

Mon	Tue	Wed	Thu	Fri
3 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	4 MFH PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm	5 MFH PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	6 MFH PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15pm	7 PF 5-10am SS 8-9am GM 9:50-10:15am PF <i>Cancelled</i>
10 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	11 MFH PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm	12 MFH *Diabetes Day* PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	13 MFH PF 5-8am PF 12-1pm WA <i>Cancelled</i> YF 4:30-6:15pm	14 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm
17 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	18 MFH PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm	19 MFH PF 5-8am SS 8-9am PF 12-1pm *WA 5-6pm BC 4:30-5:15pm	20 MFH PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15pm	21 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm
24 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	25 MFH PF 5-8am PF 12-1pm WA 4-5pm	26 MFH *Cooking Demo* PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	27 MFH PF 5-8am PF 12-1pm WA 5-6pm	28 PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm

Please Note: Info on reverse side
*Diabetes Day - Wednesday June 12th
*Cooking Demo - Wednesday June 26th
*Last Youth Fitness Class - Thursday June 20th
*Water Aerobics Cancelled June 13th; Class will be June 19th
*Water Aerobics Time Change - Thursdays ONLY



Diabetes Day
Wednesday June 12, 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

June Cooking Demo

Featured Recipes:

Cilantro Lime Grilled Salmon
Black Bean and Barley Salad

Wednesday, June 26th
11:30 am - 1 pm

Diabetes Center Theatre Kitchen

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.

YOUTH FITNESS

The goal of this class is to teach healthy lifestyles and provide a positive learning experience.
Participants must be registered and complete a fitness assessment prior to starting class.

Class times are as follows:

Ages 7-11: 4:30 - 5:15 pm

Ages 12-17: 5:30 - 6:15 pm

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

