



December 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri	Sat
<p>Please Note: *Class cancellations and program closures *Cooking Demo December 20th; information is on the back</p>					<p>1 PF 7-10am</p>
<p>3 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>4 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15</p>	<p>5 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>6 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15</p>	<p>7 MFH PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>	<p>8 *PF 7-9:30am</p>
<p>10 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>11 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15</p>	<p>12 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>13 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15</p>	<p>14 MFH PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>	<p>15 *PF Cancelled</p>
<p>17 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>18 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15</p>	<p>19 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>20 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15</p>	<p>21 MFH PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am *PF Cancelled</p>	<p>22 PF 7-10am</p>
<p>24 / 31 MFH PF 5-8am PF 12-1pm *BC Cancelled *WA Cancelled</p>	<p>25 CLOSED FOR CHRISTMAS DAY</p>		<p>26 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>27 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15</p>	<p>28 MFH PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
		<p>29 PF 7-10am</p>			

PF- PUBLIC FITNESS
 BC- BOOT CAMP

WA- WATER AEROBICS
 YG- YOGA

YF- YOUTH FITNESS
 SS- SUPERVISED SWIM

CC-CLUB CIRCUIT
 GM- GUIDED MEDITATION

Teen Fitness Class

Tuesdays & Thursdays

5:30-6:15 pm for ages 11-17

Participants will need to complete a physical activity assessment prior to starting class

For more info or to register, please call (518) 358-9667

FREE, FUN & MONTHLY PRIZES!

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

Healthier Holiday Side Dishes

Featured Recipes

Roasted Brussel Sprouts & Festive Beet Salad

December 20, 2018

11:30 am-1:00 pm

RSVP by December 17th

8 spots available

Diabetes Center for Excellence

Theatre Kitchen

For more information contact:

518-359-9667

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

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

YOGA

Basic stretching, breathing and relaxation practices for all fitness levels, including beginners

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