

ST. JOE'S AT THE MALL APRIL 2024



Mon	Tue	Wed	Thu	Fri
1 8:30 Cardio Jam-Hallway 10-Chair Yoga- 28 limit- 10-SilverSneaker Cardio 11:15-Easy Yoga-.- 11:30-Parkinson's Exercise-	2 8:15- Zumba- 8:45- Easy Yoga-.- \$2-SS or \$6 w/o 9:30-Silversneaker classic- limit 30- 10:45-Silversneaker classic- limit 30 11-Beginning Balance- limit 20	3 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS - limit 14 10 Chair Yoga-limit-30 10:00- SilverSneakers Cardio 11:30-Parkinson's class- limit 20	4 8:15- Zumba- 9:30-SilverSneaker classic- -- limit 30 10- Easy Yoga- limit 16 10:45- SilverSneaker Classic- -- limit 30 11:15-Advance Balance- limit 20	5 <u>7:45 Walk With the Doc</u> - <u>Dr. Jim Dombroski "Weight</u> <u>Control" TARGET HALLWAY</u> 8:45-Cardio Jam- 9- 60UP BALANCE CLASS- -limit 14 10- Chair Yoga- classroom- 30 limit 11:30- Parkinson's exercise-
8 8:30 Cardio Jam-Hallway 10-Chair Yoga- 28 limit- class- room 10-SilverSneaker Cardio- 11:15-Easy Yoga- 11:30-Parkinson's Exercise	9 8:15- Zumba 9:30-SilverSneaker classic- limit 30 BONE DENSITY 9-12 walk-ins 10- Easy Yoga- limit 16 10:45- SilverSneaker Classic- -- limit 30 11 Beginning Balance-limit 20	10 8:30Cardio Jam 9AM- 60UP BALANCE CLASS- limit 14 9-12 -Free Advance directives Living Will 10-Chair Yoga-limit 30- 10:00- SilverSneakers Cardio 11:30-Parkinson's class- limit 1:00-2 HEALTY at HOME PROGRAM Linda K Hall, BSW MUST REGISTER 330-652-7542	11 8:15- Zumba- Hallway 9:30-SilverSneaker classic- limit 30 10- Easy Yoga- -limit 16 10:45- SilverSneaker Classic- -- limit 30 11:15-Advance Balance- limit 20 11-2- WELLNESS ON WHEELS-Target parking lot-no cost services from Warren City Health Dept. Check it out!	12 8:30-Cardio Jam-Hallway 9- 60UP BALANCE CLASS- limit 30 10- Chair Yoga- -- 30limit 11:30- Parkinson's exercise-
15 8:30-Cardio Jam-Hallway 8:30-11 BLOOD SUGAR 10 hr. fast walk- ins 8:30-10-BEHAVIORAL HEALTH SER- VICES-SEE ALANA LSW will be available!! 10:00 SS Cardio 10- Chair Yoga- classroom- 30 limit 11:15 Easy Yoga 11:30- Parkinson's Exercise	16 8:15- Zumba- Hallway 8:45- Easy Yoga- 9:30-Silversneaker classic- limit 30- 10:45-Silversneaker classic- limit 30- 11-Beginning Balance- limit	17 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS- -limit 14 10- Chair Yoga-limit 30 10:00 SilverSneakers Cardio-exercise room 11:30-Parkinson's class- 12:30- TALK WITH THE DOC-Dr Frank Dresner speaking on "Weight and My Health" register Lunch \$3	18 8-11- Mammogram Bus here- call 330-652-7542 for appt 8:15- Zumba- -- Hallway 9:30-SilverSneaker classic- limit 30 10- Easy Yoga- -limit 16 10:45- SilverSneaker Classic- -- limit 30 11:15-Advance Balance- limit 20 1- Hypertension Management Class- Register	19 8:30-Cardio Jam-Hallway 9- 60UP BALANCE CLASS- -limit 14 10- Chair Yoga- classroom- 30 limit 11:30- Parkinson's exercise-
22 8:30 Cardio Jam-Hallway 10-Chair Yoga- 30 limit- 10-SilverSneaker Cardio. 11:15-Easy Yoga- Limit 16 11:30-Parkinson's Exercise- <u>REGISTER TODAY FOR</u> <u>May Classes!!</u>	23 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic- limit 30- 10:45-Silversneaker classic- limit 30 11-Beginning Balance- limit 20- 2-3- CAR SEAT CLASS- TCCHD- MUST REGISTER! Call 330-675-2489	24 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS- imit 14 10 Chair Yoga-limit-30 10:00- SilverSneakers Cardio 11:30-Parkinson's class- limit 20 1-3 HEARING SCREENING by appt.	25 8:15- Zumba- 9:30-SilverSneaker classic- -- limit 30 10- Easy Yoga-limit 16 10:45- SilverSneaker Classic- limit 30 11:15-Advance Balance- limit 20 1-4-Peripheral Vascular Disease screening by appt. 1-4 -Advance directives Living Will & Durable Power of Attorney for Healthcare- Walk	26 8:30-Cardio Jam- Hallway 9- 60UP BALANCE CLASS - limit 14 10- Chair Yoga- 30 limit 11:30- Parkinson's exer- cise-
29 8:30 Cardio Jam- Hallway 10-Chair Yoga- 28 limit- classroom 10-SilverSneaker Cardio- 11:15-Easy Yoga- 11:30-Parkinson's Exer- cise	30 8:15- Zumba- Hallway 8:45- Easy Yoga 9:30-Silversneaker classic- limit 30- 10:45-Silversneaker classic- limit 30- 11-Beginning Balance- limit 20-	Open M-F-8-4:30PM-Parking by Target or Dental Works Phone: 330-652-7542 REGISTRATION FOR MAY on APRIL 22		

