
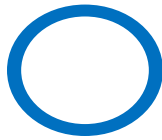


November 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
	<p>Please Note: *Pool is closed for repairs *Cooking demo is November 7th; see details on back</p>		 World Diabetes Day 14 November	1 PF 5-10am GM <i>Cancelled</i> PF 12-1pm
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 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	7 MFH *Cooking Demo* PF 5-8am PF 12-1pm FF 4:30-6:15pm	8 PF 5-10am GM <i>Cancelled</i> PF 12-1pm
11 CLOSED FOR VETERANS DAY	12 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	13 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	14 MFH World Diabetes Day PF 5-8am PF 12-1pm FF 4:30-6:15pm	15 PF 5-10am GM <i>Cancelled</i> PF 12-1pm
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 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	21 MFH PF 5-8am PF 12-1pm FF 4:30-6:15pm	22 PF 5-10am GM 9:50-10:15am PF 12-1pm
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 MFH PF 5-8am PF 12-1pm BC 4:30-5:15pm	28 CLOSED FOR THANKSGIVING DAY	29 CLOSED FOR AMERICAN INDIAN HERITAGE DAY

PF- PUBLIC FITNESS

FF- FAMILY FITNESS

GM- GUIDED MEDITATION

BC- BOOT CAMP

World Diabetes Day

Thursday November 14th
8:00 - 1:00 pm
At the Diabetes Center

Join us for a healthy breakfast

Blood Pressure and Blood Sugar
Screening

Interactive Diabetes Education

Scavenger Hunts

Join a fitness class as part of our
month-long fitness challenge

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

November Cooking Demo

All about Horseradish

Featured Recipes:
Fire Cider &
Horseradish Honey on Crackers

**Partnership with Akwesasne
Cultural Restoration Program**

Thursday, November 7th
2:00 - 3:30 pm

Diabetes Center Theatre Kitchen
RSVP by November 5th
Limited to 10 participants

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.

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 reduce 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