






Hazleton YWCA Active Older Adult Schedule July 2018

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

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

Follow us on facebook