

March 2020 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
2 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	3 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	4 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	5 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	6 PF 5-10am YG 10-10:45am PF 12-1pm
9 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	10 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	11 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	12 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	13 PF 5-10am YG 10-10:45am PF 12-1pm
16 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	17 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	18 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	19 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	20 PF 5-10am GM 9:50-10:15am PF 12-1pm
23 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	24 MFH Diabetes Alert Day PF 5-8am PF 12-1pm FF 4:30-6:15pm	25 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	26 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	27 PF 5-10am GM 9:50-10:15am PF 12-1pm
30 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	31 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	Please Note: *Last Yoga class Friday March 13th *Diabetes Alert Day Tuesday March 24th		

PF- PUBLIC FITNESS
 YG- YOGA

FF- FAMILY FITNESS

GM- GUIDED MEDITATION

BC- BOOT CAMP



**Join us for
Diabetes Alert Day!**
Tuesday, March 24th

BP/BG Screenings

Heart to Heart Fitness Center

7:00 - 9:00 am

Akwasasne Mini Mart

11:00 am - 1:00 pm

Diabetes Center

12:00 - 2:00 pm

Public Fitness

12:00 - 2:00pm

Grab N Go Lunch

MFH - Move for Health

Supervised group fitness class
Must be enrolled in LGHP

Monday - Thursday

8:00 am - 12:00 pm

3:00 pm - 4:00 pm

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**

**The Let's Get Healthy Program
is a CDC recognized provider
of the
National Diabetes Prevention
Program!**

Would you like to prevent
diabetes?

Join our next lifestyle change
program and work with our
certified coaches

Classes begin in April 2020

For more information or to find
out if you're eligible,
speak with our coaches;

Pamela McDonald-LaChance or

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.

FAMILY 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 6-10: 4:30 - 5:15 pm

Ages 11-15: 5:30 - 6:15 pm

GUIDED MEDITATION

Group guided class involves deep breathing exercises to improve blood pressure and stress levels

YOGA

Basic stretching, breathing, relaxation practices for all fitness levels, including beginners.

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