

AUGUST 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Please Note:</p> <p>*Cooking Demo is Thursday July 17th. Info is on the back*</p>	<p>1 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>2 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>3 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>4</p> <p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45pm</p> <p>Relaxation 9:50-10:15am</p>	5
6	<p>7 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>8 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>9 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>10 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>11</p> <p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45am</p> <p>Relaxation 9:50-10:15am</p>	12
13	<p>14 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>15 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>16 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>17 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>18</p> <p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45am</p> <p>Relaxation 9:50-10:15am</p>	19
20	<p>21 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>22 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>23 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>24 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>25</p> <p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45am</p> <p>Relaxation 9:50-10:15am</p>	26
27	<p>28 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>29 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>30 MFH</p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>31 MFH</p> <p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>		

New Activity

LGHP Group Guided Meditation

August 11th
12:05 - 12:50pm

At the Solomon Lacrosse Box

Mats and meditation chairs will be available but please feel free to bring your own supplies

MFH - Move for Health

Supervised group fitness class
Must be enrolled in the program

Monday - Thursday

8:00 am - 12:00 pm

3:00 pm - 4:00 pm

July Cooking Demo

Thursday August 17th

11:30am - 1:00pm

Zucchini Burrito Boats

8 Spots Available

RSVP by August 16th

358-9667

FREE COMMUNITY CLASSES:

Listed below

For anyone 18 and older

Do not need to be enrolled in the program

Please bring clean, dry sneakers

All fitness levels welcome

SUMMER BOOT CAMP

An adult group Functional Fitness Class. Simple, effective and uses limited equipment located at Generations Park Lacrosse Box

Monday & Wednesday 4:30-5:15pm

PUBLIC FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.

Tuesday & Thursday 12:00-1:00pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength

Friday 9:00-9:45am

AFTER HOURS FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply exercise at their own pace.

Monday & Wednesday 5:30-6:15pm

Tuesday & Thursday 4:00-6:00pm

WATER AEROBICS

A fun way to tone and exercise with minimal stress on your lower joints and bones.

Thursday 4:30-5:30pm

SUPERVISED SWIM

Open to community members, required to sign pool brochure.

Monday & Wednesday 4:15-5:15pm

Friday 8:00-9:00am

RELAXATION

Group guided relaxation involves deep breathing exercises to improve blood pressure and stress levels.

Friday 9:50-10:15am



Classes are held at the Diabetes Center for Excellence, unless otherwise noted
For evening fitness classes, please use the side entrance located in the back parking lot
For more information contact: **The Let's Get Healthy Program: (518) 358-9667**