November Fitness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 MFH Body Works 4:30-5:15	4 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Youth Fitness 4:30-6:15	5 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	6 MFH Yoga 12:05-12:50 Youth Fitness 4:30-6:15	7 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	8
9	10 MFH Body Works 4:30-5:15	11 CLOSED FOR VETERAN'S DAY	12 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	13 MFH Yoga 12:05-12:50 Youth Fitness 4:30-6:15	14 Club Circuit 9:00-9:45 Relaxation 9:50-10:15 Cooking demo 11:30-1:00	15
16	17 MFH Body Works 4:30-5:15	18 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Youth Fitness 4:30-6:15	19 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	20 MFH Yoga 12:05-12:50 Diabetes Extravaganza	21 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	22
23/30	24 MFH Body Works 4:30-5:15	25 MFH Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Youth Fitness 4:30-6:15	26 MFH Club Circuit 12:05-12:50 Body Works 4:30-5:15	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR NATIVE AMERICAN DAY	29

Let's Get Healthy

FREE
Community Fitness Classes with
Mary Terrance & Steevi King

Helpful Hint:
While we do provide some yoga props-our supplies are limited. If you have some of these at home it might be helpful to bring to class:
- ◊ *Small Pillow*
- ◊ *Blanket*
- ◊ *Strap*

AKWESASRONON Community Fitness Classes:

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

HEALTHY COOKING DEMONSTRATION
November 14th, 2014 11:30-1:00
Time Saving Slow Cooker Meals
Featuring: Crockpot Chicken Fajitas
Space is limited to 8 participants
Please RSVP by November 12th
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. 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
Tuesdays 10:00-11:00am

LUNCH TIME YOGA

Basic stretching, breathing and deep relaxation.
Classes held at the Diabetes Center for Excellence with Mary Terrance
TUESDAY & THURSDAY 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

NEW DAY & TIME
A fitness program to improve balance, coordination and strength in elders.
Classes held at the Diabetes Center for Excellence
Wednesdays 12:05-12:50pm & Friday 9:00-9:45am

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

Let's Get Healthy

Helping Build A Better Tomorrow