

January 2016 Prime Time Health Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9:30am Zumba Gold Tunkhannock Library	9:15 Zumba Gold Butler Twp. Active Adult Center	9am Body Vive WB YMCA	8am Tai Ji Quan: Moving for Better Balance Hazleton YMCA	9am Zumba Gold Falls Active Adult Center	8am Tai Ji Quan: Moving for Better Balance Hazleton YMCA
10:30am Tai Ji Quan: Moving for Better Balance Tunkhannock Library	11:10am Twinges for the Hinges Hazleton YMCA	10am Tai Ji Quan: Moving for Better Balance WB YMCA	9:15 Zumba Gold Butler Twp. Active Adult Center	10:15am Tai Ji Quan: Moving for Better Balance Hazleton YMCA	9am Yoga WB YMCA
10am Tai Ji Quan: Moving for Better Balance WB YMCA	3pm Aquafit Riverside Rehab (Plains) <i>Currently filled</i>	10:15am Tai Ji Quan: Moving for Better Balance Hazleton YMCA	10:30am Tai Ji Quan: Moving for Better Balance Tunkhannock Library	10am Tai Ji Quan: Moving for Better Balance Rose Tucker Active Adult Ctr	
10am Twinges for the Hinges Hazleton YMCA		10am Tai Ji Quan: Moving for Better Balance Rose Tucker Active Adult Ctr	9:30am Zumba Gold- Tunkhannock Library	11am Zumba WB YMCA	
11:30am Zumba Gold Hazleton YMCA/YWCA		11:30am Zumba Gold Hazleton YMCA/YWCA	1pm Chair Yoga Hazleton YMCA/YWCA	3pm Aquafit Riverside Rehab (Plains) <i>Currently filled</i>	
2pm Arthritis Aquatics Hazleton YMCA/YWCA		12:30pm Gentle Yoga Hazleton YMCA/YWCA		4:30pm Water Fitness WB YMCA	
4:30pm Water Fitness WB YMCA		2:30pm Water Fitness WB YMCA		5pm Zumba Gold Hazleton YMCA/YWCA	
5pm Dance Fit WB YMCA		5:30pm Dance Fit WB YMCA			
5pm Gentle Yoga Hazleton YMCA/YWCA					

Classes are provided at no cost for those 50+ years of age through the Area Agency on Aging for Luzerne-Wyoming Counties' Prime Time Health Program. Prime Time Health is a Pennsylvania Department of Aging program that focuses on health promotion and disease prevention for those 50+ in our communities. ****Please contact your doctor before beginning any exercise program**** (Contact the class location for cancelled classes due to weather and/or holidays.)

****Please note that there is a waiting list for the Aquafit classes at Riverside Rehabilitation. Please contact Patti at 570-822-1158 Ext. 3333 to be placed on the waiting list.**

******Tai Ji Quan: Moving for Better Balance® is a new program we are offering that is an evidenced-based program focusing on improving muscle strength, balance, flexibility, mobility, and reducing the risk of falls. The class meets for 24 weeks and those participating must attend at least 75% of the classes. Class size is limited, so please sign up early. Contact the class location to register.**

- **Classes start at the WB YMCA on January 8th and will run through June 29th**
- **Classes start at the Hazleton YMCA on January 13th and will run for 24 weeks**
- **Classes start at Rose Tucker Active Adult Center on January 6th and will run for 24 weeks**
- **Classes start at the Tunkhannock Library on January 4th and will run through June 16th**

