






Hazleton YWCA Active Older Adult Schedule July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	3 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	4  CLOSED	5 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga	6 *11:30 AFEP SilverSneakers® Classic 1:00pm	7
8 	9 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	10 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	11 8:30 Energize *11:30 Gentle Yoga * 12:45 Geri-Fit	12 8:30 Energize 11:30 Half n Half *1:00 CANCELLED	13 *11:30 AFEP SilverSneakers® Classic CANCELLED	14
15	16 8:30 Energize *11:30 AFEP * 12:30 Geri-Fit * 5:00 CANCELLED	17 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	18 8:30 Energize *11:30 CANCELLED * 12:45 Geri-Fit	19 8:30 Energize 11:30 Half n Half *1:00 CANCELLED	20 *11:30 AFEP SilverSneakers® Classic 1:00pm	21 
22 	23 8:30 Energize *11:30 AFEP *12:30 Geri-Fit * 5:00 Gentle Yoga	24 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	25 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	26 8:30 Energize 11:30 Half n Half *1:00 Chair Yoga	27 *11:30 AFEP SilverSneakers® Classic 1:00pm	28
29	30 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	31 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm				30 

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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