# January 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>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td>31</td>
</tr>
</tbody>
</table>

**Closed for Holiday**

**January 19:**
- OFFICE CLOSED 8AM-4PM
- NO MFH
- NO PUBLIC FITNESS

**March 19:**
- OFFICE CLOSED 8AM-4PM
**MFH–Move For Health Class**
Supervised group fitness class
LGHP Nurse referral mandatory, must be enrolled in the program
Classes held at the Diabetes Center For Excellence
**Every Monday, Tuesday, Wednesday & Thursday**
8:00-9:00am 10:00-11:00am
9:00-10:00am 11:00-12:00pm

**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

**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 5:15-6:15pm**

**SUPERVISED SWIM**
Open to community members, required to sign pool brochure, sign in and out at the front desk.
**Monday & Wednesday 4:00-5:00pm**
**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 January 18th
11:30-1:00pm
8 spots available
RSVP by January 17th
358-9667
Quick and Healthy Meal
Broiled Lemon Pepper Fish
Roasted Vegetables
Herb and Olive Oil Quinoa

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

Helping Build A Better Tomorrow