

# April 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<b>1</b>  <b>MFH</b>  PF 5-8am PF 12-1pm BC 4:30-5:15pm	<b>2</b>  <b>MFH</b>  PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:30pm	<b>3</b>  <b>MFH</b>  PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>4</b>  <b>MFH</b>  PF 5-8am WA 11:30-12:30pm PF 12-1pm YF 4:30-6:30pm	<b>5</b>    PF 5-10am SS 8-9am GM 9:50-10:20am PF 12-1pm
<b>8</b>  <b>MFH</b>  PF 5-8am PF 12-1pm BC 4:30-5:15pm	<b>9</b>  <b>MFH</b>  PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:30pm	<b>10</b>  <b>MFH</b>  PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>11</b>  <b>MFH</b>  PF 5am-8am WA <i>Cancelled</i> PF 12-1pm YF 4:30-6:30pm	<b>12</b>    PF 5-10am SS 8-9am GM <i>Cancelled</i> PF 12-1pm
<b>15</b>  <b>MFH</b>  PF 5-8am PF 12-1pm BC 4:30-5:15pm	<b>16</b>  <b>MFH</b>  PF 5-8am PF 12-1pm WA 4-5pm YF <i>Cancelled</i>	<b>17</b>  <b>MFH</b>  PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>18</b>  <b>MFH</b>  PF 5-8am WA 11:30-12:30pm PF 12-1pm YF <i>Cancelled</i>	<b>19</b>    <b>CLOSED FOR KAHWÁ:TSIRE RAONENHNÍSERA (Family Day)</b>
<b>22</b>  <b>MFH</b>  PF 5-8am PF 12-1pm BC 4:30-5:15pm	<b>23</b>  <b>MFH</b>  PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:30pm	<b>24</b>  <b>MFH</b>  PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>25</b>  <b>MFH</b>  PF 5-8am WA 11:30-12:30pm PF 12-1pm YF 4:30-6:30pm	<b>26</b>    PF 5-10am SS 8-9am GM 9:50-10:20am PF 12-1pm
<b>29</b>  <b>MFH</b>  PF 5-8am PF 12-1pm BC 4:30-5:15pm	<b>30</b>  <b>MFH</b>  PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:30pm			<b>Please Note:</b> *Water Aerobics- New Day and Times  *Youth Fitness classes are cancelled during Spring Break

PF- PUBLIC FITNESS  
BC- BOOT CAMP

WA- WATER AEROBICS  
YF- YOUTH FITNESS

SS- SUPERVISED SWIM  
GM- GUIDED MEDITATION

### **April 19th is Family Day!**

Parents can set a great example for the whole family by creating a healthy environment at home

Here are 5 simple suggestions for Family Day Activities:

- Go to the playground. Play tag and hide and go seek with the kids
- Take a family walk after dinner
- Go for a bike ride
- Plan an outdoor scavenger hunt that involves physical activity
- Supply the kids with fun items like kites, jump ropes, sports balls to encourage movement

### **MFH - Move for Health**

Supervised group fitness class  
Must be enrolled in the  
Let's Get Healthy Program

**Monday - Thursday**  
**8:00 am - 12:00 p.m.**  
**3:00 - 4:00 p.m.**

### **FREE COMMUNITY CLASSES:**

Listed below

**For anyone 18 and older**  
**Do not need to be enrolled in the program**  
**Please bring clean, dry sneakers**  
**All fitness levels welcome**

### **April Cooking Demo** **Spring into Healthier Eating** **with Salads**

Featured Recipes:  
Salsa Potato Salad  
Cucumber and Feta Salad  
(using a veggie spiralizer)

**April 23, 2019**  
**1:30 - 3:00 p.m.**

Diabetes Center for Excellence  
Theater Kitchen

8 Spots Available  
RSVP by April 22  
(518) 358-9667

### **PUBLIC FITNESS**

Class is designed as a walk-in format. A Workout of the Day is posted and Health Promotion Staff are available to modify the program and provide general fitness education.  
Feel free to follow the workout, ask questions, or work at your own pace

### **BOOT CAMP**

An adult group Functional Fitness Class. Simple, effective and uses limited equipment

### **WATER AEROBICS**

A fun way to tone and exercise with minimal stress on your lower joints and bones

### **SUPERVISED SWIM**

Open to community members, required to sign pool brochure

### **CLUB CIRCUIT**

A fitness program to improve balance, coordination and strength

### **GUIDED MEDITATION**

Group guided relaxation involves deep breathing exercises to improve blood pressure and stress levels

**Fitness classes are held at the Diabetes Center for Excellence**  
**For classes held outside of normal business hours,**  
**please use the side entrance located in the back parking lot**

**For more information contact**

**The Let's Get Healthy Program: (518)-358-9667**

