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Please Note:
*April 6th - Office Closed
*Water Aerobics time change

Please Note:
*Cooking Demo April 13th
Information on the back page

April 2017 Let’s Get Healthy Program Fitness Classes
**BODY WORKS**
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.
**Thursday 4:30 - 5:30pm**

**SUPERVISED SWIM**
Open to community members, required to sign pool brochure
**Monday & 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**

**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 level welcome

**April Cooking Demo**
Using Low Carb Cauliflower
**Featured Recipes:**
Cauliflower Pizza Crust
Buffalo Cauliflower Bites
April 13
11:30am-1:00pm
RSVP Required by April 12
8 spots available
Please call 358-9667 to reserve your spot today

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