



September 2018 Let's Get Healthy Program Fitness Classes

Mon	Tue	Wed	Thu	Fri
<p><u>Please Note:</u></p> <p><i>*Youth Fitness information is on reverse side</i></p>				
<p>3</p> <p>CLOSED FOR HOLIDAY</p>	<p>4 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm</p>	<p>5 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>6 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm</p>	<p>7</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
<p>10 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>11 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm</p>	<p>12 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>13 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm</p>	<p>14</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>
<p>17 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>18 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm</p>	<p>19 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>20 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm YF Reg./Asses 4-6pm</p>	<p>21 OFFICE CLOSED: 11 am - 2 pm SS 8-9am CC 9-9:45am GM 9:50-10:15am PF Cancelled</p>
<p>24 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>25 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm YF 4:30-6:15</p>	<p>26 <u>MFH</u></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>27 <u>MFH</u></p> <p>PF 5-8am PF 12-1pm WA 5-6pm YF 4:30-6:15</p>	<p>28</p> <p>SS 8-9am CC 9-9:45am GM 9:50-10:15am PF 12-1pm</p>

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

Registration and fitness assessments will be held Thursday September 20, 4-6pm or by appointment

Classes will be held on Tuesdays and Thursdays:

Ages 7-11 4:30-5:15 pm
Ages 12-17 5:30-6:15 pm

Classes will start September 25

Registration and a fitness assessment must be completed before attending class

For more information please call 518-35-9667

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

August Cooking Demo

All About Apples

Slow Cooker Applesauce
Apple Pie Salsa
Harvest Apple Salad with
Cranberry Vinaigrette

Thursday September 27th
11:30 am-1 pm

Lunch will be served

Diabetes Center for Excellence
Theater Kitchen

8 Spots Available

RSVP by September 25th
(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

