



ST. JOE'S AT THE MALL March 2020

Mon	Tue	Wed	Thu	Fri
<p>2 8:30 –Cardio Jam Class 9:30– Chair Yoga 10– SilverSneakers Cardio Class 9-12- Free Body Fat & BMI Screening 11-12PM– Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 11– Parkinson’s Exercise group 3:30- Step Class with Terri Dean- \$2 w/o SS</p>	<p>3 9-12– BLOOD PRESSURES 8:15- ZUMBA- \$20 @month/\$3 class. SS free. 10am & 11:15- SilverSneaker exercise class –open to all 10-Tai Chi Chih 9- \$2 SS or \$5 w/o 12:30– SilverSneaker Balance Class 2-4– BP’s</p>	<p>4 8:30-11-Free Carotid and/or AAA screening by apt. for those who meet criteria. Call for more info. 8:30- Cardio Jam Class 9-12– BLOOD PRESSURES 10– DRUMS & MUSCLE CLASS– limited class size 11– Chair Yoga 11– Parkinson’s Exercise group 1:30-2:30– CHAIR YOGA 2-4 BP’s 3:30– TONING CLASS WITH TERRI-\$2 W/O SS.</p>	<p>5 8:15- ZUMBA - \$20 @month/\$3 class. SS no cost 9-12– BLOOD PRESSURES 9:30- Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 10:00 & 11:15- SilverSneakers Exercise class –open to all 11:15– Balance Exercise Group</p>	<p>6 7:45-8:45– Walk with a Doc– Join us! Dr. JOHN FRANCISCO, Podiatrist is walking with us. Register! 8:45 –Cardio Jam Class 10– SilverSneakers CardioClass 11– Chair Yoga Class 11– Parkinson’s Exercise group 12:15-1:15– CHAIR YOGA</p>
<p>9 8:30 –Cardio Jam Class 9:30– Chair Yoga 10– SilverSneakers Cardio Class 9-12- Free Body Fat & BMI Screening 11-12PM– Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 11– Parkinson’s Exercise group 3:30- Step Class with Terri Dean- \$2 w/o SS</p>	<p>10 9-12– BLOOD PRESSURES 9-12– BONE DENSITY SCREENINGS 8:15- ZUMBA- \$20 @month/\$3 class. SS free. 10am & 11:15- SilverSneaker exercise class –open to all 10-Tai Chi Chih 9- \$2 SS or \$5 w/o 12:30– SilverSneaker Balance Class 2-4– BP’s</p>	<p>11 8:30 - Cardio Jam Class 9-12– BLOOD PRESSURES 9-12– Free Notary Services, Living Wills & Durable Power of Attorney for Health Care Sign UPS. 10– DRUMS & MUSCLE CLASS– limited class size 11– Chair Yoga 11– Parkinson’s Exercise group 1:30-2:30– CHAIR YOGA 2-4 BP’s 3:30– TONING CLASS WITH TERRI-\$2 W/O SS.</p>	<p>12 8:15- ZUMBA - \$20 @month/\$3 class. SS no cost 9-12– BLOOD PRESSURES 9:30- Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 10:00 & 11:15- SilverSneakers Exercise class –open to all 11:15– Balance Exercise Group</p>	<p>13 8:30 –Cardio Jam Class 10–SilverSneakers Cardio Class 9-12– FREE PULSE OXIMETRY SCREENING– Oxygen level in blood stream 11-Chair Yoga Class 11– Parkinson’s Exercise group 12:15-1:15– CHAIR YOGA</p>
<p>16 8:30 –Cardio Jam Class 10– SilverSneakers Cardio Class 8:30-11– Free Blood Sugar Screening– 8 hr. fast 11-12PM– Easy Yoga- \$20 for 4 classes-\$6 ea.SS-\$2 11– Parkinson’s Exercise group 3:30- Step Class with Terri Dean- \$2 w/o SS</p>	<p>17 9-12– BLOOD PRESSURES 8:15- ZUMBA- \$20 @month/\$3 class. SS free. 10am & 11:15- SilverSneaker exercise class –open to all 10-Tai Chi Chih 9- \$2 SS or \$5 w/o 12:30– SilverSneaker Balance Class 2-4– BP’s</p>	<p>18 8:30 - Cardio Jam Class 9-12– BLOOD PRESSURES 10– DRUMS & MUSCLE CLASS– limited class size 11– Chair Yoga 11– Parkinson’s Exercise group 12:15–TALK WITH THE DOC! .Dr. Anuj Singh -Got to Go! Kidney Issues! Call to reg. Lunch \$2 1-2:45- MH Mobile Mammogram Bus HERE—Call 330-652-7542 to schedule apt 1:30-2:30– CHAIR YOGA 2-4 BP 3:30– TONING CLASS WITH TERRI-\$2 W/O SS.