

Hazleton clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p>Chair stretching 1 - 1:30 p.m.</p>
<p><b>4</b></p> <p>Let's have a ball 10:30 - 11 a.m.</p> <p>Navigating in a virtual world 10 - 11 a.m.</p> <p>Craft makeup day 11 a.m. - 12 p.m. 2 - 3 p.m.</p>	<p><b>5</b></p> <p>Find your balance 10 - 10:45 a.m.</p> <p>Cardio strength circuit 1 - 1:45 p.m.</p>	<p><b>6</b></p> <p><b>Gym Closed 9 a.m. - 1 p.m.</b></p> <p>Chair stretching 1:30 - 2 p.m.</p>	<p><b>7</b></p> <p>Find your balance 1 - 1:45 p.m.</p>	<p><b>8</b></p> <p>The walkie talkies 9 - 10 a.m.</p> <p>Bowling with Janell &amp; Amanda 11 a.m. - 12 p.m.</p> <p>Chair stretching 1 - 1:30 p.m.</p>
<p><b>11</b></p> <p>The walkie talkies 9 - 10 a.m.</p> <p>Let's have a ball 10:30 - 11 a.m.</p> <p>Open game day 11 a.m. - 12 p.m.</p> <p>Find your balance 1 - 1:45 p.m.</p>	<p><b>12</b></p> <p>Bean bag toss pumpkins - Exercise &amp; Nutrition 11 a.m. - 12 p.m.</p> <p>Cardio strength circuit 1 - 1:45 p.m.</p>	<p><b>13</b></p> <p>Chair stretching 10:30 - 11 a.m.</p> <p>Halloween shadow box 11 a.m. - 12 p.m. 2 - 3 p.m.</p>	<p><b>14</b></p> <p>Find your balance 1 - 1:45 p.m.</p>	<p><b>15</b></p> <p>Guest speaker 11 a.m. - 12 p.m.</p> <p>Chair stretching 1 - 1:30 p.m.</p> <p>Veteran's Day craft for our vets 2 - 3 p.m.</p>

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<p><b>18</b></p> <p>Let's have a ball 10:30 – 11 a.m.</p> <p>Trick or treat doormat 11 a.m. – 12 p.m. 2 – 3 p.m.</p>	<p><b>19</b></p> <p>Find your balance 10 – 10:45 a.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p><b>20</b></p> <p>Chair stretching 10:30 – 11 a.m.</p> <p>The walkie talkies 1 – 2 p.m.</p>	<p><b>21</b></p> <p>Find your balance 1 – 1:45 p.m.</p>	<p><b>22</b></p> <p>Chair stretching 1 – 1:30 p.m.</p>
<p><b>25</b></p> <p>Let's have a ball 10:30 – 11 a.m.</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p><b>26</b></p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p><b>27</b></p> <p>Chair stretching 10:30 – 11 a.m.</p>	<p><b>28</b></p> <p>Find your balance 1 – 1:45 p.m.</p>	<p><b>29</b></p> <p>Chair stretching 10 – 10:30 a.m.</p> <p>Halloween monster mash! 11 a.m. – 2 p.m.</p> <p>The walkie talkies - corn maze 3 – 4 p.m.</p>

20 Diana Lane  
West Hazleton, PA  
570-790-2260

## What you need to know:

- **Group Fitness Classes and Activity Classes have a limit of 8 participants. The gym is closed during group fitness classes.**

**Registration is required.** Class size is limited for both group fitness and social activities in order to maintain social distance; masking is also required. Patients must complete a fitness test and waiver to participate in exercise. To schedule a fitness test or sign-up for classes, call 570-790-2260.

## Class descriptions:

- **Chair stretching** – 30-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginner to intermediate level.
- **Let's have a ball** – 30-minute exercise class that incorporates physio ball exercises to achieve a full body workout. This class is designed for beginner to intermediate level.
- **Find your balance** – 45-minute exercise class that focuses on strength training and balance exercises. This class is designed for beginner to intermediate level.
- **Cardio strength circuit training** – 45-minute exercise class that includes light resistance training, cardiovascular training and stretching to improve strength and flexibility. This class is designed for beginner to intermediate level.
- **The walkie talkies** – A walking group that includes walking outdoors at Butler Community Park while socializing with your comrade! Class will be weather permitting.
- **Bean bag toss - pumpkins** – Exercise & Nutrition – Meet with your wellness coordinator and Dietician to learn about pumpkins and play a game of bean bag toss.
- **Navigating in a virtual world series** – Topic – You ask the questions – A technology series where you ask the questions and we answer them. Make sure to bring any device you frequently use or require assistance with. (ipad, Kindle, Smartphone, Chromebook/Laptop)
- **Craft makeup day** – **Must specify at time of sign-up** which craft you wish to makeup. Program Coordinator will check supply and confirm craft is available.
- **Halloween monster mash!** – Come get spooky with us and celebrate Halloween! Feel free to dress in costume – best costume wins a prize!
- **65 Forward cookbook** – We want to know your favorite recipes! Bring in a copy for your Program Coordinator!
- **October challenge** – Pick up a form from fitness and complete the challenge. This is an exercise program that you complete at home and hand in at the end of the month to be entered into a drawing!