

December 2019 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 | 3 <u>MFH</u> PF 5-8am PF 12-1pm FF 4:30-6:15pm | 4 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 5 <u>MFH</u> PF 5-8am PF 12-1pm FF 4:30-6:15pm | 6 PF 5-10am GM 9:50-10:15am PF <i>Cancelled</i> |
| 9 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 10 <u>MFH</u> PF 5-8am PF 12-1pm FF 4:30-6:15pm | 11 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 12 <u>MFH</u> PF 5-8am PF 12-1pm FF 4:30-6:15pm | 13 PF 5-10am GM <i>Cancelled</i> PF 12-1pm |
| 16 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 17 <u>MFH</u> PF 5-8am PF 12-1pm FF 4:30-6:15pm | 18 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 19 <u>MFH</u> *Cooking Demo* PF 5-8am PF 12-1pm FF 4:30-6:15pm | 20 PF 8-10 am ONLY GM <i>Cancelled</i> |
| 23 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 24 <u>MFH</u> PF 5-8am PF 12-1pm | 25 <b style="text-align: center;">CLOSED FOR CHRISTMAS | 26 <u>MFH</u> PF 5-8am PF 12-1pm | 27 PF 5-10am GM 9:50-10:15am PF 12-1pm |
| 30 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm | 31 <u>MFH</u> PF 5-8am PF 12-1pm | <p><u>Please Note:</u></p> <p>Cooking Demo is December 19th</p> <p>Closed Dec. 25th for Christmas</p> | |  |

PF- PUBLIC FITNESS

GM- GUIDED MEDITATION

BC- BOOT CAMP

FF- FAMILY FITNESS

Nia:wen to those who participated in our November Fitness Challenge. Together, we exercised a total of 26,076 minutes!

During the holidays, remember to stay active. Make a plan and stick to it. For more tips on how to stay active this holiday season, check out our December Newsletter!



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

December Cooking Demo

A partnership with the Akwesasne Cultural Restoration Program

Learn how to prepare a healthier version of Corn Soup

December 19th
11:30 am - 1:00 pm

Diabetes Center Theatre Kitchen

RSVP by December 16th
Limited to 8 participants

Call 518-358-9667 to reserve

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

BOOT CAMP

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

FAMILY 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 6-10: 4:30 - 5:15 pm

Ages 11-15: 5:30 - 6:15 pm

GUIDED MEDITATION

Group guided class 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

