


September 2017 Let's Get Healthy Program Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please Note: *Relaxation Canceled Sept 22nd *Youth Fitness Assessments Sept 14: 4-6pm	*Additional Water Aerobics class *Cooking Demo Thursday Sept. 7 Information is on the back			1 Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	2
3	4 <u>NO MFH</u> CLOSED FOR HOLIDAY	5 <u>MFH</u> Public Fitness 12-1:00pm	6 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	7 <u>MFH</u> Cooking Demo 10-11:00am Public Fitness 12-1:00pm Water Aerobics 4:30-5:30pm	8 <u>MFH</u> Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	9
10	11 <u>MFH</u> Bodyworks 4:30-5:15pm *Water Aerobics 5:15-6:15pm After Hours 5:30-6:15pm	12 <u>MFH</u> Public Fitness 12-1:00pm	13 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	14 <u>MFH</u> Public Fitness 12-1:00pm Water Aerobics 4:30-5:30pm *Youth Fitness Assessments*	15 <u>MFH</u> Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	16
17	18 <u>MFH</u> Bodyworks 4:30-5:15pm *Water Aerobics 5:15-6:15pm After Hours 5:30-6:15pm	19 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:30pm	20 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	21 <u>MFH</u> Public Fitness 12-1:00pm Water Aerobics 4:30-5:30pm Youth Fitness 4:30-6:30pm	22 <u>MFH</u> Supervised Swim 8-9:00am Club Circuit 9-9:45am *Relaxation Canceled*	23
24	25 <u>MFH</u> Bodyworks 4:30-5:15pm *Water Aerobics 5:15-6:15pm After Hours 5:30-6:15pm	26 <u>MFH</u> Public Fitness 12-1:00pm Youth Fitness 4:30-6:30pm	27 <u>MFH</u> Supervised Swim 4:15-5:15pm Bodyworks 4:30-5:15pm After Hours 5:30-6:15pm	28 <u>MFH</u> Public Fitness 12-1:00pm Water Aerobics 4:30-5:30pm Youth Fitness 4:30-6:30pm	29 <u>MFH</u> Supervised Swim 8-9:00am Club Circuit 9-9:45am Relaxation 9:50-10:15am	30

Youth Fitness:

New Format: 2 sessions

Fall 2017 - 12 week session:

Sept. 19th—Dec. 14th

Spring 2018 - 12 week session:

Jan. 16th—April 12th

Fall session registration & fitness assessments will be held Thursday, Sept. 14th 4-6pm or by appt. with Steevi.

Tuesdays and Thursdays

4:30-5pm: 5-8 years old

4:30-5:45pm: 9-12 years old

5:45-6:30pm: 13-17 years old

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

September Cooking Demo

Fresh from the Garden Salsa

Thursday September 7th

10:00—11:00am

Diabetes Center for Excellence
Theater Kitchen

8 Spots Available

RSVP by September 6th

(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

BODYWORKS

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

Monday & Wednesday 4:30-5:15pm

PUBLIC FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.

Tuesday & Thursday 12:00-1:00pm

CLUB CIRCUIT

A fitness program to improve balance, coordination and strength

Friday 9:00-9:45am

AFTER HOURS FITNESS

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply exercise at their own pace.

Monday & Wednesday 5:30-6:15pm

WATER AEROBICS

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

Monday 5:15-6:15pm & Thursday 4:30-5:30pm

SUPERVISED SWIM

Open to community members, required to sign pool brochure.

Wednesday 4:15-5:15pm & Friday 8:00-9:00am

RELAXATION

Group guided relaxation involves deep breathing exercises to improve blood pressure and stress levels.

Friday 9:50-10:15am



**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

