

Hazleton clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Gym closed</p> <p>Wooden luminaries 11 – 12 p.m. 2 – 3 p.m.</p>	<p>2</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p>3</p> <p>Gym closed</p>
<p>6</p> <p>Let's have a ball 10:30 – 11 a.m.</p>	<p>7</p> <p>Find your balance 10 – 10:45 a.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p>8</p> <p>The walkie talkies 9 – 10 a.m.</p> <p>Chair stretching 10:30 – 11 a.m.</p> <p>Sunflower Wreath 11 – 12 p.m.</p>	<p>9</p> <p>Gym closed</p>	<p>10</p> <p>Gym closed</p>
<p>13</p> <p>The walkie talkies 9 – 10 a.m.</p> <p>Pre-Fair week Carnival toss circuit 10:30 – 11 a.m.</p> <p>Foam Pumpkin Centerpiece 11 – 12 p.m.</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p>14</p> <p>Pre-Fair week Pop a balloon – Exercise & Nutrition 11 – 12 p.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p>15</p> <p>Chair stretching 10:30 – 11 a.m.</p> <p>Connect 4 11 – 12 p.m.</p> <p>Navigating in a virtual world 1 – 2 p.m.</p>	<p>16</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p>17</p> <p>Chair stretching 1 – 1:30 p.m.</p>

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<p>20</p> <p>Let's have a ball 10:30 – 11 a.m.</p> <p>Pumpkin wagons- Part 1 11 – 12 p.m. 2 – 3 p.m.</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p>21</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p>22</p> <p>Chair stretching 10:30 – 11 a.m.</p>	<p>23</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p>24</p> <p>The walkie talkies 9:30 – 10:30 a.m.</p> <p>Spice blend class 11 – 12 p.m.</p> <p>Chair stretching 1 – 1:30 p.m.</p>
<p>27</p> <p>The walkie talkies 9 – 10 a.m.</p> <p>Let's have a ball 10:30 – 11 a.m.</p> <p>Pumpkin wagons- Part 2 11 – 12 p.m. 2 – 3 p.m.</p>	<p>28</p> <p>Find your balance 10 – 10:45 a.m.</p> <p>Cardio strength circuit 1 – 1:45 p.m.</p>	<p>29</p> <p>Find Celebrate VFW day – Coffee social 10 – 11 a.m.</p> <p>Chair stretching 10:30 – 11 a.m.</p> <p>National hot cider day – Fall cider social 1 – 2 p.m.</p>	<p>30</p> <p>Find your balance 1 – 1:45 p.m.</p>	<p>Hand in your September challenge!</p>

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.
- **Pre-Fair week – Pop a balloon** – Exercise & Nutrition – Meet with your wellness coordinator and Dietician to learn about fair foods and try to pop the balloons with darts.
- **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)
- **Pre-Fair week – Carnival Toss Circuit** – Use physio balls, bean bags, etc. to complete games in a circuit style class.
- **Veteran's coffee social**– Our new social series is specially for our Vets! If you have ever served our country make sure to join for us coffee, conversations and fun.
- **65 Forward cookbook** – We want to know your favorite recipes! Bring in a copy for your Program Coordinator!
- **September 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!