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<td><em>Cooking Demo June 15th</em></td>
<td><em>Refer to the back of calendar for pool information</em></td>
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<td>MFH</td>
<td>Public Fitness 12-1:00pm Youth Fitness 4:30-6:15pm</td>
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<td>Club Circuit 9-9:45am Relaxation 9:50-10:15am</td>
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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!

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

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

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

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

**Currently, we are experiencing some issues with the pool.
It will be closed until these issues are resolved and we will announce the reopening when the time comes.
We appreciate your patience and understanding**

For more info, ask for Steevi

June Cooking Demo
Thursday June 15th
11:30am - 1:00pm

Healthy Grilling
Marinades
Featured Recipes:
*Grilled Pineapple/Peaches and Avocado
*DIY Orange Cumin Marinade

8 Spots Available
RSVP by June 14th
*If inclement weather it will be rescheduled. Please be prepared to sit outside.

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