

JULY 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Please Note:</u></p> <p>Cooking Demo Thursday July 20</p> <p>Pool is OPEN</p>			*New Activities listed on the back of calendar		1
2	<p>3 <u>MFH</u></p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	4	5	6	7	8
		CLOSED FOR HOLIDAY	<p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45am</p> <p>Relaxation 9:50-10:15am</p>	
9	<p>10 <u>MFH</u></p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	11	12	13	14	15
		<p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45am</p>	
16	<p>17 <u>MFH</u></p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	18	19	20	21	22
		<p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	<p>Supervised Swim 8-9:00am</p> <p>Club Circuit 9-9:45am</p> <p>Relaxation 9:50-10:15am</p>	
23	<p>24 / 31 <u>MFH</u></p> <p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	25	26	27	28	29
/		<p>Public Fitness 12-1:00pm</p> <p>After Hours 4-6:00pm</p>	<p>Supervised Swim 4:15-5:15pm</p> <p>Summer Boot Camp 4:30-5:15pm</p> <p>After Hours 5:30-6:15pm</p>	<p>Public Fitness 12-1:00pm</p> <p>Water Aerobics 4:30-5:30pm</p> <p>After Hours 4-6:00pm</p>	CLOSED FOR TRIBAL STAFF DAY	
30						

New Activities

LGHP Kids Story Time & Healthy Snack

July 19 & 26
10-11am

At Generations Park Pavilion

LGHP Group Guided

Meditation

July 21, 24, 31 & August 11
12:05-12:50pm

At Generations Park

Please bring a yoga mat and a pillow/cushion if you have one. If you prefer to sit in a chair, please bring a small lawn chair.

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

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

SUPERVISED SWIM

Open to community members, required to sign pool brochure

Mondays & Wednesdays 4:15-5:15pm

Friday 8:00-9:00am

SUMMER BOOT CAMP

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

***Held at Generations Park Lacrosse Box**

Monday & Wednesday 4:30-5:15pm

AFTER HOURS FITNESS

Educational and instructional class for an 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

***NEW ADDITIONAL CLASS* Tuesday & Thursday 4:00-6:00pm**

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

WATER AEROBICS

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

Thursday 4:30-5:30pm

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, unless otherwise noted

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

July Cooking Demo

Thursday July 20th
11:30am-1:00pm

Healthy Grilling Series

Featured Recipes:

Turkey Burgers

Taste Testing:

Pineapple Cucumber Salad

8 Spots Available

RSVP by July 19th

This cooking demo will be outside, please plan accordingly.

If it is raining, it will be rescheduled.

