



Hazleton YWCA Active Older Adult Schedule

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30 Energize 11:30 Half n Half	2 *11:30 AFEP SilverSneakers® Classic 1:00pm	
	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 8:30 Energize *11:30 AFEP SilverSneakers® Classic 1:00pm	
	11 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	12 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	13 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	14 8:30 Energize 11:30 Half n Half	15 8:30 Energize *11:30 AFEP SilverSneakers® Classic 1:00pm	
	18 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	19 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	20 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	21 8:30 Energize 11:30 Half n Half  Happy Thanksgiving	22 *11:30 Cancelled Cancelled 1:00pm	
	25 8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	26 8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	27 8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	28 8:30 Energize 11:30 Half N Half	29 8:30 Energize *11:30 AFEP SilverSneakers® Classic 1:00pm	

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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