

December 2017 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri	Sat
	<p>Please Note: New Times & Additional Classes! *Dec. 7 & 11- WA changed to SS</p>			<p>1 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Yoga 12-1pm</p>	<p>2 PF 7am-1pm</p>
<p>4 MFH PF 5-8am Yoga 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm AH 5:30-6:30pm</p>	<p>5 MFH PF 5-8am PF 12-1pm YF 4:30-6:30pm</p>	<p>6 MFH PF 5-8am Yoga 12-1pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm</p>	<p>7 MFH PF 5am-8am PF 12-1pm SS* 4:30-5:30pm YF 4:30-6:30pm</p>	<p>8 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Yoga 12-1pm</p>	<p>9 PF 7am-1pm</p>
<p>11 MFH PF 5-8am Yoga 12-1pm BC 4:30-5:15pm SS* 4:45-5:45pm AH 5:30-6:30pm</p>	<p>12 MFH PF 5-8am PF 12-1pm YF 4:30-6:30pm</p>	<p>13 MFH PF 5-8am Yoga 12-1pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm</p>	<p>14 MFH PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:30-6:30pm</p>	<p>15 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Yoga 12-1pm</p>	<p>16 <i>PF Cancelled</i></p>
<p>18 MFH PF 5-8am Yoga 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm AH 5:30-6:30pm</p>	<p>19 MFH PF 5-8am PF 12-1pm</p>	<p>20 MFH PF 5-8am Yoga 12-1pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm</p>	<p>21 MFH PF 5-8am PF 12-1pm WA 4:30-5:30pm</p>	<p>22 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Yoga 12-1pm</p>	<p>23 PF 7am-1pm</p>
<p>25 CLOSED FOR HOLIDAY</p>	<p>26 MFH PF 5-8am PF 12-1pm</p>	<p>27 MFH PF 5-8am Yoga 12-1pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm</p>	<p>28 MFH PF 5-8am PF 12-1pm WA 4:30-5:30pm</p>	<p>29 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Yoga 12-1pm</p>	<p>30 PF 7am-1pm</p>

PF- PUBLIC FITNESS
BC- BOOT CAMP

WA- WATER AEROBICS
AH- AFTER HOURS

YF- YOUTH FITNESS
SS- Supervised Swim

CC- Club Circuit
GM- Guided Meditation

Youth Fitness:

New Format: 2 sessions

Fall 2017 - 12 week session:

Sept. 19th—Dec. 14th

Spring 2018 - 12 week session:

Jan. 16th—April 12th

To register, please make an appointment with Steevi.

Fitness assessments must be completed before joining class

Tuesdays and Thursdays

4:30-5pm: Ages 5-8

4:30-5:45pm: Ages 9-12

5:45-6:30pm: Ages 13-17

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

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

December Cooking Demo

Thursday December 28

12:00 - 1:30pm

Chili Cook-off

Learn 2 different heart healthy chili recipes

Lunch will be served

Diabetes Center for Excellence
Theater Kitchen

8 Spots Available

RSVP by December 26

(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

YOGA

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

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

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

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

