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<td>SS 8-9am</td>
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Please Note:
*National Start Walking Day is April 4, see reverse side for info
*Discontinued: Saturday Public Fitness After Hours Classes
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 relaxation 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

April Cooking Demo
Cooking Demo and DIY Workshop
Slow Cooker Chicken Fajitas
DIY No Salt Taco Seasoning
Lunch will be served. Each participant will get a chance to make DIY no salt taco seasoning to bring home.

April 19, 2018
11:30am-1:00pm
Diabetes Center for Excellence
Theater Kitchen
8 Spots Available
RSVP by April 17
(518) 358-9667