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<th>Mon</th>
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<td><img src="image1.png" alt="image" /></td>
<td>Please Note:</td>
<td>Hello March!</td>
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<td><em>We have made changes to our schedule, please read carefully</em></td>
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**March 2018**

**Let’s Get Healthy Program Fitness Classes**

**PF-** Public Fitness  **WA-** Water Aerobics  **YF-** Youth Fitness

**CC-** Club Circuit  **GM-** Guided Meditation  **SS-** Supervised Swim
**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 relaxation 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

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**Youth Fitness:**
Spring 2018 - 12 week session:
Jan. 16th—April 12th
To register, please make an appointment with Steevi. Fitness assessments must be completed before joining class

**Tuesdays and Thursdays**
4:15-5pm: Ages 5-8
5-5:45pm: Ages 9-12
5:45-6:30pm: Ages 13-17

**MFH - Move for Health**
Supervised group fitness class
Must be enrolled in the program
**Monday - Thursday**
8:00 am - 12:00 pm
3:00 pm - 4:00 pm

**March Cooking Demo**
Cooking Demo and Information Session
All About Meal Prepping
March 22, 2018
11am-1pm
*Meal prep; what it is, how to plan a meal prep meal, hands on demo for a chicken and veggie bowl.
Diabetes Center for Excellence
Theater Kitchen
8 Spots Available
RSVP by March 21st
(518) 358-9667

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