January

Let's Get Healthy Program
Community Fitness Classes

2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED FOR NEW YEAR'S DAY	2
3	4 Body Works 4:15-5pm After Hours 5:15-6pm	5 Power Hour 12-1:00pm	6 Body Works 4:15-5pm After Hours 5:15-6pm	7 Power Hour 12-1:00pm	8 Club Circuit 9-9:45am	9
10	11 Body Works 4:15-5pm After Hours 5:15-6pm	12 Power Hour 12-1:00pm	13 Body Works 4:15-5pm After Hours 5:15-6pm	14 Power Hour 12-1:00pm	15 Club Circuit 9-9:45am	16
17	18 CLOSED FOR MARTIN LUTHER KING JR. DAY	19 Power Hour 12-1:00pm	20 Body Works 4:15-5pm After Hours 5:15-6pm	21 Power Hour 12-1:00pm	22 Club Circuit 9-9:45am	23
24/ 31	25 Body Works 4:15-5pm After Hours 5:15-6pm	26 Power Hour 12-1:00pm	27 Body Works 4:15-5pm After Hours 5:15-6pm	28 Power Hour 12-1:00pm	29 Club Circuit 9-9:45am	30

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:
For men and women 18yrs and older
Always wear appropriate clothing
No wet footwear-please change into clean, dry sneakers
All fitness levels welcome

BODY WORKS
An adult group Functional Fitness Class. Simple, effective and uses limited equipment
Monday & Wednesday 4:15-5:00pm

POWER HOUR* NEW CLASS
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 work at their own pace.
Monday & Wednesday 5:15-6:00pm

RELAXATION
Guided relaxation involves deep breathing exercises to improve blood pressure and lower stress levels.
By appointment

Classes are held at the Diabetes Center for Excellence
For evening 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

Let's Get Healthy

St. Regis Mohawk Tribe

Helping Build A Better Tomorrow