


April 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
2 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm	3 <u>MFH</u> PF 5-8am PF 12-1pm YF 4:15-6:30pm	4 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	5 <u>MFH</u> PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm	6 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
9 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm	10 <u>MFH</u> PF 5-8am PF 12-1pm YF 4:15-6:30pm	11 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	12 <u>MFH</u> PF 5am-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm	13 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
16 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm	17 <u>MFH</u> PF 5-8am PF 12-1pm	18 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	19 <u>MFH</u> PF 5-8am PF 12-1pm WA 4:30-5:30pm	20 PF 5-8am SS 8-9am CC 9-9:45am GM Cancelled PF 12-1pm
23 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA Cancelled	24 <u>MFH</u> PF 5-8am PF 12-1pm	25 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	26 <u>MFH</u> PF 5-8am PF 12-1pm WA 4:30-5:30pm	27 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
30 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm			<p>Please Note: *National Start Walking Day is April 4, see reverse side for info *Discontinued: Saturday Public Fitness After Hours Classes</p>	

PF- PUBLIC FITNESS
BC- BOOT CAMP

WA- WATER AEROBICS
YF- YOUTH FITNESS

SS- SUPERVISED SWIM
CC- CLUB CIRCUIT

GM- GUIDED MEDITATION

National Start Walking Day
Wednesday April 4
Time: 11am-1pm

Please join
The Let's Get Healthy Program
at the Tewathahita Walking Trail
to jump start the walking season!

- Tribal Employee Department Challenge!
- Enter your name for prize drawings!
- Please remember to wear appropriate footwear and dress accordingly!
- Snacks will be provided!

MFH - Move for Health
Supervised group fitness class
Must be enrolled in the program

Monday - Thursday
8:00 am - 12:00 pm
3:00 pm - 4:00 pm

April Cooking Demo
Cooking Demo and
DIY Workshop

Slow Cooker Chicken Fajitas
DIY No Salt Taco Seasoning

Lunch will be served.
Each participant will get a
chance to make DIY no salt
taco seasoning to bring home.

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 19, 2018
11:30am-1:00pm

Diabetes Center for Excellence
Theater Kitchen
8 Spots Available
RSVP by April 17
(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

Classes are held at the Diabetes Center for Excellence

For evening fitness classes, please use the side entrance located in the back parking lot



For more information contact

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

