





Hazleton YWCA Active Older Adult Schedule OCTOBER 2018

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

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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