m. Drip Paint Terracotta Pots 1 p.m. Gym closed 10-11 a.m. | 9 Small Group Strength Training 10 – 11 a.m. Chair Yoga 1 – 1:45 p.m. Gym closed 10-11 a.m. and 1 – 2 p.m. | 10 Outdoor Walking Program* 10 – 10:45 a.m. Circuit Training 2 - 3 p.m. Gym closed 2 – 3 p.m. |
| 13 Chair Yoga 10 – 10:45 a.m. Meet @ NayAug Park for Coffee & Crafts 1 p.m. Gym closed 10-11 a.m. | 14 Outdoor Walking Program* 10 – 10:45 a.m. Chronic Disease Self-Management – Skype (Session 6) 1 – 3:30 p.m. | 15 Chair Yoga 10 – 10:45 a.m. Celebrate World Emoji Day & come learn the lingo! 11 a.m. - 3 p.m. Gym closed 10-11 a.m. | 16 Small Group Strength Training 10 – 11 a.m. Chair Yoga 1 – 1:45 p.m. Gym closed 10-11 a.m. and 1 – 2 p.m. | 17 No Fitness Classes |

Group Fitness Classes and Social Activities require sign ups. Fitness classes have a limit of 8 participants. The gym is closed during Chair Yoga, Circuit Training and Small Group Strength Training. Sign up at front desk or with the Wellness Coordinator.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p>20</p> <p>No Fitness Classes</p> <p>Create your own suncatcher 11 a.m. & 1 p.m.</p> | <p>21</p> <p>No Fitness Classes</p> <p>Heart Health Seminar 1 - 2 p.m.</p> | <p>22</p> <p>No Fitness Classes</p> <p>Open Game Day 11:30 a.m. - 2:30 p.m.</p> | <p>23</p> <p>No Fitness Classes</p> | <p>24</p> <p>No Fitness Classes</p> <p>Open Game Day 11:30 a.m. - 12:30 p.m.</p> |
| <p>27</p> <p>Chair Yoga 10 - 10:45 a.m.</p> <p>Christmas in July - Create your own Sea Glass Tree 11 a.m. & 1 p.m.</p> <p>Gym closed 10-11 a.m.</p> | <p>28</p> <p>Outdoor Walking Program 10 - 10:45 a.m.</p> <p>Circuit Training 2 - 3 p.m.</p> <p>Healthy Eating Seminar 1 - 2 p.m.</p> <p>Gym closed 10-11 a.m. & 2 - 3 p.m.</p> | <p>29</p> <p>Chair Yoga 10 - 10:45 a.m.</p> <p>July Crafts Make Up Day 11:30 a.m. - 3:30 p.m.</p> <p>Gym closed 10-11 a.m.</p> | <p>30</p> <p>Small Group Strength Training 10 - 11 a.m.</p> <p>Chair Yoga 1 - 1:45 p.m.</p> <p>Gym closed 10-11 a.m. and 1 - 2 p.m.</p> | <p>31</p> <p>Outdoor Walking Program* 10 - 10:45 a.m.</p> <p>Circuit Training 2 - 3 p.m.</p> <p>Gym closed 2 - 3 p.m.</p> |

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Event Information

What you need to know:

- All areas of the fitness center and social activities room will be disinfected before and after each use to maintain sanitation guidelines. Staff will be taking and tracking temperatures before classes and masking will be required upon entry into 65Forward; once class has started masks can be removed but will need to be put on if using other areas of clinic; i.e. restroom.
- Class size is limited in order to maintain social distance, registration is required for group fitness and social activities classes. Please call us at 570-207-5970 or sign-up at the clinic to get on the class list.
- Patients must complete an outdoor exercise waiver in order to participate in the Outdoor Walking Program, masking is also recommended. Outdoor walking class will be held outdoors at the ½ Marathon Pavilion (on West Olive Street – across from the Fresh Food Farmacy).
- Loyalty cards will be given to all participants. 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!

Class Descriptions:

- **Chair Yoga**– 45-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginners.
- **Healthy Convo Series** – Half-hour class focused on good nutrition, healthy eating, exercise and other tips to improve your lifestyle.
- **Chronic Disease Self-Management** - Join us for our 6 – week self-management program, Chronic Disease Self-Management, as we tackle different ways to manage and improve your health. Registration is required.
- **Outdoor Walking Program** - 45-minute walking program where we will begin with a warmup, 30-minute walk at your own pace and a cool down.
- **Small Group Training** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level. Limit 8 participants per class.
- **Coffee and Crafts in the Park** – Participants will meet at Nay Aug Park located in Scranton at 1901 Mulberry Street. If you have any questions prior, please call the clinic.