

## May 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p><b>Please Note:</b> info on reverse side</p> <p><b>*Diabetes Day - Wednesday May 8th</b></p> <p><b>*Cooking Demo - Thursday May 23rd</b></p>		<p><b>1</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>2</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 11:30-12:30pm YF 4:30-6:15pm</p>	<p><b>3</b></p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p><b>6</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>7</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm</p>	<p><b>8</b> <span style="float: right;"><b>MFH</b></span></p> <p style="text-align: center;"><b>*Diabetes Day*</b></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>9</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA <i>Cancelled</i> YF 4:30-6:15pm</p>	<p><b>10</b></p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p><b>13</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>14</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm</p>	<p><b>15</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>16</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 11:30-12:30pm YF 4:30-6:15pm</p>	<p><b>17</b></p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p><b>20</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>21</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm</p>	<p><b>22</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>23</b> <span style="float: right;"><b>MFH</b></span></p> <p style="text-align: center;"><b>*Cooking Demo*</b></p> <p>PF 5-8am PF 12-1pm WA 11:30-12:30pm YF 4:30-6:15pm</p>	<p><b>24</b></p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p><b>27</b></p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p><b>28</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 4-5pm YF 4:30-6:15pm</p>	<p><b>29</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p><b>30</b> <span style="float: right;"><b>MFH</b></span></p> <p>PF 5-8am PF 12-1pm WA 11:30-12:30pm YF 4:30-6:15pm</p>	<p><b>31</b></p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>

PF- PUBLIC FITNESS  
WA WATER AEROBICS

YF- YOUTH FITNESS  
SS SUPERVISED SWIM

GM- GUIDED MEDITATION  
BC- BOOT CAMP

**Diabetes Day**

Wednesday May 8, 2019  
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**

**May Cooking Demo**

**Cooking with Quinoa**  
Vegetarian Recipes  
(great for meal prep ideas)

**\*Quinoa Stuffed Bell Peppers**  
**\*Quinoa Salad**

Thursday May 23rd  
11:30 am - 1:00 pm

Diabetes Center Theatre Kitchen  
RSVP by May 21st  
Limited to 8 participants

To Reserve Your Spot  
Call 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

**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.

**YOUTH 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 7-11: 4:30 - 5:15 pm

Ages 12-17: 5:30 - 6:15 pm

**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**