


# July 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<b>2</b> <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	<b>3</b> <u>MFH</u> PF 5-8am PF 12-1pm	<b>4</b> CLOSED FOR HOLIDAY	<b>5</b> <u>MFH</u> PF 5-8am PF 12-1pm WA 5-6pm	<b>6</b> SS 8-9am CC 9-9:45am GM <i>Cancelled</i> PF 12-1pm
<b>9</b> <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	<b>10</b> <u>MFH</u> PF 5-8am PF 12-1pm	<b>11</b> <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>12</b> PF 5-8am PF <i>Cancelled</i> WA 5-6pm	<b>13</b> SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
<b>16</b> <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA <i>Cancelled</i>	<b>17</b> <u>MFH</u> PF 5-8am PF 12-1pm	<b>18</b> <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>19</b> <u>MFH</u> *Cooking Demo* PF 5-8am PF 12-1pm WA <i>Cancelled</i>	<b>20</b> SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
<b>23</b> <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	<b>24</b> <u>MFH</u> PF 5-8am PF 12-1pm	<b>25</b> <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	<b>26</b> <u>MFH</u> PF 5-8am PF 12-1pm WA 5-6pm	<b>27</b> SRMT IS CLOSED
<b>30</b> <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	<b>31</b> PF 5-8am PF 12-1pm			
<b>Please Note:</b> Water Aerobics- New Time July 12: Classes are cancelled 8am-4pm. Stop in and see us during the Health Fair at the Hogansburg Volunteer Fire Dept.				

PF- PUBLIC FITNESS  
 BC- BOOT CAMP

WA- WATER AEROBICS  
 CC- CLUB CIRCUIT

SS- SUPERVISED SWIM  
 GM- GUIDED MEDITATION

\*Events- Info on  
 Reverse side\*

**Free Lunch and Reading Program**

July 9- August 17  
Monday to Friday  
12 pm to 1pm

Generations Park Pavilion  
for children up to age 18  
LGHP will be reading to the  
kids on Tuesdays!

**Guided Meditation**

Sessions are available by  
appointment for groups up to 5  
Please call 518-358-9667  
to make an appointment

**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**

**July Cooking Demo**

**Summertime Recipes**  
Recipes featured will use  
locally grown produce

July 19  
11:30am - 1pm

Diabetes Center for Excellence  
RSVP by July 17th  
8 spots Available  
(518) 358-9667

*Please plan to be outside*

**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

**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**