


March 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p><u>Please Note:</u></p> <p>*Saturday Public Fitness and Yoga classes are discontinued.</p> <p>*Diabetes Alert Day is Tuesday March 26th; information is on the back of the calendar.</p>				<p>1</p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p>4 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>5 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm YF 4:30-6:15</p>	<p>6 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>7 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15</p>	<p>8</p> <p>PF 5-10am SS 8-9am GM <i>Cancelled</i> PF 12-1pm</p>
<p>11 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>12 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm YF 4:30-6:15pm</p>	<p>13 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>14 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15pm</p>	<p>15</p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p>18 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>19 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm YF 4:30-6:15pm</p>	<p>20 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>21 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15pm</p>	<p>22</p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p>25 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>26 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm YF 4:30-6:15pm</p>	<p>27 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>28 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15pm</p>	<p>29</p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>

PF- PUBLIC FITNESS
WA WATER AEROBICS

YF- YOUTH FITNESS
SS SUPERVISED SWIM

GM- GUIDED MEDITATION

BC- BOOT CAMP

**Diabetes Alert Day
Tuesday March 26, 2019**

Screenings and Risk Assessments
with Case Managers:
8-10 am at Heart to Heart
12- 2 pm at Akwesasne Mini Mart
12 - 2 pm at the DCE

“Open House” Public Fitness
12:00-2:00 pm at the DCE

All are welcome to join us in the
fitness room. Check out the
equipment, meet the Health
Promotion Staff, ask questions
and come to exercise

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

March Cooking Demo

Sheet Pan Quick and Healthy
Meal Ideas
(For busy families)

March 21st, 2019
11:30 am - 1:00 pm

Diabetes Center Theatre Kitchen

RSVP by March 19th

Limited to 8 participants

To Reserve Your Spot
Call 518-358-9667

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

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

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.

BOOT CAMP

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

YOUTH FITNESS

The goal of this class is to teach healthy lifestyles and provide a positive learning experience.

Participants must be registered and complete a fitness assessment prior to starting class.

Class times are as follows:

Ages 7-11: 4:30 - 5:15 pm

Ages 12-17: 5:30 - 6:15 pm

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

