



Area Agency on Aging Luzerne/Wyoming Counties

Health & Wellness Sponsored classes for anyone 60+

For more information contact

Harley Bobby Health & Wellness Coordinator

**Please note that all of the classes listed on the monthly Health & Wellness schedule are offered at no cost for those 60+ years of age.

If you would like to join a class, please feel free to simply go to the class and participate.

Some things to keep in mind:

- Always consult your doctor before starting any exercise program.
- The classes are only for those age 60+
- You must sign-in on the sign-in sheets (at the class) each time you participate
- There are evaluations that are distributed quarterly that you will be asked to fill out and return. Placing your name on them is optional; however it is very important that they are completed and returned in order to determine the benefits and effectiveness of the programs.
- Take your time, go at your own pace, and enjoy!!

Please contact Harley Bobby at 570-822-1158 Ext. 2303 with any additional questions.



Area Agency on Aging for Luzerne-Wyoming Counties

111 N. Pennsylvania Blvd.

Wilkes-Barre, Pa. 18701

Current Classes through April 1-June 30, 2019

Wyoming County*****

Deitrich Theater 60 E Tioga St Tunkhannock, Pa 18657 Phone: 570-836-1022
Chair Yoga - Monday & Friday 10:00-11:15

Falls Active Adult Center- 2813 Sullivans Trail Falls, PA 18615 Phone 570-388-2623
Zumba Gold - Tuesday and Friday at 10:00am. Starts May 3rd

Tunkhannock Library- 220 W. Tioga Street Tunkhannock, PA 18657 Phone 570-836-1677
Geri-Fit – Monday and Thursday at 9:00 am.

Wyoming Cty Active Adult Center- 101 Dymond Terrace Tunkhannock Pa 18657
Phone: 570-836-2324

Functional Fitness Yoga –Tuesday and Thursday 10:30am Starts April 25th
Zumba Gold- Monday & Wednesday 9:30am

Luzerne County *****

Butler Twp Active Adult Center Butler Drive Drums Pa Phone: 570-788-4881
Zumba Gold Tuesday & Thursday 9:30 -10:15
Geri-Fit –Tuesday and Thursday 10:30am

Charles T Adams Active Adult Center 5 E Market St Wilkes Barre Pa Phone: 570-285-3484
Walk W/Ease April16- June Tues 10:15 –Fri 9am

Fyzical 1077 N Church St Hazle Township Pa Phone: 570-501-1808 through June 27, 2019
Geri-Fit- Monday and Wednesday at 1:30am

Hazleton YWCA 75 S Church St, Hazleton Pa Phone- (570) 455-2046
AFAP (Arthritis Foundation Aquatics Program) Wednesday & Friday 2:00
AFEP (Arthritis Foundation Exercise Program – Monday & Friday 11:30am
Gentle Yoga – Monday 4:15pm Wednesday 11:30am
Geri-Fit – Monday 12:30pm and Wednesday 12:45pm
Twinges for the Hinges (Pool) – Monday 10:00am Tuesday 11:10am

Mt Top AAC 460 S Main Rd Mt Top Pa 18707 Phone 570-868-8517
Geri-Fit- Monday and Wednesday at 10:00am
Pittston AAC 441 N Main St. Pittston Pa 18640 Phone: 570-655-5561
Geri-Fit - Tuesday and Friday at 12:45 pm

Rose Tucker AAC 145 E Green St Nanticoke Phone: 570-735-1670
GeriFit- Mon and Wednesday at 11:30am

WB Family YMCA Phone: 40 W Northampton St. Wilkes-Barre 570-823-2191
(AFAP) Water Fitness - 4:30pm Monday and Friday and 2:30pm on Wednesday
Gerifit- 8am Tuesday and Thursday
Strong and Balanced- Wednesday at 9am and Thursday at 4:30pm