



January 2019 Let's Get Healthy Program Fitness Classes

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|----------------------------------|
|  | 1 CLOSED FOR NEW YEAR'S DAY | 2 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm | 3 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15 | 4 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm | 5 PF 7-10am |
| 7 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm | 8 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15 | 9 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm | 10 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15 | 11 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm | 12 PF 7-10am |
| 14 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm | 15 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15 | 16 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm | 17 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15 | 18 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm | 19 PF 7-10am |
| 21 CLOSED FOR MARTIN LUTHER KING DAY | 22 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15 | 23 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm | 24 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15 | 25 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm | 26 PF Cancelled |
| 28 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm | 29 MFH PF 5-8am PF 12-1pm YG 1-2pm YF 4:30-6:15 | 30 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm | 31 MFH PF 5-8am PF 12-1pm YG 1-2pm WA 5-6pm YF 4:30-6:15 |  | |

PF- PUBLIC FITNESS
YG- YOGA

WA- WATER AEROBICS
SS- SUPERVISED SWIM

YF- YOUTH FITNESS
GM- GUIDED MEDITATION

BC- BOOT CAMP

Guided Meditation

Group Meditation sessions in the relaxation lounge

**Fridays
9:50 am**

Meditation is a focused form of relaxation in which you create a mind and body connection.

Benefits can include:

- Stress reduction
- Muscle relaxation
- Lower blood pressure
- Lower blood glucose
- Reduce headaches
- Sense of peace

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****

CLUB CIRCUIT

Is now

PUBLIC FITNESS

On Fridays

With an extended class time!

8:00 am-10:00 am

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

WATER AEROBICS

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

YOGA

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

SUPERVISED SWIM

Open to community members, required to sign pool brochure

GUIDED MEDITATION

Group guided relaxation involves deep breathing exercises to improve blood pressure and stress levels

YOUTH FITNESS

Fun activities and games designed to get the kids moving and learn to enjoy exercise.

Class runs from September 2018 to June 2019 and are

Tuesdays and Thursdays during the following times:

4:30 - 5:15 pm for ages 7-11

5:30 - 6:15 pm for ages 12-17

Each participant must complete registration and a fitness assessment prior to starting class.

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

