


June 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p><u>Please Note:</u></p> <p><i>*Laugha Yoga*</i> Friday June 22 in place of <i>Club Circuit</i></p>				<p>1</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
<p>4 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA <i>Cancelled</i></p>	<p>5 MFH</p> <p>PF 5-8am PF 12-1pm</p>	<p>6 MFH</p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>7 MFH</p> <p>PF 5-8am PF 12-1pm WA <i>Cancelled</i></p>	<p>8</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
<p>11 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p>12 MFH</p> <p>PF 5-8am PF 12-1pm</p>	<p>13 MFH</p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>14 MFH</p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm</p>	<p>15</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
<p>18 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p>19 MFH</p> <p>PF 5-8am PF 12-1pm</p>	<p>20 MFH</p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>21 MFH</p> <p>*Yoga Day*</p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm</p>	<p>22</p> <p>SS 8-9am *Laugha Yoga* 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
<p>25 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p>26 MFH</p> <p>PF 5-8am PF 12-1pm</p>	<p>27 MFH</p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>28 MFH</p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm</p>	<p>29</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>

PF- PUBLIC FITNESS
BC- BOOT CAMP

WA- WATER AEROBICS
CC- CLUB CIRCUIT

SS- SUPERVISED SWIM
GM- GUIDED MEDITATION

International Yoga Day

June 21, 2018

Yoga Classes
Meditation Groups
Tai Chi

From dusk to dawn in different locations throughout Akwesasne

A full list of events will be available soon

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

June Cooking Demo

Summertime Recipes

Cajun Shrimp Kabobs with DIY
No Salt Cajun Spice
Salsa Potato Salad

June 28, 2018

11:30 - 1pm

Lunch will be provided

Diabetes Center for Excellence

Please dress for the weather as we will be going outside.
If it is raining, we will postpone.

8 Spots Available

RSVP by June 26th

(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

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 meditation involves deep breathing exercises to improve blood pressure and stress levels

Classes are held at the Diabetes Center for Excellence

For classes held outside of normal business hours, please use the fitness room entrance located in the back parking lot

For more information, contact

The Let's Get Healthy Program: (518) 358-9667

