

July 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
1 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm *WA 5-6pm	2 MFH PF 5-8am PF 12-1pm	3 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	4 CLOSED FOR INDEPENDENCE DAY	5 PF 5-10am SS 8-9am GM <i>Cancelled</i> PF 12-1pm
8 MFH 10am-12pm Office Closed 8-10am PF 5-8am PF 12-1pm BC 4:30-5:15pm WA Moved to Tues →	9 MFH PF 5-8am PF 12-1pm WA 4-5pm	10 MFH *Diabetes Day* PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	11 NO MFH PF 5-8am PF <i>Cancelled</i> WA 5-6pm	12 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm
15 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm *WA 5-6pm	16 MFH PF 5-8am PF 12-1pm	17 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	18 MFH PF 5-8am PF 12-1pm WA 5-6pm	19 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm
22 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm *WA 5-6pm	23 MFH PF 5-8am PF 12-1pm	24 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	25 MFH PF 5-8am PF 12-1pm WA 5-6pm	26 SRMT CLOSED
29 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm *WA 5-6pm	30 MFH PF 5-8am PF 12-1pm	31 MFH PF 5-8am SS 8-9am PF 12-1pm BC <i>Cancelled</i>	Thursday July 11th Join us at the walking trail for Fun & Fitness Poker Walk- 10am-3pm!	Please Note: *Diabetes Day; info is on the back *Water Aerobics day/time change

PF- PUBLIC FITNESS
 WA WATER AEROBICS

SS SUPERVISED SWIM
 BC- BOOT CAMP

GM- GUIDED MEDITATION

Diabetes Day

Wednesday July 10, 2019
8:30 - 11:30 am
At the Diabetes Center

One-Stop Diabetes Clinic:

Meet your health care team

Blood pressure and blood sugar
screening

Bring your medications and
discuss with Pharmacy

Learn about other Health Services
programs specializing in
Diabetes Care

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

Let's Get Grilling!

Featured Recipes:

Grilled Seasonal Fruits/Veggies
Grilled Shrimp Kabobs with a
DIY Cajun Spice

Monday, July 22nd

11:30 am - 1 pm

*We will be outside, please plan
for the weather. If it is raining, it
will be cancelled.

Diabetes Center Theatre Kitchen
RSVP to reserve your spot.
Limited to 8 participants
Call 518-358-9667

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

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.

BOOT CAMP

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

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

