

ST. JOE'S AT THE MALL JUNE 2025



Mon	Tue	Wed	Thu	Fri
2 8:30 Cardio Jam 9-11 Hospice 101 Erin Sanders 9:45-SilverSneaker Cardio 10:00-Chair Yoga 10:00 Chair Volleyball 11:15-Easy Yoga 11:30-Parkinson's Exercise 12:15 Strength Class	3 8:15- Zumba 8:45– Easy Yoga 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12:00 Line Dance/Step Class	4 8:30-Cardio Jam 9AM- 60UP BALANCE 9:15 Chair Yoga 9:45 Silver Sneakers Cardio 10:00 Chair Volleyball 11:30-Parkinson's class	5 8:15– Zumba 9:30-SilverSneaker classic 10– Easy Yoga 10:45– SilverSneaker Classic 11:15-Balance Two 12:15 Strength Class	6 7:45-Walk with the Doc -Dr Jennifer Lamanna, PhD “Mindfulness” Target Hallway– All Welcome! 8:45 Cardio Jam 9:00– 60 UP Balance 10:00 Chair Yoga 11:30 Parkinson's class
9 8:30 Cardio Jam 9:45-SilverSneaker Cardio- 10:00-Chair Yoga 10:00 Chair Volleyball 11:15-Easy Yoga 11:30-Parkinson's Exercise 12:15 Strength Class	10 8:15– Zumba 8:45 Easy Yoga 9-12 BONE DENSITY—walk in 9:30-SilverSneaker classic 10:45– SilverSneaker Classic 11:00 Balance One 12- Line Dance. Step Class	11 8:30-Cardio Jam 9AM- 60UP BALANCE CLASS 9-12 -Free Advance directives Living Will & Durable Power of Attorney walk-in 9:15Chair Yoga- 9:45– SilverSneakers Cardio 10:00 Chair Volleyball 11:30-Parkinson's class	12 8:15– Zumba 9:30-SilverSneaker classic 10– Easy Yoga 10:45– SilverSneaker Classic 11:15-Balance Two 12:15 Strength Class 3:00-4 GRIEF 101– Kim Calhoun Bereavement counselor register 330-549-5901	13 8:30-Cardio Jam- 9- 60UP BALANCE CLASS 10– Chair Yoga 11:30– Parkinson's exercise 11:30-12:30- “NEW HYPERTENSION CLASS Improve your blood pressure!!” with Jessica Romeo, Community Health Educator Register 330-652-7542
16 8:30-Cardio Jam 8:30-11 BLOOD SUGAR 10 hr. fast walk-in 8:30-10 Behavioral Health Services- see Alana MacKenzie LSW no appt. 9:45- SS Cardio 10– Chair Yoga 10– Chair Volley Ball 11:15 Easy Yoga 11:30– Parkinson's exercise 12:15 Strength class	17 8:15- Zumba 8:45– Easy Yoga 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12– Line Dance/Step Class	18 8:30 Cardio Jam 9AM- 60UP BALANCE CLASS 9:15 Chair Yoga 9:45- SilverSneakers Cardio 10:00 Chair Volleyball 11:30-Parkinson's class 12- Talk with the Doctor- Dr Nicholas Gastaldo—Bariatric Surgeon \$5 lunch –Register 330-652-7542	19 8-10:45- Mammogram Bus here– call 330-652-7542 for appt 8:15– Zumba 9:30-SilverSneaker classic 10– Easy Yoga 10:45– SilverSneaker Classic 11:15-Balance Two 12:15 Strength Class	19 8:30-Cardio Jam- 9- 60UP BALANCE CLASS 9:30-2:00 Mercy Health Behavioral Health Regional Tobacco Treatment Center Keith Huff Jr. CTTS, M.S. Katy Birtalan, AOD Counselor in Target Hallway with Information and Carbon Monoxide Testing! ALL Welcome! In Target Hallway 10– Chair Yoga 11:30– Parkinson's exercise
23 8:30 Cardio Jam 9:45SilverSneaker Cardio 10-Chair Yoga 10 -Chair Volley Ball 11:15-Easy Yoga- 11:30-Parkinson's Exercise 12:15 Strength Class REGISTER TODAY FOR JULY	24 8:15- Zumba 8:45– Easy Yoga-Exercise 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12-Line Dance/Step Class 2-3CAR SEAT CLASS-TCCHD register 330 -675-2489	25 8:30-Cardio Jam 9AM- 60UP BALANCE 9:15- Chair Yoga 9:45 SilverSneakers Cardio 10:00 Chair volleyball 11:30-Parkinson's class 1-3:30 SPECIAL– Hearing Screening –Alyssa Miller AuD Mercy Health Audiology, register 330-652-7542	26 8:15– Zumba- 9:30-SilverSneaker classic 10– Easy Yoga 10:45– SilverSneaker Classic 11:15-Balance Two 12:15 Strength Class 1-4-Peripheral Vascular Disease screening by appt. 1-4 -Advance directives Living Will & Durable Power of Attorney Walk in	27 8:30-Cardio Jam- 9- 60UP BALANCE CLASS 10– Chair Yoga 11:30– Parkinson's exercise
30 8:30 Cardio Jam 9:45SilverSneaker Cardio 10-Chair Yoga 10 -Chair Volley Ball 11:15-Easy Yoga 11:30-Parkinson's Exercise 12:15 Strength Class	Open M-F-8-4:30PM-Parking by Target or Dental Works 330-652-7542 WWW.mercy.com/Youngstown/locations and Facebook.com/mercyhealthyoungstown BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM– Tues. 1:30-3:30pm Dietician on Fridays– NO COST by appointment 330-652-7542 REGISTRATION FOR JULY CLASSES ON JUNE 23rd!!			