


February 2020 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p>Please Note: * Wear Red Day is Friday February 7th * Guided Meditation is cancelled until further notice * MFH is cancelled Feb. 5th & 6th * New Class*</p>		 <p>National Wear Red Day</p>		
3 MFH	4 MFH	5 MFH Cancelled	6 MFH Cancelled	7 WEAR RED DAY
PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5am-1pm YG 10-10:45am
10 MFH	11 MFH	12 MFH	13 MFH	14
PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-10am YG <i>Cancelled</i> PF 12-1pm
17 CLOSED FOR PRESIDENT'S DAY	18 MFH	19 MFH	20 MFH	21
	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-10am YG 10-10:45am PF 12-1pm
24 MFH	25 MFH	26 MFH	27 MFH	28
PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-8am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm FF 4:30-6:15pm	PF 5-10am YG 10-10:45am PF 12-1pm

PF- PUBLIC FITNESS

BC- BOOT CAMP

FF- FAMILY FITNESS

YG- YOGA

Join us for Wear **Red** Day!

Friday February 7th

Public Fitness:

5:00 am - 1:00 pm

Yoga:

10:00 - 10: 45 am

Attend anytime for your chance to win a prize

Wear **Red** to receive an additional ballot

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

NEW CLASS

Yoga
with Mary Terrance

Fridays

10:00 - 10:45 am

All fitness levels
welcome

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

YOGA

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

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

