



# Hazleton YMCA/YWCA Active Older Adult Classes

## June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1 8:30 Energize * 11:30am * 12:30 Gentle Yoga	2 8:30 Energize 11:30 Half n Half * 1:00 Chair Yoga	3 * 5:00pm	4
5	6 8:30 Energize * 11:30am * 5:00 Gentle Yoga	7 8:30 Energize 11:30 Half n Half	8 8:30 Energize * 11:30am * 12:30 Gentle Yoga	9 8:30 Energize 11:30 Half n Half * 1:00 Chair Yoga	10 * 5:00pm	11
12	13 8:30 Energize * 11:30am * 5:00 Gentle Yoga	14 8:30 Energize 11:30 Half n Half	15 8:30 Energize * 11:30am * 12:30 Gentle Yoga	16 8:30 Cancelled 11:30 Cancelled * 1:00 Chair Yoga	17 * 5:00pm	18
19	20 8:30 Energize * 11:30am * 5:00 Gentle Yoga	21 8:30 Energize 11:30 Half n Half	22 8:30 Energize * 11:30am * 12:30 Gentle Yoga	23 8:30 Energize 11:30 Half n Half * 1:00 Chair Yoga	24 * 5:00pm	25
26	27 8:30 Energize * 11:30am * 5:00 Gentle Yoga	28 8:30 Energize 11:30 Half n Half	29 8:30 Energize * 11:30am * 12:30 Gentle Yoga	30 8:30 Energize 11:30 Half n Half * 1:00 Chair Yoga		

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

Classes are Subject to change Follow us on facebook

Area Agency on Aging Prime Time Health Classes with a \* are currently being offered at no charge to anyone age 50+