

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fusion stretch 10 – 10:45 a.m. Fall Shovel Craft 11 a.m. – 12 p.m. Open Game Day 1 – 1:45 p.m. Circuit training 2 – 2:45 p.m.	2 Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair yoga 2 – 2:45 p.m.	3 Gym closed
6 Happy Labor Day! Clinic closed	7 Gym closed	8 Fusion stretch 10 – 10:45 a.m. Gym closed 12:30 – 4:30 p.m.	9 Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair yoga 11 – 11:45 a.m. Gym closed 12:30 – 4:30 p.m.	10 Walking club 10 – 10:45 a.m. Bowling – Week 1 11 a.m. – 12:15 p.m. Cotton Stem Flower Craft 1 – 2 p.m. Gym closed 12:30 – 4:30 p.m.
13 Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m. UNO 11 a.m. – 12 p.m. Mondays at the market 12 p.m. (meet at clinic) Cardio core express 2 – 2:30 p.m.	14 Fusion stretch 9 – 9:45 a.m. Walking club 10 – 10:45 a.m. Exercise 101 1 – 1:30 p.m. Balance and strength 2 – 2:45 p.m. Gym closed 10 – 11 a.m.	15 Fusion stretch 10 – 10:45 a.m. Circuit training 2 – 2:45 p.m.	16 Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m. Chair yoga 2 – 2:45 p.m.	17 Walking club 10 – 10:45 a.m. Bowling – Week 2 11 a.m. – 12:15 p.m. Make Your Own Spice Blend 1 p.m. – 2 p.m. Gym closed 10 – 11 a.m.

Group fitness classes have a limit of 10 participants. The gym is closed during all classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

Monday		Tuesday		Wednesday		Thursday		Friday	
20	<p>Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Marbled Coasters 11 a.m. – 12 p.m.</p> <p>Mondays at the market 12 p.m. (meet at clinic)</p> <p>Cardio core express 2 – 2:30 p.m.</p>	21	<p>Fusion stretch 9 – 9:45 a.m.</p> <p>Walking club 10 – 10:45 a.m.</p> <p>Exercise 101 1 – 1:30 p.m.</p> <p>Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>	22	<p>Fusion stretch 10 – 10:45 a.m.</p> <p>Fall Prevention Seminar 11 a.m. – 12 p.m.</p> <p>Bring Smiles to Seniors – Card Making 1p.m. – 2 p.m.</p> <p>Circuit training 2 – 2:45 p.m.</p>	23		24	<p>Bowling – Week 3 11 a.m. – 12:15 p.m.</p> <p>Wooden Luminaries Craft 1 – 2 p.m.</p> <p>Gym closed</p>
27	<p>Chair yoga 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Casino Day 12 – 2 p.m.</p> <p>Cardio core express 2 – 2:30 p.m.</p>	28	<p>Fusion stretch 9 – 9:45 a.m.</p> <p>Walking club 10 – 10:45 a.m.</p> <p>Exercise 101 1 – 1:30 p.m.</p> <p>Balance and strength 2 – 2:45 p.m.</p> <p>Gym closed 10 – 11 a.m.</p>	29	<p>Fusion stretch 10 – 10:45 a.m.</p> <p>Craft Make Up Day 11 a.m. – 12 p.m.</p> <p>Circuit training 2 – 2:45 p.m.</p>	30	<p>Balance and strength 9 – 9:45 a.m. & 10 – 10:45 a.m.</p> <p>Chair yoga 2 – 2:45 p.m.</p>		

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3 West Olive Street, Scranton, 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 distancing; masking is also required. If you sign up and cannot attend class, please call the clinic.
- The gym is closed during group fitness classes. Please see Wellness Coordinator with any questions.
- Patients must complete a fitness assessment and exercise waiver in order to participate in exercise activities. To schedule a fitness assessment please see Wellness Coordinator.
- **Outdoor walking program is being held at Weston Field.** Weston field is located at 982 Providence Road, North Scranton. From W Olive Street, turn right onto Providence Road, pass the Glider Diner. Parking lot will be on your right.

Class descriptions:

- **Chair yoga** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginner to intermediate level.
- **Fusion stretch** – 45-minute exercise class that blends chair yoga, Pilates, and physio ball movements. This class is designed for beginner to intermediate level.
- **Circuit training** – 45-minute exercise class that involves all different types of exercises. Participants move around the room to each station. Come join us for this fun and upbeat class!
- **Balance and strength** – 45-minute exercise class that focuses on strength training and balance exercises. This class is designed for beginner to intermediate level.
- **Walking club** – Join us for our 45-minute walk at your own pace walking program. Enjoy the outdoors and a chance to work on your cardiovascular health. Walking done at Weston Field. See above.
- **Exercise 101** – This class is designed for **NEW** patients to review the fundamental exercises of fitness. This class is perfect for anyone interested in taking group fitness classes for the first time or for first time exercisers. Please see Joan.
- **Bowling** – Join us in our 4-week Bowling competition. Come knock down some pins and have fun.
- **Farmers Market Walk** – Meet us at the clinic as we take a walk over to the farmers market to grab some fresh produce!