

Milton Clinic Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Geometric Canvas Art 11 a.m. – 12 p.m.</p> <p>Open Game Day- Puzzles and Board Games 2 – 3 p.m.</p>	<p>2</p> <p>Stretch & move 11 – 11:45 a.m.</p>	<p>3</p> <p>Gym closed</p>
<p>6</p> <p>Gym closed</p>	<p>7</p> <p>Stretch & move 10 – 10:45 a.m.</p>	<p>8</p> <p>Walking group Meet at Milton State Park 9 – 10 a.m.</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p>	<p>9</p> <p>Stretch & move 11 – 11:45 a.m.</p>	<p>10</p> <p>Walking club at Sunbury marina 8:30 – 9:15 a.m.</p> <p>Move n Groove 11 – 11:45 a.m.</p> <p>Geometric Canvas Art 2 – 3 p.m.</p>
<p>13</p> <p>Cardio party 10 – 10:45 a.m.</p> <p>DIY Bracelets 11 a.m.– 12 p.m.</p> <p>“What is this?” Game 2 – 3 p.m.</p>	<p>14</p> <p>Stretch & move 10 – 10:45 a.m.</p>	<p>15</p> <p>Walking group meet at Milton State Park 9 – 10 a.m.</p> <p>“What is this?” Game 11 a.m.– 12 p.m.</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p> <p>DIY Bracelets 2– 3 p.m.</p>	<p>16</p> <p>Stretch & move 11 – 11:45 a.m.</p>	<p>17</p> <p>Walking club at Sunbury marina 8:30 – 9:15 a.m.</p> <p>Move n Groove 11 – 11:45 a.m.</p>

Milton Clinic Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>Cardio party 10 – 10:45 a.m.</p> <p>Pumpkin Centerpiece Craft 11a.m.-12 p.m.</p>	<p>21</p> <p>Stretch & move 10 – 10:45 a.m.</p>	<p>22</p> <p>Walking group Meet at Milton State Park 9 – 10 a.m.</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p>	<p>23</p> <p>Stretch & move 11 – 11:45 a.m.</p>	<p>24</p> <p>Gym closed</p>
<p>27</p> <p>Gym closed</p> <p>Pumpkin Centerpiece Craft 2-3 p.m.</p>	<p>28</p> <p>Stretch & move 10 – 10:45 a.m.</p>	<p>29</p> <p>Walking group Meet at Milton State Park 9 – 10 a.m.</p> <p>Open Game Day- Puzzles and Board Games</p> <p>Physio-ball fitness 1 – 1:45 p.m.</p>	<p>30</p> <p>Stretch & move 11 – 11:45 a.m.</p>	

Class descriptions:

The gym will be closed during class times to those not participating in the group fitness class.

- **Cardio party** – 45-minute class that will focus on endurance and cardiovascular health with some seated and some standing exercise. This is a beginner to intermediate class; the exercises can include weights to make more challenging or be done seated for those that feel more comfortable there.
- **Move and stretch** – 45-minute exercise class that will include a warmup and cool down, as well stretching and some exercises that get you up and moving. This is a beginner class that will be adapted to meet your personal goals!
- **Walking club** – 1-hour outdoor walking class. Class will meet at the Milton State Park or the Sunbury Marina where we will join with the Shamokin Dam Clinic. Walking club will be dependent on weather and class length will be determined by those participating that day up to a full 60-minute walk.
- **Physio-ball Fitness**- This will be a strength building class centered around the use of the Physio-ball. We will also work on improving core stability and balance. Class will be 45 minutes long with a warmup and cool down every Wednesday!
- **Move n Groove**-This will be a 40 minute class where we will dance and move to our favorite line dances and more!
- **Open Game Day**- You choose! We will have board games, puzzles, and card games available for you to play!
- **Geometric Canvas Art**- Turn a simple canvas into a beautiful work of art!
- **DIY Bracelets**- Join us to make a pretty bracelet using beads!
- **Pumpkin Centerpiece**- Celebrate the fall season as we create a pumpkin floral centerpiece!