







Hazleton YWCA Active Older Adult Schedule

JANUARY 2019

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

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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