


January 2018 Let's Get Healthy Program Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED FOR HOLIDAY	2 <u>MFH</u> PF 5-8am PF 12-1pm	3 <u>MFH</u> PF 5-8am Y 12:05-12:50pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm	4 <u>MFH</u> PF 5-8am PF 12-1pm WA 4:30-5:30pm	5 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Y 12:05-12:50pm	6 <i>PF Cancelled</i>
8 <u>MFH</u> PF 5-8am Y 12:05-12:50pm BC 4:30-5:15pm WA 4:45-5:45pm AH 5:30-6:30pm	9 <u>MFH</u> Cooking Demo 9-10:30am PF 5-8am PF 12-1pm	10 <u>MFH</u> PF 5-8am Y 12:05-12:50pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm	11 <u>MFH</u> PF 5am-8am PF 12-1pm WA 4:30-5:30pm	12 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Y 12:05-12:50pm	13 PF 7am-1pm
15 CLOSED FOR HOLIDAY	16 <u>MFH</u> PF 5-8am PF 12-1pm YF 4:30-6:30pm	17 <u>MFH</u> PF 5-8am Y 12:05-12:50pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm	18 <u>MFH</u> PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:30-6:30pm	19 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Y <i>Cancelled</i>	20 PF 7am-1pm
22 <u>MFH</u> PF 5-8am Y <i>Cancelled</i> BC 4:30-5:15pm WA 4:45-5:45pm AH 5:30-6:30pm	23 <u>MFH</u> PF 5-8am PF 12-1pm YF 4:30-6:30pm	24 <u>MFH</u> PF 5-8am Y 12:05-12:50pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm	25 <u>MFH</u> PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:30-6:30pm	26 PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am Y 12:05-12:50pm	27 PF 7am-1pm
29 PF 5-8am Y 12:05-12:50pm BC 4:30-5:15pm WA 4:45-5:45pm AH 5:30-6:30pm	30 <u>MFH</u> PF 5-8am PF 12-1pm YF 4:30-6:30pm	31 <u>MFH</u> PF 5-8am Y 12:05-12:50pm SS 4:15-5:15pm BC 4:30-5:15pm AH 5:30-6:30pm	Please Note: Cooking Demo- January 9th		

PF- PUBLIC FITNESS
Y- YOGA
BC- BOOT CAMP

WA- WATER AEROBICS
AH- AFTER HOURS
YF- YOUTH FITNESS

SS- SUPERVISED SWIM
CC- CLUB CIRCUIT
GM- GUIDED MEDITATION

Youth Fitness:

Spring 2018 - 12 week session:
January 16 - April 12, 2018

Registration & assessments will be held Tuesday January 9th & Thursday January 11th, 4-6pm
Or by appointment

Fitness assessments must be completed before joining class

Classes are held

Tuesday and Thursday

4:30-5pm: Ages 5-8

4:30-5:45pm: Ages 9-12

5:45-6:30pm: Ages 13-17

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

January is National
Oatmeal Month
Get To Know Your Oats

Featured Recipes:

Make Your Own Granola
Learn to Cook Steel Cut Oats

January 9th

9:00am-10:30am

Do not need to be enrolled in the program

Please bring clean, dry sneakers

All fitness levels welcome

Diabetes Center for Excellence
Theater Kitchen
8 Spots Available
RSVP by January 8th
(518) 358-9667

FREE COMMUNITY CLASSES:

Listed below

For anyone 18 and older

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

YOGA

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

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

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

SUPERVISED SWIM

Open to community members, required to sign pool brochure

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength

GUIDED MEDITATION

Group guided relaxation 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

