



Health & Wellness Sponsored On-Line & On-Site Classes for Anyone 60+

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

If you would like to join an on-line class, simply contact by email the class instructor listed and she will get back to you with instructions on how to sign up.

If you would like to join an on-site class, please call first the contact number listed before attending the class and details will be provided.

Some things to keep in mind:

- Always consult your doctor before starting any exercise program.
- The classes are FREE for those age 60+. (If you are under 60 you may attend the group exercise classes ONLY if your spouse is also a participant of the class and 60+ years of age).
- 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!!

Current Classes January-March 2021 (Unless otherwise noted)

Zoom On-Line Classes --- (Luzerne & Wyoming Cos)

Email to sign up: missrose24@msn.com

- **Senior Weight Training** Tuesday & Thursday @ 11:00 am & 12:00 pm
- **Zumba Gold** Tuesday & Thursday @ 9:00 am
- **Arthritis Foundation Exercise Program** Monday-Wednesday-Friday 11:00, 12:00 & 1:00 **EBP**
- **Move & Groove** Monday-Wednesday-Friday @ 10:00 am
- **Stretch & Balance** Tuesday & Thursday @ 10:00 am

Email to sign up: marijo.penkala@luzernecounty.org

- **Fun N Fit** Wednesday & Friday @ 10:30 am
- **Golden Aero** Tuesday & Thursday @ 9:30 am
- **Zumba Gold** Wednesday & Friday @ 9:30 am

Email to sign up: donna.fetzko@gmail.com

- **Functional Fitness** Tuesday & Thursday @ 9:00 am
- **Functional Fitness** Monday & Wednesday @ **1:30**
- **Chair Yoga** Monday & Friday 10:00am

Email to sign up: Theexerciselady0@aol.com.

- **Chair Yoga** Monday & Wednesday @ 1:00 pm
- **Tai Chi** Tuesday & Thursday @ 10:00 am
- **Aerobics** Tuesday & Thursday @ 1:00 pm

Email to sign up: lauranel.banks@wbymca.org

- **Non-Stop Fit** Tuesday & Thursday 8:00 am
- **Zumba Gold** Wednesday 11:00 am
- **Strong & Balanced** Wednesday & Thursday 9:00 am & 4:30 pm
- **Live Yoga Fusion** Wednesday 4:30 pm

*****[LUZERNE COUNTY \(On location classes\)](#)*****

Pittston YMCA 10 N. Main Street, Pittston, Pa 570 655-2255 (**Call first for details**)

- **AFAP (Water Fitness)** Monday @ 11:15 am
EBP Tuesday Class 1 @ 11:15 & Class 2 5:15 pm
Wednesday Class 1 @ 11:15 am & Class 2 @ 7:00 pm
Thursday @ 5:15 pm
Friday @ 11:15 am

WB Family YMCA 40 W Northampton St. Wilkes-Barre 570 823-2191 (**Call first for details**)

lauranel.banks@wbymca.org

- **AFAP (Water Fitness)** Monday & Friday @ 4:30 pm & Wednesday @ 2:30 pm
EBP