



September Fitness Calendar



	1 CLOSED LABOR DAY	2 <u>MFH</u> Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Club Circuit 1:30-2:15	3 <u>MFH</u> Body Works 4:30-5:15	4 <u>MFH</u> Yoga 12:05-12:50	5 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	6
7	8 <u>MFH</u> Body Works 4:30-5:15	9 <u>MFH</u> Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Club Circuit 1:30-2:15	10 <u>MFH</u> Cooking Demo 2:00-3:30 Body Works 4:30-5:15	11 <u>MFH</u> Yoga 12:05-12:50	12 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	13
14	15 <u>MFH</u> Body Works 4:30-5:15	16 <u>MFH</u> Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Club Circuit 1:30-2:15	17 <u>MFH</u> Body Works 4:30-5:15	18 <u>MFH</u> Yoga 12:05-12:50	19 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	20
21	22 <u>MFH</u> Body Works 4:30-5:15	23 <u>MFH</u> Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Club Circuit 1:30-2:15	24 <u>MFH</u> Body Works 4:30-5:15	25 <u>MFH</u> Yoga 12:05-12:50	26 Club Circuit 9:00-9:45 Relaxation 9:50-10:15	27
28	29 <u>MFH</u> Body Works 4:30-5:15	30 <u>MFH</u> Chair Yoga 10:00-11:00 Yoga 12:05-12:50 Club Circuit 1:30-2:15			<p>*NEW* Lunch Time Yoga is now on Tuesday & Thursday</p>	

FREE

Community Fitness Classes
with

*Mary Terrance &
Steevi King*

Lunch Time Yoga &
Body Works may be held
outside throughout
September,
weather permitting.
Participants should be
prepared with bug spray,
sun screen, sunglasses, etc.

**AKWESARONON
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!**

HANDS ON COOKING DEMONSTRATION

September 10th, 2:00-3:30 pm

Cooking with apples

Healthy fall inspired apple recipes

RSVP required by September 8th

Space is limited to 8 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 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

NOW ON TUESDAY & THURSDAY

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