


March 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Please Note: *Cooking Demo info on back page * See newsletter for more info on Alert Day	1 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	2 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	3 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	4
5	6 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	7 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	8 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	9 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	10 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	11
12	13 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	14 <u>MFH</u> Cooking Demo 9-10:30am Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	15 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	16 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	17 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	18
19	20 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	21 <u>MFH</u> Cooking Demo 11am-12:30pm Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm	22 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	23 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	24 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	25
26	27 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	28 <u>MFH</u> Alert Day! "Open House" Public Fitness 12-3:00pm Youth Fitness 4:30-6:15pm	29 <u>MFH</u> Supervised Swim 4:15-5:15pm Body Works 4:30-5:15pm After Hours 5:30-6:15pm	30 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm Water Aerobics 5:15-6:15pm	31 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	

MFH—Move For Health Class

Supervised group fitness class
LGHP Nurse referral mandatory, must be enrolled in the program
Classes held at the Diabetes Center For Excellence
Every Monday, Tuesday, Wednesday & Thursday

8:00-9:00am
9:00-10:00am
10:00-11:00am
11:00-12:00pm

FREE COMMUNITY CLASSES:

For men and women 18yrs and older
Always wear appropriate clothing
No wet footwear—please change into clean, dry sneakers
All fitness levels welcome

March is Nutrition Month

Be Prepared:

Make Your Breakfast
Ahead of Time

Tuesday March 14th
9-10:30am

Tuesday March 21st
11am-12:30pm

Featured Recipes:

Featured Recipes:
Veggie & Egg Muffins
Overnight Oatmeal

Quinoa Salad with DIY Greek
Dressing
Spinach Salad with DIY
Strawberry Balsamic Dressing

Please RSVP by March 13th
8 spots available for each

BODY WORKS

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

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

AFTER HOURS FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply exercise at their own pace.
Monday & Wednesday 5:30-6:15pm

WATER AEROBICS

A fun way to tone and exercise with minimal stress on your lower joints and bones.
Thursday 5:15-6:15pm

SUPERVISED SWIM

Open to community members, required to sign pool brochure, sign in and out at the front desk.
Monday & Wednesday 4:15-5:15pm
Friday 8:00-9:00am

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

