

# JUNE 2017    Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Please Note:</b> *Cooking Demo June 15th</p> <p>*Information is on the back of the calendar</p>	<p>*Refer to the back of calendar for pool information*</p>		<p>1 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>2</p> <p><b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am</p>	<p>3</p>
4	<p>5 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>6 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>7 <span style="float: right;"><u>MFH</u></span></p> <p><b>Bodyworks</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>8 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>9</p> <p><b>Club Circuit</b> 9-9:45am</p>	<p>10</p>
11	<p>12 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>13 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>14 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>15 <span style="float: right;"><u>MFH</u></span></p> <p><b>Cooking Demo</b> 11:30am-1:00pm <b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>16</p> <p><b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am</p>	<p>17</p>
18	<p>19 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>20 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>21 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>22 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm</p>	<p>23</p> <p><b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am</p>	<p>24</p>
25	<p>26 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>27 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm</p>	<p>28 <span style="float: right;"><u>MFH</u></span></p> <p><b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm</p>	<p>29 <span style="float: right;"><u>MFH</u></span></p> <p><b>Public Fitness</b> 12-1:00pm</p>	<p>30</p> <p><b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am</p>	

### Youth Fitness

4:30 - 5:15 pm: Ages 8-12  
5:30 - 6:15 pm: Ages 13-17

**Participants must complete a fitness assessment prior to starting class**

All fitness levels welcome!

For more info, ask for Steevi

### 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

Thursday June 15th

11:30am - 1:00pm

**Healthy Grilling**

**Marinades**

Featured Recipes:

\*Grilled Pineapple/Peaches  
and Avocado

\*DIY Orange Cumin  
Marinade

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

8 Spots Available

RSVP by June 14th

\*If inclement weather it will  
be rescheduled. Please be  
prepared to sit outside.

**\*\*Currently, we are experiencing some issues with the pool.  
It will be closed until these issues are resolved and we will announce the reopening when the time comes.  
We appreciate your patience and understanding\*\***

### **BODY WORKS**

An adult group Functional Fitness Class. Simple, effective and uses limited equipment  
**Monday & Wednesday 4:30-5:15pm**

### **AFTER HOURS FITNESS**

Educational and instructional class for any individuals who would like to lean proper use of equipment,  
Ask fitness questions or simply exercise at their own pace.

**Monday & Wednesday 5:30-6:15pm**

### **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**

### **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**

**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**

