

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Chair Stretching 1 - 1:45 p.m.</p>	<p><b>3</b> Circuit Training 1 - 1:45 p.m.</p>	<p><b>4</b> Chair Stretching 9 - 9:45 a.m.</p>	<p><b>5</b> Circuit Training 1 - 1:45 p.m.</p>	<p><b>6</b> Chair Stretching 9 - 9:45 a.m. Meet &amp; Greet Class 10 - 11 a.m.</p>
<p><b>9</b> Chair Stretching 1 - 1:45 p.m.</p>	<p><b>10</b> Circuit Training 1 - 1:45 p.m.</p>	<p><b>11</b> Chair Stretching 9 - 9:45 a.m.</p>	<p><b>12</b> Circuit Training 1 - 1:45 p.m.</p>	<p><b>13</b> Chair Stretching 9 - 9:45 a.m.</p>
<p><b>16</b> Chair Stretching 1 - 1:45 p.m.</p>	<p><b>17</b> Circuit Training 1 - 1:45 p.m.</p>	<p><b>18</b> Chair Stretching 9 - 9:45 a.m.</p>	<p><b>19</b> Turkey Light Bulb 11 a.m. - 12 p.m. Circuit Training 1 - 1:45 p.m.</p>	<p><b>20</b> Chair Stretching 9 - 9:45 a.m.</p>

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
<b>23</b> Chair Stretching 1 - 1:45 p.m.	<b>24</b> Circuit Training 1 - 1:45 p.m.	<b>25</b> Chair Stretching 9 - 9:45 a.m.	<b>26</b>  Thanksgiving Day- Clinic Closed	<b>27</b>  No Fitness Classes (GYM IS OPEN)
<b>30</b> Chair Stretching 1 - 1:45 p.m.				

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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.

## 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.
- **Meet & Greet Class**- Come meet Amanda and get to know some new friends. Learn about our social activities and the fun that we have!
- **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.
- **Turkey Light Bulb Activity**- Come join us and make a decorative turkey out of a light bulb! Supplies are always provided!