</p>	<p>19 8:15- ZUMBA - \$20 @month/\$3 class. SS no cost 9-12– BLOOD PRESSURES 9:30- Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 10:00 & 11:15- SilverSneakers Exercise class –open to all 11:15– Balance Exercise Group 12:30-Health at Home– Safety, Health, Program-Free book—Call to register– Lunch \$2.</p>	<p>20 8:30 –Cardio Jam Class 10–SilverSneakers Cardio Class 9-12– FREE PULSE OXIMETRY SCREENING– Oxygen level in blood stream 11-Chair Yoga Class 11– Parkinson’s Exercise group 12:15-1:15– CHAIR YOGA</p>
<p>23 8:30 –Cardio Jam Class 9:30– Chair Yoga 10– SilverSneakers Cardio Class 9-12- Free Body Fat & BMI Screening 11-12PM– Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 11– Parkinson’s Exercise group 3:30- Step Class with Terri Dean- \$2 w/o SS</p>	<p>24 9-12– BLOOD PRESSURES 8:15- ZUMBA- \$20 @month/\$3 class. SS free. 10am & 11:15- SilverSneaker exercise class –open to all 10-Tai Chi Chih 9- \$2 SS or \$5 w/o 12:30– SilverSneaker Balance Class 2-4– BP’s</p>	<p>25 8:30-10:30– Lab express-Get Lipid Panel (12 Hr. fast), PSA, TSH for \$10 ea. & HgA1c \$15–Walk in Cash only 8:30 - Cardio Jam Class 9-12– BLOOD PRESSURES 10– DRUMS & MUSCLE CLASS– limited class size 11– Chair Yoga 11– Parkinson’s Exercise group 1:30-2:30– CHAIR YOGA 2-4 BP’s 3:30– TONING CLASS WITH TERRI-\$2 W/O SS.</p>	<p>26 8:15- ZUMBA - \$20 @month/\$3 class. no cost 9-12– BLOOD PRESSURES 9:30- Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 10:00 & 11:15- SilverSneakers Exercise class–open to all 11:15– Balance Exercise Group 1-4– Free Peripheral Vascular Disease Screening- by apt. 1-4-Free Notary Services, Living Wills & Durable Power of Attorney for Health Care</p>	<p>27 8:30 –Cardio Jam Class 10–SilverSneakers Cardio Class 9-12– FREE PULSE OXIMETRY SCREENING– Oxygen level in blood stream 11-Chair Yoga Class 11– Parkinson’s Exercise group 12:15-1:15– CHAIR YOGA</p>
<p>30 8:30 –Cardio Jam Class 9:30– Chair Yoga 10– SilverSneakers Cardio Class 9-12- Free Body Fat & BMI Screening 11-12PM– Easy Yoga- \$20 for 4 classes-\$6 ea. SilverSneakers \$2 11– Parkinson’s Exercise group 3:30- Step Class with Terri Dean- \$2 w/o SS</p>	<p>31 9-12– BLOOD PRESSURES 8:15- ZUMBA- \$20 @month/\$3 class. SS free. 10am & 11:15- SilverSneaker exercise class –open to all 10-Tai Chi Chih 9- \$2 SS or \$5 w/o 12:30– SilverSneaker Balance Class 2-4– BP’s</p>	<p>Located in the Eastwood Mall next to JC PENNEY’S . www.mercy.com/Youngstown/locations Open M-W-F-8-5:30pm T-TH- 8-4:30 Parking by Target or Dental Works Phone: 330-652-7542</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="1501 1393 1738 1599">  <p>Find us on Facebook</p> </div> <div data-bbox="1738 1393 2041 1599">  </div> </div>		