

February 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		PLEASE NOTE: WEAR RED DAY COOKING DEMO February 15th 10-11:30am	1 MFH Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	2 MFH Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	3 WEAR RED DAY Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	4	
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19	<p style="text-align: center;">CLOSED FOR HOLIDAY</p>	21 MFH Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	22 MFH Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	23 MFH Public Fitness 12-1:00pm Water Aerobics 5:15-6:15pm Youth Fitness 4:30-6:15pm	24 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	25	
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MFH—Move For Health Class

Supervised group fitness class

LGHP Nurse referral mandatory, must be enrolled in the program

Every Monday, Tuesday, Wednesday & Thursday

8:00-9:00am 10:00-11:00am

9:00-10:00am 11:00-12:00pm

3:00-4:00pm

FREE COMMUNITY CLASSES:

For men and women 18yrs and older

Always wear appropriate clothing

No wet footwear—please change into clean, dry sneakers

All fitness levels welcome

WEAR RED DAY 2017!

The first Friday of February is designated as Wear Red Day.

Each year Wear Red Day is celebrated to bring awareness to women and heart disease.

By wearing red on February

3rd, you are joining the Let's

Get Healthy Program in our

fight to keep our women in

Akwesasne healthy.

Wear Red Day Celebration

Friday, February 3rd

8:00am to 12:30pm

Diabetes Center For Excellence

Cooking Demo

Wednesday
February 15th
10-11:30am
8 spots available

RSVP by February 14th
358-9667

Healthy Desserts
Lemon Loaf Cake
Energy Bites

Learn how to make two
healthy desserts

BODY WORKS

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

Monday & Wednesday 4:30-5:15pm

PUBLIC FITNESS

An open format for individuals who would like to learn proper use of equipment,

ask fitness questions or simply exercise at their own pace

Tuesday & Thursday 12:00-1:00pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength

Friday 9:00-9:45am

AFTER HOURS FITNESS

An open format for individuals who would like to learn proper use of equipment,

ask fitness questions or simply exercise at their own pace

Monday & Wednesday 5:30-6:15pm

WATER AEROBICS

A fun way to tone and exercise with minimal stress on your lower joints and bones

Thursday 5:15-6:15pm

SUPERVISED SWIM

Open to community members, only required to sign pool brochure

Monday & Wednesday 4:15-5:15pm

Friday 8:00-9:00am

RELAXATION

Group guided relaxation involves deep breathing exercises

to improve blood pressure and stress levels

Friday 9:50-10:15am

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**

Helping Build A Better Tomorrow