



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 July 1st – September 30th 2019 (Unless otherwise noted)

**Classes that are highlighted are evidence based:** Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBPs can lower their risk of chronic diseases and falls—or improve long-term effects of chronic diseases or falls.

### 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

**AFAP** - Tuesday and Thursday at 12:30pm. **August 20-Sept 26**

**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

**Geri-Fit** –Tuesday and Thursday 10:30am

**Yoga Fit**- Monday 10:00am

### 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

**Fit & Strong** Tues & Thursday 10:30 **July 2-Sept 24**

**Freeland AAC** 701 Chestnut Street Freeland Pa Phone 570-636-3080

**Geri-Fit**- Tuesday and Thursday at 12:30pm

**Fyzical** 1077 N Church St Hazle Township Pa Phone: 570-501-1808

**Geri-Fit**- Tuesday & Thursday at 2:00pm **July 16-Sept 19**

**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

**Pittston YMCA** 10 N. Main Street, Pittston, PA 18640 Phone: 570-655-2255

**AQUACISE**- Monday, Wednesday & Friday 11:15am

**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

**Fit & Strong**- Monday, Wednesday & Friday 1:00pm **July 15-Sept 9**

**Gerifit**-Tuesday and Thursday 8:00am

**Strong and Balanced**- Wednesday at 9:00am and Thursday at 4:30pm

**Walk With Ease**- Monday, Wednesday & Friday 8:00am **July 29- Sept 6**

**Yoga Fusion**- Wednesday 4:30pm