October

Let's Get Healthy Program
Community Fitness Classes

2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please Note: *Cooking Demo*					
2	3 Body Works 4:15-5pm After Hours 5:15-6pm	4 Public Fitness 12-1:00pm	5 Body Works 4:15-5pm After Hours 5:15-6pm	6 Public Fitness 12-1:00pm	7 Club Circuit 9-9:45am Relaxation 9:50-10:15am	8
9	10 CLOSED FOR HOLIDAY	11 Public Fitness 12-1:00pm	12 Body Works 4:15-5pm After Hours 5:15-6pm	13 *Cooking Demo* 12-1:30pm Public Fitness 12-1:00pm	14 Club Circuit 9-9:45am Relaxation 9:50-10:15am	15
16	17 Body Works 4:15-5pm After Hours 5:15-6pm	18 Public Fitness 12-1:00pm	19 Body Works 4:15-5pm After Hours 5:15-6pm	20 Public Fitness 12-1:00pm	21 Club Circuit 9-9:45am *Relaxation Cancelled*	22
23/30	24/31 Body Works 4:15-5pm After Hours 5:15-6pm	25 Public Fitness 12-1:00pm	26 Body Works 4;15-5pm After Hours 5:15-6pm	27 Public Fitness 12-1:00pm	28 Club Circuit 9-9:45am Relaxation 9:50-10:15am	29

Cooking Demo

Cooking with Squash
Recipes and taste testing using Spaghetti Squash
Autumn Squash Soup
October 13th
12-1:30pm
Please RSVP by October 11th
Space is limited to 8 participants

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:

For men and women 18yrs and older
Always wear appropriate clothing
No wet footwear-please change into clean, dry sneakers
All fitness levels welcome

BODY WORKS

An adult group Functional Fitness Class. Simple, effective and uses limited equipment
Monday & Wednesday 4:15-5:00pm

PUBLIC FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.
Tuesday & Thursday 12:00-1:00pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength
Friday 9:00-9:45am

AFTER HOURS FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.
Monday & Wednesday 5:15-6:00pm

RELAXATION

Group guided relaxation involves deep breathing exercises to improve blood pressure and stress levels.
Friday 9:50-10:15am

Classes are held at the Diabetes Center for Excellence
For evening classes, please use the side entrance located in the back parking lot

Let's Get Healthy

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

ST. REGIS MOHAWK TRIBE

Helping Build A Better Tomorrow