

# January 2020 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<b>Please Note: info on reverse side</b>  <b>*Cooking Demo - January 23</b>  <b>*Family Fitness Registration- January 7</b>		<b>1</b>  <b>CLOSED FOR NEW YEAR'S DAY</b>	<b>2</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b>	<b>3</b>  <b>PF 5-10am</b> <b>GM 9:50-10:15am</b> <b>PF 12-1pm</b>
<b>6</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>7</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b>	<b>8</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>9</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b>	<b>10</b>  <b>PF 5-10am</b> <b>GM 9:50-10:15am</b> <b>PF 12-1pm</b>
<b>13</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>14</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>FF 4:30-6:15pm</b>	<b>15</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>16</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>FF 4:30-6:15pm</b>	<b>17</b>  <b>PF 5-10am</b> <b>GM 9:50-10:15am</b> <b>PF 12-1pm</b>
<b>20</b>  <b>CLOSED FOR MARTIN LUTHER KING JR. DAY</b>	<b>21</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>FF 4:30-6:15pm</b>	<b>22</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>23</b> <b>MFH</b> <b>*Cooking Demo*</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>FF 4:30-6:15pm</b>	<b>24</b>  <b>PF 5-10am</b> <b>GM 9:50-10:15am</b> <b>PF 12-1pm</b>
<b>27</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>28</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>FF 4:30-6:15pm</b>	<b>29</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>BC 4:30-5:15pm</b>	<b>30</b> <b>MFH</b>  <b>PF 5-8am</b> <b>PF 12-1pm</b> <b>FF 4:30-6:15pm</b>	<b>31</b>  <b>PF 5-10am</b> <b>GM 9:50-10:15am</b> <b>PF 12-1pm</b>

**PF- PUBLIC FITNESS**

**BC- BOOT CAMP**

**FF- FAMILY FITNESS**

**GM- GUIDED MEDITATION**

**Family Fitness Class  
Spring 12-week session**

Registration & assessments:

**Tuesday January 7th,  
4:00 - 6:00 pm**

Class runs from January 14th to  
April 9th, 2020.

Every Tuesday and Thursday

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

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

All fitness levels welcome

For more information, please call

**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**

**January Cooking Demo**

**ImmuniTEA:** A workshop  
focused on learning about herbal  
teas and their benefits

\*Taste Testing of herbal teas  
with Alicia Cook-  
Canoe Woman Herbs

A light meal will be provided  
(White Chicken Chili)

**Thursday January 23rd  
11:30 am - 1:00 pm**  
Diabetes Center Theatre Kitchen

Limited to 8 participants

**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**

