



May Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Women's Health Month! Join us every Wednesday evening in May for our Healthy Living Series. Each week will Feature: Body Works 4:30-5:15 Featured Presentation 5:30-6:15 Healthy Living Sessions 6:30-7:00</p>				<p>1 <u>MFH</u> Youth Fitness 4:30-6:15</p>	<p>2 Club Circuit 9:00-9:45 Relaxation 9:50-10:15</p>	<p>3</p>
<p>4</p>	<p>5 <u>MFH</u> Yoga 12:05-12:50 Body Works 4:30-5:15</p>	<p>6 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15</p>	<p>7 <u>MFH</u> Yoga 12:05-12:50 Body Works 4:30-5:15 Healthy Living Series</p>	<p>8 <u>MFH</u> Youth Fitness 4:30-6:15</p>	<p>9 Club Circuit 9:00-9:45 Relaxation 9:50-10:15</p>	<p>10</p>
<p>11</p>	<p>12 <u>MFH</u> Yoga 12:05-12:50 Body Works 4:30-5:15</p>	<p>13 <u>MFH</u> Yoga Outside* 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15</p>	<p>14 <u>MFH</u> Yoga 12:05-12:50 Body Works 4:30-5:15 Healthy Living Series</p>	<p>15 <u>MFH</u> Youth Fitness 4:30-6:15</p>	<p>16 Club Circuit 9:00-9:45 Relaxation 9:50-10:15</p>	<p>17</p>
<p>18</p>	<p>19 <u>MFH</u> Yoga 12:05-12:50 Body Works 4:30-5:15</p>	<p>20 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15</p>	<p>21 <u>MFH</u> Yoga 12:05-12:50 Body Works 4:30-5:15 Healthy Living Series</p>	<p>22 <u>MFH</u> Youth Fitness 4:30-6:15</p>	<p>23 Club Circuit 9:00-9:45 Relaxation <i>with Mary Terrance</i> 9:50-10:15</p>	<p>24</p>
<p>25</p>	<p>26 <u>NO MFH</u> OFFICE CLOSED MEMORIAL DAY</p>	<p>27 <u>MFH</u> Chair Yoga 10:00-11:00 Club Circuit 1:30-2:15 Youth Fitness 4:30-6:15</p>	<p>28 <u>MFH</u> YOGA CANCELLED Body Works 4:30-5:15 Healthy Living Series</p>	<p>29 <u>MFH</u> Youth Fitness 4:30-6:15</p>	<p>30 Club Circuit 9:00-9:45 Relaxation 9:50-10:15</p>	<p>31</p>



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

**Every Tuesday:
Chair Yoga at Office
for the Aging**
*May 13th class will
be held outdoors,
weather permitting*

- 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!**

JOIN US EVERY WEDNESDAY IN MAY!

In celebration of Women's Health Month, we will be holding a Healthy Living Series every Wednesday in May! Each week will feature:

Body Works Fitness Class **4:30-5:15pm** (optional)

Featured Presentation **5:30-6:15pm**

Healthy Living Sessions **6:30-7:00pm** (choose one)

A light meal and refreshments will be provided each night for those attending.

Please wear comfortable clothes and clean/dry sneakers.

There will be prizes and giveaways to those who attend.

Please see our newsletter for more information!



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 12:05-12:50 pm



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