

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Express circuit training 10 – 10:30 a.m.	2 Balance and strength 10 – 10:45 a.m. Celebrate VFW day – coffee social 10 – 11 a.m. National hot cider day- fall cider social 1 – 2 p.m.
4 Chair stretching 1:30 – 2 p.m.	5 Outdoor walking club 9 – 9:30 a.m. Bowling Day!!! 11 a.m. – 12 p.m.	6 Gym closed 9 a.m.- 12:30 p.m.	7 Express circuit training 10 – 10:30 a.m. Navigating in a Virtual World 1 – 2 p.m.	8 Balance and strength 10 – 10:45 a.m.
11 Chair stretching 1:30 – 2 p.m.	12 Outdoor walking club 9 – 9:30 a.m. Halloween shadow boxes 11 a.m. – 12 p.m.	13 Circuit training 10 – 10:45 a.m.	14 Express circuit training 10 – 10:30 a.m. Guest speaker 11 a.m. – 12 p.m. Veteran’s day craft 1 – 2 p.m.	15 Gym closed No Fitness Classes

Group fitness classes have a limit of 8 participants. The gym is closed during all 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
18 Chair stretching 1:30 – 2 p.m.	19 Outdoor walking club 9 – 9:30 a.m. Trick or treat doormat 11 a.m. – 12 p.m.	20 Circuit training 10 – 10:45 a.m.	21 Express circuit training 10 – 10:30 a.m.	22 Balance and strength 10 – 10:45 a.m.
25 Chair stretching 1:30 – 2 p.m.	26 Outdoor walking club 9 – 9:30 a.m.	27 Circuit training 10 – 10:45 a.m.	28 Express circuit training 10 – 10:30 a.m. Halloween monster mash 11 a.m. – 1 p.m.	29 Balance and strength 10 – 10:45 a.m.

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

41 S. Main Street, Wilkes Barre, PA

Fitness and activities information

What you need to know:

- **Registration is required.** Class size is limited for both group fitness and social activities 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 to participate in exercise activities. To schedule a **fitness assessment with Synthia** please call 570-846-4777.
- Any questions about the activities please feel free to contact **Amanda** at **570-579-6121**.

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.
- **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.
- **Balance and strength** – 45-minute exercise class that focuses on strength and balance exercises. This class is designed for beginner to intermediate level.
- **Express circuit training** – 30-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.
- **“Navigating in a virtual world” series** – 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).
- **Outdoor walking club** – Come take a stroll outside. Meet at 65 Forward!
- **October challenge** – Pick up a form from fitness and complete the challenge! This is an Exercise Program that you complete at home. When you complete it see Synthia to enter the **RAFFLE** to potentially win a **PRIZE!**
- **Craft Makeup Day** – **MUST SPECIFY AT 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!