# February 2017  Let’s Get Healthy Program Fitness Classes

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td></td>
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<td><strong>PLEASE NOTE:</strong> WEAR RED DAY</td>
<td><strong>COOKING DEMO</strong> February 15th 10-11:30am</td>
<td><strong>1</strong>  Supervised Swim 4:15-5:15pm  Bodyworks 4:30-5:15pm  After Hours 5:30-6:15pm</td>
<td><strong>2</strong>  Public Fitness 12-1:00pm  Youth Fitness 4:30-6:15pm  Water Aerobics 5:15-6:15pm</td>
<td><strong>3</strong>  WEAR RED DAY  Supervised Swim 8-9:00am  Club Circuit 9-9:45am  Relaxation 9:50-10:15am</td>
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<td>5</td>
<td>6</td>
<td><strong>MFH</strong> Supervised Swim 4:15-5:15pm  Body Works 4:30-5:15pm  After Hours 5:30-6:15pm</td>
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<td><strong>CLOSED FOR HOLIDAY</strong></td>
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**February 2017 Let’s Get Healthy Program Fitness Classes**

- **Supervised Swim**: 4:15-5:15pm
- **Body Works**: 4:30-5:15pm
- **After Hours**: 5:30-6:15pm
- **Public Fitness**: 12-1:00pm
- **Youth Fitness**: 4:30-6:15pm
- **Water Aerobics**: 5:15-6:15pm
- **Club Circuit**: 9-9:45am
- **Relaxation**: 9:50-10:15am
MFH – Move For Health Class
Supervised group fitness class
LGHP Nurse referral mandatory, must be enrolled in the program

Every Monday, Tuesday, Wednesday & Thursday
8:00-9:00am 10:00-11:00am
9:00-10:00am 11:00-12:00pm
3:00-4:00pm

FREE COMMUNITY CLASSES:
For men and women 18yrs and older
Always wear appropriate clothing
No wet footwear – please change into clean, dry sneakers
All fitness levels welcome

WEAR RED DAY 2017!
The first Friday of February is designated as Wear Red Day.
Each year Wear Red Day is celebrated to bring awareness
to women and heart disease.
By wearing red on February 3rd, you are joining the Let’s Get Healthy Program in our
fight to keep our women in Akwesasne healthy.
Wear Red Day Celebration
Friday, February 3rd
8:00am to 12:30pm
Diabetes Center For Excellence

BODY WORKS
An adult group Functional Fitness Class. Simple, effective and uses limited equipment
Monday & Wednesday 4:30-5:15pm

PUBLIC FITNESS
An open format for individuals who would like to learn proper use of equipment,
ask fitness questions or simply exercise 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
An open format for 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 5:15-6:15pm

SUPERVISED SWIM
Open to community members, only 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

Classes are held at the Diabetes Center for Excellence
For evening fitness classes, please use the side entrance located in the back parking lot

Cooking Demo
Wednesday
February 15th
10-11:30am
8 spots available
RSVP by February 14th 358-9667

Healthy Desserts
Lemon Loaf Cake
Energy Bites
Learn how to make two healthy desserts

For more information contact
The Let’s Get Healthy Program: (518) 358-9667

Helping Build A Better Tomorrow