



# June Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15	3 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15	4 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15	5 <u>MFH</u>   Youth Fitness 4:30-6:15	6 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	7
8	9 <u>MFH</u> <u>YOGA CANCELLED</u>  Body Works 4:30-5:15	10 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15	11 <u>MFH</u> <i>*Cooking Demo*</i> <i>11:30-1:00</i> Yoga 12:05-12:50 Body Works 4:30-5:15	12 <u>MFH</u>   Youth Fitness 4:30-6:15	13 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	14
15	16 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15	17 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15	18 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15	19 <u>MFH</u> Men's Health Presentation 5:00-6:30 Youth Fitness 4:30-6:15	20 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	21
22	23 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15	24 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15	25 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15	26 <u>MFH</u>   Youth Fitness 4:30-6:15	27 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	28
29	30 <u>MFH</u> Yoga 12:05-12:50  Body Works 4:30-5:15					



**FREE**  
Community Fitness Classes  
with  
*Calandra Curleyhead*  
*Mary Terrance &*  
*Steevi King*

**Lunchtime Yoga** will be held outside throughout June, weather permitting. Participants should be prepared with bug spray, sun screen, sunglasses, etc.

- AKWESARONON 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!**

**Healthy Grilling, June 11th from 11:30-1:00pm**

Please be prepared to be outdoors for this event.

**8 spots Available**

**RSVP by June 10th**

**Call Heather Pontius 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**

## **New! Youth Fitness**

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

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

Must pre-register.

## **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**

### **LUNCH TIME YOGA**

Basic stretching, breathing and deep relaxation.

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

**Monday & Wednesday 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

**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**