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**Please Note:**

Cooking Demo is December 19th
Closed Dec. 25th for Christmas

PF= PUBLIC FITNESS  GM= GUIDED MEDITATION  BC= BOOT CAMP  FF= FAMILY FITNESS
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.

FAMILY FITNESS
The goal of this class is to teach healthy lifestyles and provide a positive learning experience. Participants must be registered and complete a fitness assessment prior to starting class.
Class times are as follows:
Ages 6-10: 4:30 - 5:15 pm
Ages 11-15: 5:30 - 6:15 pm

GUIDED MEDITATION
Group guided class involves deep breathing exercises to improve blood pressure and stress levels

December Cooking Demo
A partnership with the Akwesasne Cultural Restoration Program
Learn how to prepare a healthier version of Corn Soup
December 19th
11:30 am - 1:00 pm
Diabetes Center Theatre Kitchen
RSVP by December 16th
Limited to 8 participants
Call 518-358-9667 to reserve

December Cooking Demo
A partnership with the Akwesasne Cultural Restoration Program
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December 19th
11:30 am - 1:00 pm
Diabetes Center Theatre Kitchen
RSVP by December 16th
Limited to 8 participants
Call 518-358-9667 to reserve

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

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

Nia:wen to those who participated in our November Fitness Challenge.
Together, we exercised a total of 26,076 minutes!

During the holidays, remember to stay active. Make a plan and stick to it. For more tips on how to stay active this holiday season, check out our December Newsletter!