October Fitness Calendar

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

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