

January 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED FOR HOLIDAY	3 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	4 <u>MFH</u> Supervised Swim 4-5:00pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	5 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	6 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	7
8	9 <u>MFH</u> Supervised Swim 4-5:00pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	10 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	11 <u>MFH</u> Supervised Swim 4-5:00pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	12 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	13 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	14
15	16 CLOSED FOR MARTIN LUTHER KING JR. DAY	17 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	18 <u>MFH</u> Supervised Swim 4-5:00pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	19 <u>NO MFH</u> OFFICE CLOSED 8AM-4PM Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	20 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	21
22	23 <u>MFH</u> Supervised Swim 4-5:00pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	24 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	25 <u>MFH</u> Supervised Swim 4-5:00pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	26 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	27 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	28
29	30 <u>MFH</u> Supervised Swim 4-5:00pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	31 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm			<p>*PLEASE NOTE* JANUARY 19: OFFICE CLOSED 8AM-4PM</p> <p>NO MFH NO PUBLIC FITNESS</p>	

MFH—Move For Health Class

Supervised group fitness class

LGHP Nurse referral mandatory, must be enrolled in the program
Classes held at the Diabetes Center For Excellence

Every Monday, Tuesday, Wednesday & Thursday

8:00-9:00am

9:00-10:00am

10:00-11:00am

11:00-12:00pm

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

BODY WORKS

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

Monday & Wednesday 4:30-5:15pm

PUBLIC FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work 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

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.

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, required to sign pool brochure, sign in and out at the front desk.

Monday & Wednesday 4:00-5:00pm

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

