

ACTIVE OLDER ADULT FITNESS SCHEDULE



Oppenheim Center for the Arts

1004 Jackson Street
Scranton
(570) 961-1592 ext. 102

Yoga with Rick Schmoyer
Mondays, 6:15 - 7:15 pm

Tai Chi with Rick Schmoyer
Tuesdays, 6:00 - 7:00 pm

**Lunch Slump Stretch with
Lisa Schmidt**
Tuesdays, 12:45 - 1:15 pm

**Strong, Fit and Flexible with
The Training Loft LLC**
Wednesdays, 5:15 - 6:15 pm

**Barre 360 with Amy Hlavaty
Belcher**
Thursdays, 5:30-6:15 pm

Mid Valley AOACC

310 Church Street, Jessup
(570) 489-4415

Tai Chi with Rick Schmoyer
Mondays

Advanced Class - 1:00-2:00 pm
Beginner Class - 2:00-3:00 pm

Yoga with Rick Schmoyer
Tuesdays, 1:00-2:00 pm

Participants must be able to
perform some exercises on a
mat on the floor

Chair Yoga with Peggy Voyce
Wednesdays, 12:00 - 12:45 pm

Strong, Fit and Flexible
Tuesdays with Cindy Iyooob
Thursdays with Nancy Lippolis
5:15 - 6:15 pm

Coming Soon!

The Arthritis Foundation
Exercise Program &
Evening Mat Pilates at the
Oppenheim Center

**No charge for classes, but donations are encouraged.
For cancellations due to winter weather, check UNC's Facebook page.**