


October 2019 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p>Please Note:</p> <p><i>*Pool is closed for repairs</i></p>	<p>1 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>2 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>3 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>4</p> <p>PF 5-10am GM 9:50-10:15am PF 12-1pm</p>
<p>7 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>8 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>9 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>10 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>11</p> <p style="text-align: center;">LGHP OFFICE CLOSED</p> <p style="text-align: center;">ALL CLASSES ARE CANCELLED</p>
<p>14 MFH</p> <p style="text-align: center;">CLOSED FOR INDIGENOUS PEOPLES DAY</p>	<p>15 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>16 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>17 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>18</p> <p>PF 5-10am GM 9:50-10:15am PF 12-1pm</p>
<p>21 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>22 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>23 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>24 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>25</p> <p>PF 5-10am GM 9:50-10:15am PF 12-1pm</p>
<p>28 MFH</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>29 MFH</p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>30 MFH</p> <p style="text-align: center;">*Diabetes Day*</p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm</p>	<p>31 MFH</p> <p>PF 5-8am PF 12-1pm FF <i>Cancelled</i></p>	

PF- PUBLIC FITNESS

FF- FAMILY FITNESS

GM- GUIDED MEDITATION

BC- BOOT CAMP

Diabetes Day
Wednesday October 30th
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

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

October Cooking Demo

Cooking with Squash:
Learn different ways to
prepare Winter Squash

Featured Recipes:
Roasted Butternut Squash

Thursday, October 10th
11:30 am - 1 pm

Diabetes Center Theatre Kitchen

RSVP by October 9th
Limited to 8 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 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