






Hazleton YWCA Active Older Adult Schedule February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Only the classes with an *asterisk are Agency Area of Aging Classes				1 *11:30 AFEP SilverSneakers® Classic 1:00pm	2
3	4 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	5 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	6 8:30 Energize *11:30 Gentle Yoga * 12:45 Geri-Fit	7 8:30 Energize 11:30 Half n Half	8 *11:30 AFEP SilverSneakers® Classic 1:00pm	
	10 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	11 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	12 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	<i>Happy Valentine's Day</i>	13 *11:30 AFEP SilverSneakers® Classic 1:00pm	14
15	16 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	17 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	18 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	19 8:30 Energize 11:30 Half n Half	20 *11:30 AFEP SilverSneakers® Classic 1:00pm	
	21 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	22 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	23 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	24 8:30 Energize 11:30 Half N Half		

YWCA 75 S. Church St Hazleton, PA 18201 570-455-2046 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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