

Hazleton YWCA Active Older Adult Schedule DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	8:30 Energize 11:30 Half n Half	*11:30 AFEP SilverSneakers® Classic 1:00pm	
9	8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	8:30 Energize 11:30 Half n Half	*11:30 AFEP SilverSneakers® Classic 1:00pm	15
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16	8:30 Energize *11:30 AFEP *12:30 Geri-Fit *5:00 Gentle Yoga	8:30 Energize 11:30 Half n Half SilverSneakers® Classic 1:00pm	8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	8:30 Energize 11:30 Half n Half	*11:30 Canceled SilverSneakers® Classic Canceled	
23/30	Closed Xmas Eve New Years Eve Close at noon 8:30 Canceled *11:30 Canceled	Closed Xmas Day	8:30 Energize *11:30 Gentle Yoga *12:45 Geri-Fit	8:30 Energize 11:30 Half N Half	*11:30 AFEP SilverSneakers® Classic 1:00pm	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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