

Kingston clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch and guided meditation 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p>
<p><b>4</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch fusion* 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p><b>5</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Halloween wine glasses 11 a.m. – 12 p.m.</p> <p>How to spot <i>Fad Diets</i> 2 – 3 p.m.</p>	<p><b>6</b></p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p>	<p><b>7</b></p> <p>Fall festival Meet at Church St. park 10 a.m. – 12 p.m.</p> <p><b>No exercise after 12pm</b></p>	<p><b>8</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch and guided meditation 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch fusion* 11:30 a.m. – 12 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>11</b></p> <p><b>No exercise</b></p>	<p><b>12</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p>	<p><b>13</b></p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p>	<p><b>14</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Plastic canvas flags for our vets 11 a.m. – 12 p.m.</p> <p>Halloween wine glasses 1 – 2 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p><b>15</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair yoga 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch fusion* 11:30 a.m. – 12 p.m.</p>
<p><b>18</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch and guided meditation 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p><b>19</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Spooky cheesecloth ghosts 11 a.m. – 12 p.m. &amp; 1:30 – 2:30 p.m.</p>	<p><b>20</b></p> <p>NEW! Wedding dance workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p> <p><b>No exercise after 3pm</b></p>	<p><b>21</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Plastic canvas flags for our vets 11 a.m. – 12 p.m.</p> <p>Safe surfing &amp; frightful cooking utensils 1:30 – 2:30 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p><b>22</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch and guided meditation 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p> <p><b>No exercise after 2pm</b></p>
<p><b>25</b></p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch fusion* 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p><b>26</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Halloween witch legs cauldron 11 a.m. – 12 p.m. &amp; 1:30 – 2:30 p.m.</p>	<p><b>27</b></p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch and guided meditation 11:30 a.m. – 12 p.m.</p>	<p><b>28</b></p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Craft make-up day 11 a.m. – 12 p.m.</p> <p>Halloween trunk or treat tailgating 1 p.m. – 2:30 p.m.</p> <p>NEW! Tabata Thursday 3 – 3:45 p.m.</p>	<p><b>29</b></p> <p>Wear your favorite Halloween t-shirt!</p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair stretch and guided meditation 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair stretch fusion* 11:30 a.m. – 12 p.m.</p>

# Event information

## What you need to know:

- Patients must complete a fitness assessment and exercise waiver to participate in exercise activities. To schedule a fitness assessment, call 570-714-3050.
- Wellness coordinator must be on-site for patients to use the exercise equipment.
- **Registration is required.** Class size is limited for both group fitness and social activities in order to maintain social distance; masking is also required. Call 570-714-3050 or sign up at the clinic to get on the class list.
- Walking group subject to change due to weather.

## Class descriptions:

- **Chair stretch fusion** – 30-minute exercise class to improve strength, flexibility, and overall balance using a ball. This class is designed for beginner to intermediate level. Limit 2 yoga classes per patient per week due to high demand.
- **Whacky Wednesday workout** – 30-minute exercise class that changes every time! Pick a workout out of a hat and see what you get. It could be strength, cardio or a fitness game! This class is designed for beginner to intermediate level.
- **Strength training** – 45-minute exercise class that focuses mostly on strength training and some cardio exercise. This class is designed for intermediate level.
- **Chair stretch and guided meditation** – 30-minute exercise class that focuses on gentle stretching for all muscles and joints. At the end, enjoy a 5-10 minute guided meditation to lower stress and promote mind-body awareness. This class is designed for beginner to intermediate level. Limit 2 classes per patient per week due to high demand.
- **Cardio and strength circuit** – 30-minute exercise class focusing on cardiovascular movements (standing and sitting) and core strengthening. This class is designed for beginner to intermediate level.
- **Walking group** – 30-45-minute walk on a paved path in the local park. Enjoy the fresh air and scenery! All ability levels welcome.
- **Wedding dance workout** – Look for this pop-up workout! Put on your dancing shoes and join us for a cardio workout to popular wedding dances like the YMCA, Electric Slide, The Macarena and more!
- **Tabata Thursday** – Look for this pop-up workout! Tabata is an interval-style strength training class that includes 20 seconds of 'work' and 10 seconds of 'recovery'. Weights, exercise bands, and body weight exercises are included.