

## Hazleton YWCA Active Older Adult Schedule March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 8:30 Energize  *11:30am  * 12:30 Geri-Fit</p>	<p>2 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga</p>	<p>3 <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	
<p>5</p>	<p>6 8:30 Energize  * 11:30am  *12:30 MFBB *1:30 Geri-Fit</p>	<p>7 8:30 Energize 11:30 Half n Half  <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p>8 8:30 Energize  * 11:30am  * 12:30 Geri-Fit</p>	<p>9 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga</p>	<p>10 *11:30 MFBB <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p>11</p>
<p>12</p>	<p>13 8:30 Energize  *11:30am  * 12:30 MFBB * 1:30 Geri-Fit</p>	<p>14 8:30 Energize 11:30 Half n Half  <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p>15 8:30 Energize  * 11:30am  * 12:30 Geri-Fit</p>	<p>16 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga</p>	<p>17 *11:30 MFBB <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b>  </p>	<p>18</p>
<p>19</p>	<p>20 8:30 Energize  *11:30am  *12:30 MFBB * 1:30 Geri-Fit</p>	<p>21 8:30 Energize 11:30 Half n Half  <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p>22 8:30 Energize  * 11:30am  * 12:30 Geri-Fit</p>	<p>23 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga</p>	<p>24 *11:30 MFBB <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p>25</p>
<p>26</p>	<p>27 8:30 Energize  * 11:30am  *12:30 MFBB * 1:30 Geri-Fit</p>	<p>28 8:30 Energize 11:30 Half n Half  <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p>29 8:30 Energize  *11:30am  *12:30 Geri-Fit</p>	<p>30 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga</p>	<p>31 *11:30 MFBB <b>SilverSneakers®</b> <b>Classic</b> <b>1:15pm</b></p>	<p></p>

**YWCA 75 S. Church St Hazleton, PA 18201 570-455-2046 [www.hazletonywca.org](http://www.hazletonywca.org)**

**SilverSneakers® Classic class is open to all members with preference to Healthways SilverSneakers® Fitness Members Area Agency on Aging Health and Wellness Classes \*are offered at no charge to anyone age 50+**

**Classes are Subject to change**

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