


October 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
1 <u>MFH</u>	2 <u>MFH</u>	3 <u>MFH</u>	4 <u>MFH</u>	5
PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm	PF 5-8am PF 12-1pm YF 4:30-6:15	PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15	SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
8 CLOSED FOR INDIGENOUS PEOPLES DAY	9 <u>MFH</u>	10 <u>MFH</u>	11 <u>MFH</u>	12
	PF 5-8am PF 12-1pm YF 4:30-6:15	PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm	PF 5-8am PF 12-1pm WA <i>Cancelled</i> YF 4:30-6:15	SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm
15 <u>MFH</u>	16 <u>MFH</u>	17 <u>MFH</u>	18 <u>MFH</u> <i>*Cooking Demo*</i>	19
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22 <u>MFH</u>	23 <u>MFH</u>	24 <u>MFH</u>	25 <u>MFH</u>	26
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29 <u>MFH</u>	30 <u>MFH</u>	31 <u>MFH</u>		Please Note: <i>Cooking demo info on reverse side</i> Cancellations: <i>October 11 & 31</i>
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PF- PUBLIC FITNESS
 YF- YOUTH FITNESS

SS- SUPERVISED SWIM
 CC- CLUB CIRCUIT

BC- BOOT CAMP
 GM- GUIDED MEDITATION

WA- WATER AEROBICS

2018-2019

Youth Fitness Classes

Classes will be held on Tuesdays and Thursdays:

Ages 7-11 4:30-5:15 pm

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

For more information please 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

October Cooking Demo

Cooking with Winter Squash

Join us to learn about different types of winter squash and a variety of recipes using local winter squash.

Recipes and types of squash dependent on what is available at the time of the demo.

October 18, 2018

11:30am-1:00pm

Diabetes Center for Excellence

Theatre Kitchen

8 Spots Available

RSVP by October 16th

(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

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

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 meditation involves deep breathing exercises to improve blood pressure and stress levels

Classes are held at the Diabetes Center for Excellence

For classes held outside of normal business hours, please use the fitness room entrance located in the back parking lot

For more information, contact

The Let's Get Healthy Program: (518) 358-9667

