

# May 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>2</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm	<b>3</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>4</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Water Aerobics</b> 4:30-5:30pm <b>Youth Fitness</b> 4:30-6:15pm	<b>5</b> <b>Supervised Swim</b> 8-9:00am <b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am	<b>6</b>
<b>7</b>	<b>8</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>9</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm	<b>10</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Bodyworks</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>11</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Water Aerobics</b> 4:30-5:30pm <b>Youth Fitness</b> 4:30-6:15pm	<b>12</b> <b>Supervised Swim</b> 8-9:00am <b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am	<b>13</b>
<b>14</b>	<b>15</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>16</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm	<b>17</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>18</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Water Aerobics</b> 4:30-5:30pm <b>Youth Fitness</b> 4:30-6:15pm	<b>19</b> <b>Supervised Swim</b> 8-9:00am <b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am	<b>20</b>
<b>21</b>	<b>22</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>23</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm	<b>24</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>25</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Water Aerobics</b> 4:30-5:30pm <b>Youth Fitness</b> 4:30-6:15pm	<b>26</b> <b>Supervised Swim</b> 8-9:00am <b>Club Circuit</b> 9-9:45am <b>Relaxation</b> 9:50-10:15am	<b>27</b>
<b>28</b>	<b>CLOSED FOR HOLIDAY</b>	<b>30</b> <span style="float: right;"><u>MFH</u></span> <b>Public Fitness</b> 12-1:00pm <b>Youth Fitness</b> 4:30-6:15pm	<b>31</b> <span style="float: right;"><u>MFH</u></span> <b>Supervised Swim</b> 4:15-5:15pm <b>Body Works</b> 4:30-5:15pm <b>After Hours</b> 5:30-6:15pm	<b>Please Note:</b> *Cooking Demo is May 18th  *Information is on the back of calendar		

### Youth Fitness

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

**Participants must complete a fitness assessment prior to starting class**

All fitness levels welcome!

For more info, ask for Steevi

### 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

Thursday May 18th  
12-1pm

**Salsa Potato Salad**

Try Something  
New For Summer

8 Spots Available

RSVP by May 17th

### 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

### **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 4:30-5:30pm**

### **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**

