

April 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Please Note: *April 6th- Office Closed *Water Aerobics time change	Please Note: *Cooking Demo April 13th Information on the back page		1
2	3 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	4 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	5 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	6 <u>NO MFH</u> *Office Closed 8am-4pm Youth Fitness 4:30-6:15pm *Water Aerobics 4:30-5:30pm	7 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	8
9	10 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	11 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	12 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	13 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm *Water Aerobics 4:30-5:30pm	14 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	15
16	17 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	18 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness Cancelled	19 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	20 <u>MFH</u> Public Fitness 12-1:00pm *Water Aerobics 4:30-5:30pm Youth Fitness Cancelled	21 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	22
23 / 30	24 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	25 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	26 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	27 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm *Water Aerobics 4:30-5:30pm	28 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	29

Youth Fitness

4:30 - 5:15 pm: Ages 8-12
5:30 - 6:15 pm: Ages 13-17

Participants must complete a fitness assessment prior to starting class

All fitness levels welcome!

For more info, ask for Steevi

MFH - Move for Health

Supervised group fitness class
Must be enrolled in program

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

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 level welcome

BODY WORKS

An adult group Functional Fitness Class. Simple, effective and uses limited equipment
Monday & Wednesday 4:30-5:15pm

PUBLIC FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.

Tuesday & Thursday 12:00-1:00pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength
Friday 9:00-9:45am

AFTER HOURS FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply exercise at their own pace.

Monday & Wednesday 5:30-6:15pm

WATER AEROBICS

A fun way to tone and exercise with minimal stress on your lower joints and bones.
Thursday 4:30 - 5:30pm

SUPERVISED SWIM

Open to community members, required to sign pool brochure

Monday & Wednesday 4:15-5:15pm

Friday 8:00-9:00am

RELAXATION

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

Friday 9:50-10:15am

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

April Cooking Demo

Using Low Carb Cauliflower

Featured Recipes:

Cauliflower Pizza Crust
Buffalo Cauliflower Bites
April 13

11:30am-1:00pm

RSVP Required by April 12

8 spots available

Please call 358-9667 to reserve
your spot today

