


November 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri	Sat
Please Note: *New Times and Additional Classes! *WA is cancelled Nov. 1st	Open House: Nov. 5th & 27th 4-7pm *Information is on reverse side		1 <u>MFH</u> PF 5-8am PF 12-1pm WA <i>Cancelled</i> YF 4:30-6:15	2 SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm	3
5 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	6 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm YF 4:30-6:15	7 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	8 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm WA 5-6pm YF 4:30-6:15	9 *PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm	10 *PF 7-10am
12 CLOSED FOR VETERANS DAY	13 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm YF 4:30-6:15	14 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	15 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm WA 5-6pm YF 4:30-6:15	16 *PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm	17 *PF 7-10am
19 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	20 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm YF 4:30-6:15	21 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	22 CLOSED FOR THANKSGIVING DAY	22 CLOSED FOR AMERICAN INDIAN HERITAGE DAY	24 *PF 7-10am
26 <u>MFH</u> PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	27 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm YF 4:30-6:15	28 <u>MFH</u> PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	29 <u>MFH</u> PF 5-8am PF 12-1pm *YG 1-2pm WA 5-6pm YF 4:30-6:15	30 *PF 5-8am SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm	

PF- PUBLIC FITNESS
 BC- BOOT CAMP

WA- WATER AEROBICS
 YG- YOGA

YF- YOUTH FITNESS
 SS- SUPERVISED SWIM

CC-CLUB CIRCUIT
 GM- GUIDED MEDITATION

Please join us to celebrate:

American Diabetes Month

**Monday November 5 &
Tuesday November 27, 2018**

4:00—7:00 pm

Tour the Diabetes Center
Learn about our fitness classes
See what a cooking demo is all
about!

Ask about our services and
meet our friendly staff
For more info, call:
(518) 358-9667

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

Cooking demos will be held
during both of our
celebrations

November 5th and 27th

**Healthy Meals for your family
in 60 minutes or less!**

***Sheet pan chicken fajitas
with DIY Southwest seasoning.**

Diabetes Center for Excellence
Theater Kitchen

**For more information contact:
518-359-9667**

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

BOOT CAMP

An adult group Functional Fitness Class. Simple, effective and uses limited equipment

WATER AEROBICS

A fun way to tone and exercise with minimal stress on your lower joints and bones

YOGA

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

SUPERVISED SWIM

Open to community members, required to sign pool brochure

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength

GUIDED MEDITATION

Group guided relaxation 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**

