


Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>CLOSED FOR HOLIDAY</b></p>	<p>3</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm</p>	<p>4</p> <p><b>MFH</b></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>5</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm WA 5-6pm</p>	<p>6</p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p>9</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>10</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm</p>	<p>11</p> <p><b>MFH</b></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>12</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm WA 5-6pm</p>	<p>13</p> <p>PF 5-8am</p> <p><b>LGHP Office is Closed 8am - 5pm</b></p>
<p>16</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>17</p> <p><b>MFH</b></p> <p><b>Family Fitness Registration</b></p> <p>PF 5-8am PF 12-1pm</p>	<p>18</p> <p><b>MFH</b></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>19</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm WA 5-6pm</p>	<p>20</p> <p>PF 5-10am SS 8-9am GM <i>Cancelled</i> PF 12-1pm</p>
<p>23</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>	<p>24</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm FF 4:30-6:15pm</p>	<p>25</p> <p><b>MFH</b></p> <p><b>*Diabetes Day*</b></p> <p>PF 5-8am SS 8-9am PF 12-1pm BC 4:30-5:15pm</p>	<p>26</p> <p><b>MFH</b></p> <p><b>*Cooking Demo*</b></p> <p>PF 5-8am PF 12-1pm WA 5-6pm FF 4:30-6:15pm</p>	<p>27</p> <p>PF 5-10am SS 8-9am GM 9:50-10:15am PF 12-1pm</p>
<p>30</p> <p><b>MFH</b></p> <p>PF 5-8am PF 12-1pm BC 4:30-5:15pm WA 5-6pm</p>			<p><b>Please Note:</b></p> <p>*LGHP Office is CLOSED - Friday Sept. 13th 8am-5pm</p> <p>*Family Fitness Registration - Sept. 17th</p> <p>*Diabetes Day - Sept. 25th</p> <p>*Cooking Demo - Sept. 26th</p> <p><b>*Pool is currently closed for repair</b></p>	

### Family Fitness

Introducing a new 12 -week family fitness and education program for Diabetes Prevention

Sept. 24 - Dec. 19, 2019  
Classes will be  
Tuesday & Thursday

Registration will held  
Tuesday September 17th,  
3:00 - 6:00 p.m.

Families must be registered  
prior to starting class

### 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**

### 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 on your own

### **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

### **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.

Families must be registered and complete an assessment prior to starting class.

Classes are held on Tuesday and Thursday:

4:30 - 5:15 pm: Ages 6 - 10

5:30 - 6:15 pm : Ages 11 - 15

### **GUIDED MEDITATION**

Group guided class includes deep breathing exercises to improve blood pressure and stress levels

### September Cooking Demo

Cooking with Apples

### Featured Recipes:

Harvest Apple Salad  
Apple Pie Party Dip

Thursday, September 26th  
11:30 am - 1:00 pm

Diabetes Center  
Theatre Kitchen

RSVP by June 25th  
Limited to 8 participants



**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**

