

AREA AGENCY ON AGING LUZERNE/WYOMING COUNTIES
111 N. Pennsylvania Blvd
Wilkes-Barre PA 18701

HEALTH AND WELLNESS SPONSORED 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 a class, simply contact the instructor listed by their email. They will get back to you with instructions on how to register for a class.

Some things to keep in mind:

- Always consult your doctor before starting any exercise program
- The classes are **FREE** for those 60+
- Classes listed are “in-person” unless specifically listed as “ZOOM.”
- You must sign-in on the attendance sheets each time you participate in a class
- There are evaluations that are distributed quarterly that you will be asked to complete and return. Placing your name on them is optional; however, it is very important that that **ALL QUESTIONS ARE COMPLETED** and the form is returned in order to determine the benefits and effectiveness of the programs.
- Take your time, go at your own pace and ENJOY!!!!

CURRENT CLASSES JULY 1 – SEPTEMBER 30, 2021 (Unless otherwise noted)

*****LUZERNE COUNTY*****

BUTLER ACTIVE ADULT CENTER

411 West Butler Drive, Drums PA 18222
570-788-4881

- **ZUMBA GOLD** – Tues & Thurs @ 9:30AM - Contact – missrose24@msn.com
- **GERIFIT** – Tues & Thurs @ 10:30AM Contact - missrose24@msn.com

CHARLES T. ADAMS ACTIVE ADULT CENTER

5 East Market Street, Wilkes-Barre PA 18701
570-825-3484

- **FIT AND STRONG** – Tues & Thur @ 10:00AM Classes starting 7/20/21

EDWARDSVILLE ACTIVE ADULT CENTER

57 Russell Street, Edwardsville PA 18704

570-287-3381

- **T'AI CHI** – Tuesday @ 11:00AM
- **CIRCUIT TRAINING**– Friday @ 11:00AM

FREELAND YMCA

600 Front Street, Freeland PA 18224

570-636-3640

- **AFEP (Arthritis Foundation Exercise Program)** Tues & Thur @12:15
missrose24@gmail.com

GERRIE'S FITNESS CENTER – missrose24@gmail.com

20 Gould's Lane, Sugarloaf PA 18249

570-788-3881

- **GERIFIT** – Mon & Wed @ 1:30
- **GERIFIT** – Tues & Thurs @ 2:30

HAZLETON ACTIVE ADULT CENTER

24 East Broad Street, Hazleton PA 18201

570-459-1441

- **GOLDEN AERO** – Tues & Thurs @ 9:30AM
- **ZUMBA GOLD** – Wed & Fri @ 9:30AM
- **FUN N FIT** – Wed & Fri @ 10:30

Classes are via ZOOM
and will begin in-person
on July 19th

KINGSTON ACTIVE ADULT CENTER

335 Third Avenue, Kingston PA 18704

570-287-1102

Classes are offered in-person and ALSO via Zoom – theexerciselady@aol.com

- **LOW IMPACT AEROBICS** – M @ 10:00AM Meeting #812 9222 0740
- **CHAIR YOGA** – M & W @ 1:00PM Meeting #479 740 546 Passcode 999 510
- **LET YOUR YOGA DANCE** – Tues @ 11:15AM (only in-person class)
- **T'AI CHI FOR ARTHRITIS** – Tues @ 10:00AM Meeting # 850 1759 6729
Fri @ 1:00PM Meeting # 883 7131 1888
- **T'AI CHI** - - Thurs @ 10:00AM Meeting # 817 2212 1651
- **CIRCUIT TRAINING** – Fri @ 10:00AM Meeting# 812 9222 0740
- **AEROBICS – VIRTUAL ONLY** – Tues & Thurs @ 1:00PM Meeting #856 3488 9245

MOUNTAIN TOP ACTIVE ADULT CENTER

Wright Manor, 460 South Main Road, Mountaintop PA 18707
570-868-8517

- **GERIFIT** – M & W @ 10:00AM
- **ZUMBA GOLD** – Fri @ 10:00AM

ROSE TUCKER ACTIVE ADULT CENTER

145 East Green Street, Nanticoke PA 18634
570-735-1670

- **GERIFIT** – M & W @ 11:30AM
- **ZUMBA GOLD** – F @ 11:30AM

WYOMING COUNTY ACTIVE ADULT CENTER

101 Dymond Terrace, Tunkhannock PA 18657
570-836-2324

- **AFEP (Arthritis Foundation Exercise Program)** – Mon @ 10:00AM and Wed @ 9:00AM

PITTSTON YMCA – sam.reinhardt@wvymca.org

10 North Main Street, Pittston PA 18640
570-655-2255

- **AFAP (Arthritis Foundation Aquatic Program)**
 - Mon @ 11:15AM and 6:30PM, Tues @ 5:15PM, Wed @ 11:15AM and 7:00PM
 - Thur @ 5:15PM and Fri @ 11:15AM

WILKES-BARRE YMCA – Lauranel.banks@wbymca.org

40 W. Northampton Street, Wilkes-Barre PA 18701
570-823-2191 (EXT 124)

- **AFAP (Arthritis Foundation Aquatic Program)**
 - Mon @ 4:30PM, Wed @ 2:30PM and Fri @ 4:30PM
- **STRONG AND BALANCED** – Wed @ 9:00AM and Thurs @ 4:30PM
- **ZUMBA GOLD** – Wed @ 11:00AM
- **LIVE YOGA FUSION** – Wed at 4:30PM

*****WYOMING COUNTY*****

TUNKHANNOCK PUBLIC LIBRARY – donna.fetzko@gmail.com

220 West Tioga Street, Tunkhannock PA 18657
570-836-1677

- **FUNCTIONAL FITNESS** – Tues & Thurs @ 9:00 (In-person and Zoom)

WYOMING COUNTY CHAMBER BLDG (FORMERLY CLOVERKNOLL) – donna.fetzko@gmail.com

511 Mile Road, Tunkhannock PA 18657
570-836-7755

- **GERIFIT** – Mon and Wed @ 1:30PM

ZOOM ONLY CLASSES:

DONNA FETZKO – donna.fetzko@gmail.com

- **CHAIR YOGA** – Mon and Fri @ 10:00AM
- **FUNCTIONAL FITNESS** – Wed @ 8:30AM

ROSIE LETCHER – missrose24@msn.com

- **SENIOR WEIGHTS** - Mon and Wed @ 3:00PM and Fri @ 2:00PM
- **AFEP (Arthritis Foundation Exercise Program)** Mon and Wed @ 4:00PM and Fri @ 3:00PM