



# October Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>**NEW DAY &amp; TIME FOR CLUB CIRCUIT**</b>	1 <b>MFH</b>  Body Works 4:30-5:15	2 <b>MFH</b>  Yoga 12:05-12:50	3 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	4
5	6 <b>MFH</b>  Body Works 4:30-5:15	7 <b>MFH</b> Chair Yoga 10:00-11:00  Yoga 12:05-12:50	8 <b>MFH</b> Club Circuit 12:05-12:50  Body Works 4:30-5:15	9 <b>MFH</b>  Yoga 12:05-12:50	10 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	11
12	13 <b>CLOSED FOR FALL HERITAGE DAY</b>	14 <b>MFH</b> Chair Yoga 10:00-11:00  Yoga 12:05-12:50	15 <b>MFH</b> Club Circuit 12:05-12:50 Lunch & Learn 12:00-1:00 Body Works 4:30-5:15	16 <b>MFH</b>  Yoga 12:05-12:50	17 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	18
19	20 <b>MFH</b>  Body Works 4:30-5:15	21 <b>MFH</b> Chair Yoga 10:00-11:00  Yoga 12:05-12:50	22 <b>MFH</b> Club Circuit 12:05-12:50  Body Works 4:30-5:15	23 <b>MFH</b>  Yoga 12:05-12:50	24 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	25
26	27 <b>MFH</b>  Body Works 4:30-5:15	28 <b>MFH</b> Chair Yoga 10:00-11:00  Yoga 12:05-12:50	29 <b>MFH</b> <b>Cancelled</b>  Club Circuit 12:05-12:50 Body Works 4:30-5:15	30 <b>MFH</b>  Yoga 12:05-12:50	31 Club Circuit 9:00-9:45  Relaxation 9:50-10:15	

**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!**

## LUNCH & LEARN COOKING DEMONSTRATION

October 15th, 2014 12:00-1:00

**Everything Pumpkin!**

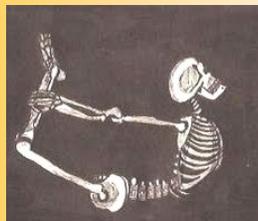
**LUNCH:** Pumpkin Chili & Whole Grain Corn Muffins

**LEARN:** Health Benefits of Pumpkins, Cooking Pumpkins,  
Using Pumpkins in your Meals, Preserving Pumpkin

**RSVP required by October 14<sup>th</sup>**

**Space is limited to 10 participants**

**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**



### **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**



**Helping Build A Better Tomorrow**