June 2018  Let’s Get Healthy Program Fitness Classes

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**PF**- PUBLIC FITNESS  **WA**- WATER AEROBICS  **SS**- SUPERVISED SWIM  
**BC**- BOOT CAMP  **CC**- CLUB CIRCUIT  **GM**- GUIDED MEDITATION
June Cooking Demo

**Summertime Recipes**
- Cajun Shrimp Kabobs with DIY No Salt Cajun Spice
- Salsa Potato Salad

**June 28, 2018**
11:30 - 1pm
Lunch will be provided

**Diabetes Center for Excellence**
Please dress for the weather as we will be going outside.
If it is raining, we will postpone.

8 Spots Available
RSVP by June 26th
(518) 358-9667

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**International Yoga Day**
June 21, 2018

Yoga Classes
Meditation Groups
Tai Chi

From dusk to dawn in different locations throughout Akwesasne

A full list of events will be available soon

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**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

**WATER AEROBICS**
A fun way to tone and exercise with minimal stress on your lower joints and bones

**SUPERVISED SWIM**
Open to community members, required to sign pool brochure

**CLUB CIRCUIT**
A fitness program to improve balance, coordination and strength

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

Classes are held at the Diabetes Center for Excellence

For classes held outside of normal business hours, please use the fitness room entrance located in the back parking lot

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