

December Fitness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 MFH Body Works 4:30-5:15	2 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Youth Fitness 4:30-6:15	3 MFH Club Circuit 12:05-12:50	4 MFH Yoga 12:05-12:50 Youth Fitness 4:30-6:15	5 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	6
7	8 MFH Body Works 4:30-5:15	9 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50	10 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	11 MFH Yoga 12:05-12:50 Youth Fitness 4:30-6:15	12 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	13
14	15 MFH Body Works 4:30-5:15	16 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Youth Fitness 4:30-6:15	17 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	18 MFH Yoga 12:05-12:50 Youth Fitness 4:30-6:15	19 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	20
21	22 MFH Body Works 4:30-5:15	23 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50	24 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	25 Tribe Closed	26 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	27
28	29 MFH Body Works 4:30-5:15	30 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50	31 MFH Club Circuit 12:05-12:50			



FREE
Community Fitness Classes
with
Mary Terrance & Steevi King

Helpful Hint:
While we do provide some yoga props-our supplies are limited. If you have some of these at home it might be helpful to bring to class:

- ◇ Small Pillow
- ◇ Blanket
- ◇ Strap

AKWESASRONON Community Fitness Classes:

- ◆ For adult men & women 18 yrs. +
- ◆ All fitness levels welcome!
- ◆ Water is provided
- ◆ Always wear appropriate clothing
- ◆ **No Wet Footwear...** Please change into sneakers before class
- ◆ Remember, classes are **FREE!**



HEALTHY COOKING DEMONSTRATION
Holiday Appetizers
December 18th, 11am– 1pm
Space is limited
Please RSVP by December 15th
518-358-9667



MFH–Move For Health Class

Supervised group fitness class
LGHP Nurse referral mandatory, must be enrolled in the program.
Classes held at the Diabetes Center For Excellence
Every Monday, Tuesday, Wednesday & Thursday
8:00-9:00am 10:00-11:00am
9:00-10:00am 11:00-12:00pm

FREE COMMUNITY CLASSES:

CHAIR YOGA

A gentle yoga class practiced sitting or standing next to a chair for balance and support. Classes are designed to improve balance, strength and coordination of the body. This class will promote feelings of peace and relaxation. You will also learn techniques to improve breathing and manage stress.

Class held at Office for the Aging
Tuesdays 10:00-11:00am

LUNCH TIME YOGA

Basic stretching, breathing and deep relaxation.
Classes held at the Diabetes Center for Excellence with Mary Terrance
TUESDAY & THURSDAY 12:05-12:50pm

BODY WORKS

An adult group Functional Fitness Class. Simple, effective and uses limited equipment.
Classes held at the Diabetes Center for Excellence
Monday & Wednesday 4:30-5:15pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength in elders.
Classes held at the Diabetes Center for Excellence
Wednesdays 12:05-12:50pm & Friday 9:00-9:45am

For more information contact
The Let's Get Healthy Program: (518)-358-9667



Helping Build A Better Tomorrow