

Mon	Tue	Wed	Thu	Fri
1 8:30 Cardio Jam <u>9-11 Hospice 101—Store front</u> 9:45 SS Cardio 10:00-11 Chair Volleyball 10:00 Chair Yoga 11:15 Easy Yoga 11:30 Parkinson's class 12:15- Strength Class 1:00- Chair Dance	2 8:15- Zumba 8:45- Easy Yoga 9:30-SilverSneaker classic 10:45-SilverSneaker classic 11-Balance One 12- Line Dance	3 8:30-Cardio Jam 9AM- 60UP BALANCE 9:45 SilverSneakers Cardio 10:00 Chair Yoga 10:00 Chair Volleyball 11:15- QiGong 11:30-Parkinson's class	4 8:15- Zumba 9- Mindful Meditation 9:30-SilverSneaker Classic 10- Easy Yoga 10:45- SilverSneaker Classic 11:15- Balance Two 12:15- Strength Class 1:00- Chair Dance	5 <u>7:45-Walk with the Doc Dr. Nicholas Gastaldo "Healthy Weight Loss" Target Hallway</u> 8:30-Cardio Jam 9- 60UP Balance Class 10- Chair Yoga 11:30- Parkinson's Class
8 8:30 Cardio Jam 9:45 SS Cardio 10:00-11 Chair Volleyball 10:00 Chair Yoga 11:15 Easy Yoga 11:30 Parkinson's class 12:15 Strength Class 1:00- Chair Dance	9 8:15- Zumba 8:45- Easy Yoga <u>9-12- BONE DENSITY SCREENING -Walk in</u> 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12- Line Dance <u>12- Special Program!! YELLOW BRICK PLACE</u>	10 8:30-Cardio Jam 9AM- 60UP BALANCE CLASS <u>9-12 -Free Advance directives Living Will & Durable Power of Attorney walk-in</u> 9:45- SilverSneakers Cardio 10:00-Chair Volleyball 10:00- Chair Yoga 11:15- QiGong 11:30-Parkinson's class 12:45 -Isometric Strength	11 8:15- Zumba 9:30-SilverSneaker Classic 10- Easy Yoga 10:45- SilverSneaker Classic 11:15- Balance Two 12:15- Strength Class 1:00- Chair Dance <u>12:30-1:30 Skin Cancer Screening WALK-IN</u>	12 8:30-Cardio Jam 9- 60UP Balance Class 10- Chair Yoga 11:30- Parkinson's exercise
15 8:30-10- <u>NEED INFO ON BEHAVIORAL HEALTH SERVICES - SEE ALANA- JCP Hallway</u> <u>8:30-11- Blood Sugar screening- 8hr.fastwalk in</u> 8:30 Cardio Jam 9:45 SS Cardio 10:00-11 Chair Volleyball 10:00 Chair Yoga 11:15 Easy Yoga 11:30 Parkinson's class 12:15 Strength Class 1:00- Chair Dance	16 8:15- Zumba 8:45- Easy Yoga 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12- Line Dance	17 8:30-Cardio Jam 9AM- 60UP BALANCE 9:45 SilverSneakers Cardio 10:00 Chair Yoga 10:00 Chair Volleyball 11:15- QiGong 11:30-Parkinson's class 12:45 -Isometric Strength <u>12:30 Talk with a Doc- Dr. Jennifer Lamanna "Mindfulness"—Lunch \$5</u>	18 8-11- <u>Mammogram Van by Target call 330-652-7542 for appt</u> 8:15- Zumba 9- Mindful Meditation 9:30-SilverSneaker Classic 10- Easy Yoga 10:45- SilverSneaker Classic 11:15- Balance Two 12:15- Strength Class 1:00- Chair Dance	19 8:30-Cardio Jam 9- 60UP Balance Class 10- Chair Yoga 11:30- Parkinson's exercise
22 8:30 Cardio Jam 9:45 SS Cardio 10:00-11 Chair Volleyball 10:00 Chair Yoga 11:15 Easy Yoga 11:30 Parkinson's class 12:15 Strength Class 1:00- Chair Dance <u>REGISTER FOR JULY CLASSES!!</u>	23 8:15- Zumba 8:45- Easy Yoga 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12- Line Dance <u>2:00 - TCCHD Car Seat Class call 330-675-2489 to register</u>	24 8:30-Cardio Jam 9AM- 60UP BALANCE 9:45 SilverSneakers Cardio 10:00 Chair Yoga 10:00 Chair Volleyball 11:15- QiGong 11:30-Parkinson's class 12:45 -Isometric Strength	25 8:15- Zumba 9:30-SilverSneaker Classic 10- Easy Yoga 10:45-SilverSneaker Classic 11:15- Balance Two 12:15- Strength Class 1:00- Chair Dance <u>1-4-Peripheral Vascular Disease screening by appt.</u> <u>1-4 -Advance directives Living Will & Durable Power of Attorney for Healthcare -Walk in</u>	26 8:30-Cardio Jam 9- 60UP Balance Class 10- Chair Yoga 11:30- Parkinson's exercise
29 8:30 Cardio Jam 9:45 SS Cardio 10:00-11 Chair Volleyball 10:00 Chair Yoga 11:15 Easy Yoga 11:30 Parkinson's class 12:15 Strength Class 1:00- Chair Dance	30 8:15- Zumba 8:45- Easy Yoga 9:30-Silversneaker classic 10:45-Silversneaker classic 11-Balance One 12- Line Dance	Open M-F-8-4:30PM-Parking by Target or Dental Works 330-652-7542 www.mercy.com/Youngstown/locations and Facebook.com/mercyhealthyyoungstown BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM & Tues. 1:30-3:30pm <u>REGISTRATION FOR JULY CLASSES ON JUNE 22ND!!</u> <u>Dietician on Fridays- NO COST by appointment 330-652-7542</u>		