


# August 2018    Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p><u>Please Note:</u></p> <p>*Time change for Water Aerobics August 6th</p>		<p><b>1</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            SS 8-9 am            PF 12-1 pm            BC 4:30-5:15 pm</p>	<p><b>2</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            WA 5-6 pm</p>	<p><b>3</b></p> <p>SS 8-9 am            CC 9-9:45 am            GM 9:50-10:15 am            PF 12-1 pm</p>
<p><b>6</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            BC 4:30-5:15 pm            *WA 4:30-5:30 pm</p>	<p><b>7</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm</p>	<p><b>8</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            SS 8-9 am            PF 12-1 pm            BC 4:30-5:15 pm</p>	<p><b>9</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            WA 5-6 pm</p>	<p><b>10</b></p> <p>SS 8-9 am            CC 9-9:45 am            GM <del>Cancelled</del>            PF 12-1 pm</p>
<p><b>13</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            BC 4:30-5:15 pm            WA 5-6 pm</p>	<p><b>14</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm</p>	<p><b>15</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            SS 8-9 am            PF 12-1 pm            BC 4:30-5:15 pm</p>	<p><b>16</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            WA 5-6 pm</p>	<p><b>17</b></p> <p>SS 8-9 am            CC 9-9:45 am            GM 9:50-10:15 am            PF 12-1 pm</p>
<p><b>20</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            BC 4:30-5:15 pm            WA 5-6 pm</p>	<p><b>21</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm</p>	<p><b>22</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            SS 8-9 am            PF 12-1 pm            BC 4:30-5:15 pm</p>	<p><b>23</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            WA 5-6 pm</p>	<p><b>24</b></p> <p>SS 8-9 am            CC 9-9:45 am            GM <del>Cancelled</del>            PF 12-1 pm</p>
<p><b>27</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            BC 4:30-5:15 pm            WA 5-6 pm</p>	<p><b>28</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm</p>	<p><b>29</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            SS 8-9 am            PF 12-1 pm            BC 4:30-5:15 pm</p>	<p><b>30</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8 am            PF 12-1 pm            WA 5-6 pm</p>	<p><b>31</b></p> <p>SS 8-9 am            CC 9-9:45 am            GM 9:50-10:15 am            PF 12-1 pm</p>

PF- PUBLIC FITNESS  
 BC- BOOT CAMP

WA- WATER AEROBICS  
 CC- CLUB CIRCUIT

SS- SUPERVISED SWIM  
 GM- GUIDED MEDITATION

Free Lunch and Reading Program

July 9- August 17  
Monday to Friday  
12 pm to 1pm

Generations Park Pavilion  
for children up to age 18  
LGHP will be reading to the  
kids on Tuesdays!

Guided Meditation

Sessions are available by  
appointment for groups up to 5  
Please call 518-358-9667  
to make an appointment

**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**

**July Cooking Demo**

**Make Your Own Salsa**

Featured Recipes:

Garden Salsa  
Pineapple Mango Salsa

August 23rd  
11:30 a.m. - 1:00 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**

**Diabetes Center for Excellence**

**Theater Kitchen**

8 Spots Available  
RSVP by August 21st  
(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 meditation involves deep breathing exercises to improve blood pressure and stress levels

**Classes are held at the Diabetes Center for Excellence**

**For classes held outside of normal business hours,  
please use the fitness room entrance located in the back parking lot**

**For more information, contact**

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

