

January Fitness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Free Community Fitness Classes</u> For men and women 18yrs and older Always wear appropriate clothing No wet footwear- please change into clean, dry sneakers Water is provided All fitness levels welcome!			1 <u>Tribe Closed</u>	2 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	3
4	5 <u>MFH</u> Supervised swim 1:00-3:00 Body Works 4:30-5:15pm	6 <u>MFH</u> Supervised swim 8:00-10:00am Yoga 12:05-12:50 Youth Fitness 4:30-6:15	7 <u>MFH</u> Club Circuit 12:05-12:50 Supervised swim 4:00-6:00pm Body Works 4:30-5:15	8 <u>MFH</u> Yoga 12:05-12:50 Youth Fitness 4:30-6:15 Water aerobics 5:00-6:00pm	9 Club Circuit 9:00-9:45 Supervised swim 10:00-12:00	10 Water aerobics 10:00-11:00am
11	12 <u>MFH</u> Supervised swim 1:00-3:00 Body Works 4:30-5:15	13 <u>MFH</u> Supervised swim 8:00-10:00am Yoga 12:05-12:50 Youth Fitness 4:30-6:15	14 <u>MFH</u> Club Circuit 12:05-12:50 Supervised swim 4:00-6:00 Body Works 4:30-5:15	15 <u>MFH</u> Yoga 12:05-12:50 Youth Fitness 4:30-6:15 Water aerobics 5:00-6:00pm	16 Club Circuit 9:00-9:45 Relaxation 9:50-10:15 Supervised swim 10:00-12:00	17 Water aerobics 10:00-11:00am
18	19 <u>Tribe Closed</u>	20 <u>MFH</u> Supervised swim 8:00-10:00am Yoga 12:05-12:50 Youth Fitness 4:30-6:15	21 <u>MFH</u> Club Circuit 12:05-12:50 Supervised swim 4:00-6:00 Body Works 4:30-5:15	22 <u>MFH</u> Yoga 12:05-12:50 Youth Fitness 4:30-6:15 Water aerobics 5:00-6:00pm	23 Club Circuit 9:00-9:45 Relaxation 9:50-10:15 Supervised swim 10:00-12:00	24 Water aerobics 10:00-11:00am
25	26 <u>MFH</u> Supervised swim 1:00-3:00 Body Works 4:30-5:15	27 <u>MFH</u> Supervised swim 8:00-10:00am Yoga 12:05-12:50 Youth Fitness 4:30-6:15	28 <u>MFH</u> Club Circuit 12:05-12:50 Supervised swim 4:00-6:00 Body Works 4:30-5:15	29 <u>MFH</u> Yoga 12:05-12:50 Youth Fitness 4:30-6:15 Water aerobics 5:00-6:00	30 Club Circuit 9:00-9:45 Relaxation 9:50-10:15 Supervised swim 10:00-12:00	31 Water aerobics 10:00-11:00am

COOKING DEMONSTRATION

Healthy Breakfast Recipes

January 29th, 9:00-10:30 am

Space is limited

Please RSVP by January 27th

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. Improve balance, strength and coordination. 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

Tuesday & Thursday 12:05-12:50pm

BODY WORKS

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

Monday & Wednesday 4:30-5:15pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength in elders

Wednesdays 12:05-12:50pm & Friday 9:00-9:45am

***New* WATER AEROBICS**

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

Thursday 5:00-6:00pm & Saturday 10:00-11:00am

Classes are held at the Diabetes Center for Excellence unless otherwise noted



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



Helping Build A Better Tomorrow