

Kingston clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga 11:30 a.m. – 12 p.m.</p>	<p>2</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Crochet club 11 a.m. – 12 p.m.</p> <p>Wooden luminaries 1:30 – 2:30 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p>3</p> <p>No exercise</p>
<p>6</p> <p>Labor Day</p> <p>Clinic closed</p>	<p>7</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Wooden luminaries 11 a.m. – 12 p.m.</p> <p>Make your own spice blend 2 – 3 p.m.</p>	<p>8</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga 11:30 a.m. – 12 p.m.</p>	<p>9</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Welcome wreath 11 a.m. – 12 p.m. & 1:30 – 2:30 p.m.</p>	<p>10</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 yoga 11:30 a.m. – 12 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</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 yoga 11:30 a.m. – 12 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p>14</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p>	<p>15</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga 11:30 a.m. – 12 p.m.</p>	<p>16</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Crochet club 11 a.m. – 12 p.m.</p> <p>Meals for two! 2:00 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p>17</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 yoga 11:30 a.m. – 12 p.m.</p>
<p>20</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 yoga 11:30 a.m. – 12 p.m.</p> <p>No exercise after 12pm</p>	<p>21</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Marbled coasters 11 a.m. – 12 p.m. & 1:30 – 2:30 p.m.</p>	<p>22</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga 11:30 a.m. – 12 p.m.</p>	<p>23</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Fall leaf jars 11 a.m. – 12 p.m. & 1:30 – 2:30 p.m.</p> <p>No exercise after 2pm</p>	<p>24</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 yoga 11:30 a.m. – 12 p.m.</p>
<p>26</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 yoga 11:30 a.m. – 12 p.m.</p> <p>Strength training 3 – 3:45 p.m.</p>	<p>27</p> <p>Walking in the park Meet at Church St. park 10 – 10:45 a.m.</p> <p>Fall canvas painting with Terry 11 a.m. – 12 p.m. & 1:30 – 2:30 p.m.</p>	<p>28</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga 11:30 a.m. – 12 p.m.</p>	<p>29</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>Strength training 3 – 3:45 p.m.</p>	<p>30</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 yoga 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 recommended. 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 yoga** – 30-minute exercise class to improve strength, flexibility, and reduce overall stress. 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.
- **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.