

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p>Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed 10 – 11 a.m.</b></p>	<p><b>2</b></p> <p>Express circuit training 10 – 10:30 a.m. Wooden luminaries 11 a.m. – 12 p.m.</p> <p><b>Gym closed 10 – 10:30 a.m.</b></p>	<p><b>3</b></p> <p><b>Gym closed</b></p>
<p><b>6</b></p> <p>Happy Labor Day!</p> <p><b>Clinic closed</b></p>	<p><b>7</b></p> <p>Outdoor walking club 9 – 9:30 a.m. Sunflower wreaths 11 a.m. – 12 p.m.</p>	<p><b>8</b></p> <p>Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed 10 – 11 a.m.</b></p>	<p><b>9</b></p> <p>Express circuit training 10 – 10:30 a.m. Spice blend class 11 a.m. – 12 p.m.</p> <p><b>Gym closed 10 – 10:30 a.m.</b></p>	<p><b>10</b></p> <p>Balance and strength 10 – 10:45 a.m.</p> <p><b>Gym closed 10 – 11 a.m.</b></p>
<p><b>13</b></p> <p>Chair stretching 1:30 – 2 p.m.</p> <p><b>Gym closed 1:30 – 2 p.m.</b></p>	<p><b>14</b></p> <p>Outdoor walking club 9 – 9:30 a.m. Connect 4 11 a.m. – 12 p.m. Navigating in a virtual world series 1 – 2 p.m.</p>	<p><b>15</b></p> <p>Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed 10 – 11 a.m.</b></p>	<p><b>16</b></p> <p>Express circuit training 10 – 10:30 a.m. Foam pumpkin centerpiece 11 a.m. – 12 p.m.</p> <p><b>Gym closed 10 – 10:30 a.m.</b></p>	<p><b>17</b></p> <p>Balance and strength 10 – 10:45 a.m.</p> <p><b>Gym closed 10 – 11 a.m.</b></p>

Group fitness classes have a limit of 8 participants. The gym is closed during all classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

41 S. Main Street, Wilkes Barre, PA

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>20</b></p> <p>Chair stretching 1:30 – 2 p.m.</p> <p><b>Gym closed</b> 1:30 – 2 p.m.</p>	<p><b>21</b></p> <p>Outdoor walking club 9 – 9:30 a.m. Pumpkin wagons- part 1 11 a.m. – 12 p.m.</p>	<p><b>22</b></p> <p>Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>	<p><b>23</b></p> <p>Express circuit training 10 – 10:30 a.m. Pumpkin wagons- part 2 11 a.m. – 12 p.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	<p><b>24</b></p> <p>Balance and strength 10 – 10:45 a.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>
<p><b>27</b></p> <p>Tailgate day 11 a.m. – 12 p.m. Chair stretching 1:30 – 2 p.m.</p> <p><b>Gym closed</b> 1:30 – 2 p.m.</p>	<p><b>28</b></p> <p>Outdoor walking club 9 – 9:30 a.m.</p>	<p><b>29</b></p> <p>Circuit training 10 – 10:45 a.m.</p> <p><b>Gym closed</b> 10 – 11 a.m.</p>	<p><b>30</b></p> <p>Express circuit training 10 – 10:30 a.m. Celebrate veterans of foreign wars day 11 a.m. – 12 p.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	

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# 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 distance; masking is also recommended. Please call 570-846-4777 or sign-up at the clinic to get on the class list.
- Patients **must complete** a fitness assessment and exercise waivers to participate in exercise activities. To schedule a fitness assessment please call 570-846-4777.
- Any questions about the activities please feel free to contact **Amanda** at **570-579-6121**.

## 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.
- **Circuit training** – 45-minute exercise class that includes light resistance training and cardio to improve strength, cardiovascular fitness, and agility. This class is designed for beginner to intermediate level.
- **Balance and strength** – 45-minute exercise class that focuses on strength and balance exercises. This class is designed for beginner to intermediate level.
- **Express circuit training** – 30-minute exercise class that includes light resistance training and cardio to improve strength, cardiovascular fitness, and agility. This class is designed for beginner to intermediate level.
- **“Navigating in a virtual world” series** – 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).
- **Outdoor walking club** – Come take a stroll outside. Meet at 65 Forward!
- **September challenge** – Pick up a form from fitness and complete the challenge! This is an Exercise Program that you complete at home. When you complete it see Synthia to enter the **RAFFLE** to potentially win a **PRIZE!**
- **Tailgate day** – Join us for some games and tips on healthy snacks to make for football season! Don't forget to wear your favorite team's apparel!