

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<p>Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Jenga 11 a.m. – 12 p.m.</p> <p>Start of Turkey Trot challenge! (See handout)</p> <p>Gym Closed 9 – 11 a.m.</p>	3	<p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	4	<p>Fusion Yoga 10 – 10:45 a.m.</p> <p>Salute our Veterans Craft Day 11 a.m. – 12:30 p.m.</p> <p>Express Cardio Core 2 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	5	<p>Balance and Strength 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Chair Yoga 1 – 1:45 p.m.</p> <p>Gym Closed 9 – 11 a.m. and 1 – 2 p.m.</p>	6	<p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Circuit Training 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>
9	<p>Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Navigating in a Virtual World Series – Cyber Security TIME TBD</p> <p>Gym Closed 9 – 11 a.m.</p>	10	<p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	11	<p>Fusion Yoga 10 – 10:45 a.m.</p> <p>Chalkboard Wooden Pumpkins 11:30 a.m.</p> <p>Express Cardio Core 2 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	12	<p>Balance and Strength 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Chair Yoga 1 – 1:45 p.m.</p> <p>Gym Closed 9 – 11 a.m. and 1 – 2 p.m.</p>	13	<p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Book Club Meeting 1 p.m.</p> <p>Circuit Training 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>
16	<p>Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Nutrition Seminar 1 – 2 p.m.</p> <p>Finish Wooden Chalkboard Pumpkins 1 p.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	17	<p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	18	<p>Fusion Yoga 10 – 10:45 a.m.</p> <p>New Patient Orientation 11 a.m. & 11:30 a.m.</p> <p>Open Game Day 11 a.m.</p> <p>Express Cardio Core 2 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	19	<p>Balance and Strength 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Chair Yoga 1 – 1:45 p.m.</p> <p>Gym Closed 9 – 11 a.m. and 1 – 2 p.m.</p>	20	<p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Circuit Training 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>

Group Fitness Classes have a limit of 8 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>23</p> <p>Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Nutrition Seminar 1 – 2 p.m.</p> <p>Light Bulb Turkeys 11 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>	<p>24</p> <p>Outdoor Walking Program* 9:30 – 10:15 a.m.</p> <p>Balance and Strength 2 – 3 p.m.</p> <p>Gym Closed 2 – 3 p.m.</p>	<p>25</p> <p>Fusion Yoga 10 – 10:45 a.m.</p> <p>Thankful Trees 11 a.m.</p> <p>Express Cardio Core 2 – 2:30 p.m.</p> <p>Gym Closed 10 – 11 a.m. & 2 – 3 p.m.</p>	<p>26</p> <p>Thanksgiving Day Clinic Closed</p>	<p>27</p> <p>No Fitness Classes</p>
<p>30</p> <p>Chair Yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Nutrition Seminar 1 – 2 p.m.</p> <p>Open Game Day 11 a.m.</p> <p>Gym Closed 9 – 11 a.m.</p>				

Group Fitness Classes have a limit of 8 participants. The gym is closed during group fitness classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

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.
- **Outdoor Walking Program is being held at Weston Field.** Weston field is located at 982 Providence Road, North Scranton. From W Olive Street, turn right onto Providence Road, pass the Glider Diner. Parking lot will be on your right. **Walking program will be subject to change due to weather.**
- 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.