



April Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 MFH Senior's Yoga 10:00-11:00 Club Circuit 1:30-2:15	2 MFH Start Walking Day Yoga 12:05-12:50 Body Works 4:30-5:15	3 MFH	4 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	5
6	7 MFH <u>No Yoga Class</u> Body Works 4:30-5:15	8 MFH <u>No Senior's Yoga</u> Club Circuit 1:30-2:15	9 MFH <u>No Yoga Class</u> Body Works 4:30-5:15	10 MFH	11 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	12
13	14 MFH <u>No Yoga Class</u> Body Works 4:30-5:15	15 MFH Senior's Yoga 10:00-11:00 Club Circuit 1:30-2:15	16 MFH Yoga 12:05-12:50 Body Works 4:30-5:15	17 MFH	18 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	19
20	21 MFH Yoga 12:05-12:50 Body Works 4:30-5:15	22 MFH Senior's Yoga 10:00-11:00 Club Circuit 1:30-2:15	23 MFH Yoga 12:05-12:50 Body Works 4:30-5:15	24 MFH	25 MFH Club Circuit 9:00-9:45 Relaxation 9:50-10:15	26
27	28 MFH Yoga 12:05-12:50 Body Works 4:30-5:15	29 MFH Senior's Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15	30 MFH *Cooking Demo* 11:30-1:00 Yoga 12:05-12:50 Body Works 4:30-5:15			



FREE

Community Fitness Classes with
Calandra Curleyhead
Mary Terrance & Steevi King

New! Youth Fitness
 Starting April 29th
 Tuesdays & Thursdays
 Must be pre-registered

AKWESASRONON Community Fitness Classes:

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

COOKING DEMONSTRATION HANDS ON DEMO!

Spring Inspired Recipes, April 30th from 11:30-1:00pm

All Cooking demonstrations are held in our LGHP Theatre Kitchen at the Diabetes Center for Excellence

8 spots Available

RSVP by April 28th

Call Heather Pontius 518-358-9667

START WALKING DAY IS WEDNESDAY APRIL 2ND

Join us at the Tewathahita Walking trail to jump start the walking season.

After your walk, join us for Black Bean Soup
at the Diabetes Center for Excellence!

4:00-6:00pm



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

New! Youth Fitness

Youth Fitness classes begin April 29, 2014

Classes will be held every Tuesday & Thursday at the Diabetes Center for Excellence

4:30-5:15pm for ages 8-12 & 5:30-6:15pm for ages 13-17

Registration and Assessments will be held

April 15th & 17th from 4:00pm-6:00pm

FREE COMMUNITY CLASSES:

SENIOR'S YOGA

Class held at the Seniors Center with *Mary Terrance*

Every Tuesday 10:00-11:00am



LUNCH TIME YOGA

Classes held at the Diabetes Center for Excellence with *Mary Terrance*

Monday & Wednesday 12:05-12:50 pm

BODY WORKS

An adult group Functional Fitness Class. Simple, effective & uses limited equipment.

Monday & Wednesday 4:30-5:15pm

Classes held at the Diabetes Center For Excellence

CLUB CIRCUIT

A fitness program to improve balance, coordination, & strength in elders.

Tuesday 1:30-2:15pm Friday 9:00-9:45am

Classes held at the Diabetes Center For Excellence



For more information contact the
Let's Get Healthy Program 518-358-9667



Helping Build A Better Tomorrow