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<td><strong>Please Note:</strong> info on reverse side</td>
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<td><strong>Jan 2</strong></td>
<td><strong>Jan 3</strong></td>
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<tr>
<td><em>Cooking Demo - January 23</em></td>
<td>CLOSED FOR NEW YEAR’S DAY</td>
<td><strong>Jan 5</strong></td>
<td><strong>Jan 6</strong></td>
<td><strong>Jan 7</strong></td>
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<td><em>Family Fitness Registration - January 7</em></td>
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**Jan 1**
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- **Jan 16**
- **Jan 21**
- **Jan 26**
- **Jan 31**

**Jan 2**
- **Jan 7**
- **Jan 12**
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- **Jan 27**
- **Jan 32**

**Jan 3**
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**Jan 31**
- **Jan 36**

**PF** - PUBLIC FITNESS  
**BC** - BOOT CAMP  
**FF** - FAMILY FITNESS  
**GM** - GUIDED MEDITATION
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

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