



# August Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>Club Circuit</b> 9:00-9:45  <b>Relaxation</b> 9:50-10:15	<b>2</b>
<b>3</b>					<b>4</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>5</b> <u>MFH</u> <b>Chair Yoga</b> 10:00-11:00  <b>Club Circuit</b> 1:30-2:15
<b>10</b>	<b>11</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>12</b> <u>MFH</u>  <b>Club Circuit</b> 1:30-2:15	<b>13</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>14</b> <u>MFH</u> <b>Cooking Demo</b> 11:30-1:00  <b>Twilight Fun Run</b> 5:30-7:30	<b>15</b> <b>Club Circuit</b> 9:00-9:45  <b>Relaxation</b> 9:50-10:15	<b>16</b>
<b>17</b>	<b>18</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>19</b> <u>MFH</u>  <b>Club Circuit</b> 1:30-2:15	<b>20</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>21</b>  <b>Twilight Fun Run</b> 5:30-7:30	<b>22</b> <b>Club Circuit</b> 9:00-9:45  <b>Relaxation</b> 9:50-10:15	<b>23</b>
<b>24</b>	<b>25</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>26</b> <u>MFH</u>  <b>Club Circuit</b> 1:30-2:15	<b>27</b> <u>MFH</u>  <b>Body Works</b> 4:30-5:15	<b>28</b> <u>MFH</u> <b>Cooking Demo</b> 11:30-1:00  <b>Twilight Fun Run</b> 5:30-7:30	<b>29</b> <b>Club Circuit</b> 9:00-9:45  <b>Relaxation</b> 9:50-10:15	<b>30</b>

**FREE**  
Community Fitness Classes  
with  
*Mary Terrance*  
*Steevi King*  
*Arlene Thomas*

**BODYWORKS!** may be held outside throughout August, weather permitting. Participants should be prepared with bug spray, sun screen, sunglasses, etc.

## 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!**

## HANDS ON COOKING DEMONSTRATION

August 14th-Better Burgers 11:30-1:00 pm  
August 28th-Vegetarian Grilling 11:30-1:00 pm  
RSVP Required

Call Heather Pontius 518-358-9667

*Cooking Demonstrations to take place outside,  
please dress according to weather.  
Rain dates will be scheduled as needed.*



## 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 with *Mary Terrance*

Every Tuesday 10:00-11:00am

Classes canceled August 12th, 19th & 26th

Classes will resume in September.



### LUNCH TIME YOGA

CLASSES CANCELED FOR THE MONTH OF AUGUST!

Classes will resume in September.

### 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

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

For more information contact

The Let's Get Healthy Program: (518)-358-9667



Helping Build A Better Tomorrow