


# August 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p><b>Please Note:</b>                      *Diabetes Day; info is on the back                      *Cooking Demo; info is on the back                      *Pool is currently closed for repair</p>			<p><b>1</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      WA 5-6pm</p>	<p><b>2</b></p> <p>PF 5-10am                      SS 8-9am                      GM 9:50-10:15am                      PF 12-1pm</p>
<p><b>5</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      BC 4:30-5:15pm                      WA <i>Canceled</i></p>	<p><b>6</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm</p>	<p><b>7</b> <b>MFH</b></p> <p>PF 5-8am                      SS 8-9am                      PF 12-1pm                      BC 4:30-5:15pm</p>	<p><b>8</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      WA 5-6pm</p>	<p><b>9</b></p> <p>PF 5-10am                      SS 8-9am                      GM 9:50-10:15am                      PF 12-1pm</p>
<p><b>12</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      BC 4:30-5:15pm                      WA 5-6pm</p>	<p><b>13</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm</p>	<p><b>14</b> <b>MFH</b></p> <p>PF 5-8am                      SS 8-9am                      PF 12-1pm                      BC 4:30-5:15pm</p>	<p><b>15</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      WA 5-6pm</p>	<p><b>16</b></p> <p>PF 5-10am                      SS 8-9am                      GM 9:50-10:15am                      PF 12-1pm</p>
<p><b>19</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      BC 4:30-5:15pm                      WA 5-6pm</p>	<p><b>20</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm</p>	<p><b>21</b> <b>MFH</b>                      *Diabetes Day*</p> <p>PF 5-8am                      SS 8-9am                      PF 12-1pm                      BC 4:30-5:15pm</p>	<p><b>22</b> <b>MFH</b>                      *Cooking Demo*</p> <p>PF 5-8am                      PF 12-1pm                      WA 5-6pm</p>	<p><b>23</b></p> <p>PF 5-10am                      SS 8-9am                      GM 9:50-10:15am                      PF 12-1pm</p>
<p><b>26</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      BC 4:30-5:15pm                      WA 5-6pm</p>	<p><b>27</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm</p>	<p><b>28</b> <b>MFH</b></p> <p>PF 5-8am                      SS 8-9am                      PF 12-1pm                      BC 4:30-5:15pm</p>	<p><b>29</b> <b>MFH</b></p> <p>PF 5-8am                      PF 12-1pm                      WA 5-6pm</p>	<p><b>30</b></p> <p>PF 5-10am                      SS 8-9am                      GM 9:50-10:15am                      PF 12-1pm</p>

PF- PUBLIC FITNESS  
 WA WATER AEROBICS

SS SUPERVISED SWIM  
 BC- BOOT CAMP

GM- GUIDED MEDITATION

### **Diabetes Day**

Wednesday August 21st  
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**

### **August Cooking Demo**

Fresh Salsa Recipes

#### **Featured Recipes:**

Cucumber Salsa

Fresh Tomato Salsa

Black Bean Salsa

Pineapple Mango Salsa

**Thursday, August 22nd**  
**11:30 am - 1 pm**

Diabetes Center Theatre Kitchen

RSVP by August 20th  
Limited to 8 participants

### **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**

