**February 2020**  
**Let’s Get Healthy Program Fitness Classes**

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**Please Note:**
* Wear Red Day is Friday February 7th
* Guided Meditation is cancelled until further notice
* MFH is cancelled Feb. 5th & 6th
* New Class*

**February 2020**

**Let’s Get Healthy Program Fitness Classes**

**March 2020**

**Let’s Get Healthy Program Fitness Classes**

**April 2020**

**Let’s Get Healthy Program Fitness Classes**

**May 2020**

**Let’s Get Healthy Program Fitness Classes**

**June 2020**

**Let’s Get Healthy Program Fitness Classes**

**July 2020**

**Let’s Get Healthy Program Fitness Classes**

**August 2020**

**Let’s Get Healthy Program Fitness Classes**

**September 2020**

**Let’s Get Healthy Program Fitness Classes**

**October 2020**

**Let’s Get Healthy Program Fitness Classes**

**November 2020**

**Let’s Get Healthy Program Fitness Classes**

**December 2020**

**Let’s Get Healthy Program Fitness 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.

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

YOGA
Basic stretching, breathing and relaxation practices for all fitness levels, including beginners

NEW CLASS
Yoga
with Mary Terrance
Fridays
10:00 - 10:45 am
All fitness levels welcome

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