

# March 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Please Note:</b></p> <p>*We have made changes to our schedule, please read carefully</p>		<p><b>1</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm</p>	<p><b>2</b></p> <p>PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>	<p><b>3</b></p>
<p><b>5</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p><b>6</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm YF 4:15-6:30pm</p>	<p><b>7</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>8</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5am-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm</p>	<p><b>9</b></p> <p>PF 5-8am SS 8-9am CC 9-9:45am GM <del>Canceled</del> PF 12-1pm</p>	<p><b>10</b></p>
<p><b>12</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p><b>13</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm YF 4:15-6:30pm</p>	<p><b>14</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>15</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm</p>	<p><b>16</b></p> <p>PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>	<p><b>17</b></p>
<p><b>19</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p><b>20</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm YF 4:15-6:30pm</p>	<p><b>21</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>22</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm</p>	<p><b>23</b></p> <p>PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>	<p><b>24</b></p>
<p><b>26</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 4:45-5:45pm</p>	<p><b>27</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm YF 4:15-6:30pm</p>	<p><b>28</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>29</b> <span style="float: right;"><u>MFH</u></span></p> <p>PF 5-8am PF 12-1pm WA 4:30-5:30pm YF 4:15-6:30pm</p>	<p><b>30</b></p> <p>PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>	<p><b>31</b></p>

PF- PUBLIC FITNESS  
CC- CLUB CIRCUIT  
BC- BOOT CAMP

WA- WATER AEROBICS  
GM- GUIDED MEDITATION

YF- YOUTH FITNESS  
SS- SUPERVISED SWIM

**Youth Fitness:**

**Spring 2018 - 12 week session:**  
Jan. 16th—April 12th

To register, please make an appointment with Steevi. Fitness assessments must be completed before joining class

**Tuesdays and Thursdays**

4:15-5pm: Ages 5-8  
5-5:45pm: Ages 9-12  
5:45-6:30pm: Ages 13-17

**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**

**March Cooking Demo**  
Cooking Demo and  
Information Session

All About Meal Prepping  
March 22, 2018  
11am-1pm

\*Meal prep; what it is, how to plan a meal prep meal, hands on demo for a chicken and veggie bowl.

Diabetes Center for Excellence  
Theater Kitchen  
8 Spots Available  
RSVP by March 21st  
(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 relaxation 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**

