

Shamokin Dam clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Walking club at East Snyder Park 3 – 3:45 p.m.</p> <p>Gym closed 1 – 1:30 p.m. 3 – 4 p.m.</p>	<p>2</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>3</p> <p>Geometric Canvas Art 11 a.m. – 12 p.m.</p> <p>Gym closed</p>
<p>6</p> <p>Labor Day Clinic Closed</p>	<p>7</p> <p>Walking club at Marina 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>	<p>8</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Geometric Canvas Art 2 – 3 p.m.</p> <p>Walking club at East Snyder Park 3 – 3:45 p.m.</p> <p>Gym closed 1 – 1:30 p.m. 3 – 4 p.m.</p>	<p>9</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>10</p> <p>Open gym 8 a.m. – 4 p.m.</p>
<p>13</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym closed 1 – 1:30 p.m.</p>	<p>14</p> <p>Walking club at Marina 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>DIY Bracelets 2 – 3 p.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>	<p>15</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Walking club at East Snyder Park 3 – 3:45 p.m.</p> <p>Gym closed 1 – 1:30 p.m. 3 – 4 p.m.</p>	<p>16</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>17</p> <p>Open gym 8 a.m. – 4 p.m.</p> <p>DIY Bracelets 11 a.m. – 12 p.m.</p> <p>Bingo 2 – 3 p.m.</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym Closed 1 – 1:30 p.m.</p>	<p>21</p> <p>Walking club at Marina 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>	<p>22</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Pumpkin Centerpiece Craft 2 – 3 p.m.</p> <p>Walking club at East Snyder Park 3 – 3:45 p.m.</p> <p>Gym closed 1 – 1:30 p.m. 3 – 4 p.m.</p>	<p>23</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	<p>24</p> <p>Open gym 8 a.m. – 12 p.m.</p> <p>Book Club 10 – 11 a.m.</p> <p>Pumpkin Centerpiece Craft 11 a.m. – 12 p.m.</p> <p>Gym closed 12 – 4 p.m.</p>
<p>27</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Gym closed 1 – 1:30 p.m.</p>	<p>28</p> <p>Walking club at Marina 8:30 – 9:15 a.m.</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Bingo 11 a.m. – 12 p.m.</p> <p>Gym closed 8:30 – 9:30 a.m. 10 – 10:30 a.m.</p>	<p>29</p> <p>Equipped with exercise 1 – 1:30 p.m.</p> <p>Walking club at East Snyder Park 3 – 3:45 p.m.</p> <p>Gym closed 1 – 1:30 p.m. 3 – 4 p.m.</p>	<p>30</p> <p>Move and stretch 10 – 10:30 a.m.</p> <p>Circuit training 1 – 1:45 p.m.</p> <p>Gym closed 10 – 10:30 a.m. 1 – 1:45 p.m.</p>	

Event information

What you need to know:

- **Registration is required.** Class size is limited for both group fitness and social activities in order to maintain social distance; masking is also recommended. Please call 570-884-7970 or sign-up at the clinic to get on the class list. Gym is closed during scheduled class times. The gym is closed during Walking club and yard games.
- **Gym Hours:** 8:00 a.m. – 4:00 p.m.
- “Gym closed” means open gym is not available during the times that are listed
- Patients must complete a fitness assessment and exercise waivers in order to participate in exercise activities. To schedule a fitness assessment please call 570-884-7962.
- Class schedules are subject to change.

Class descriptions:

- **Equipped with exercise** – 30-minute exercise class that involves exercising with weight and fusion balls. Allowing patients to improve their endurance and build strength. Beginner to intermediate class.
- **Move and stretch** – 30-minute exercise class that will allow you to move your body in a way that feels good. There will also be stretching, and core exercises involved. This class is meant to help you recover from the workout the day before. Beginner to intermediate class.
- **Walking club** – 45-minute outdoor walking class. Class will meet at the East Snyder Park in Selinsgrove* and the Marina in Sunbury**. Class is dependent on weather. Warmup and cool down will be included in this class.
- **Circuit training** – 45-minute strength circuit class. Intermediate class.
- **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!

* Snyder Park - 875 University Ave, Selinsgrove, PA 17870

** Marina - 401 Bridge Ave, Sunbury, PA 17801