## November 2019

### Let’s Get Healthy Program Fitness Classes

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
</table>
| [Image]            | Please Note:  
*Pool is closed for repairs*  
*Cooking demo is November 7th; see details on back* | [Image]            | [Image]            | 1                 |
| [Image]            | PF 5-8am           | PF 5-8am           | PF 5-8am           | PF 5-10am          |
| [Image]            | PF 12-1pm          | PF 12-1pm          | PF 12-1pm          | GM Cancelled       |
| [Image]            | BC 4:30-5:15pm     | FF 4:30-6:15pm     | BC 4:30-5:15pm     | PF 12-1pm          |
| 4                  | MFH                | MFH                | MFH                | 8                 |
| 5                  | PF 5-8am           | PF 5-8am           | PF 5-8am           | PF 5-10am          |
| 6                  | FF 4:30-6:15pm     | PF 12-1pm          | PF 12-1pm          | GM Cancelled       |
| 7                  | BC 4:30-5:15pm     | FF 4:30-6:15pm     | BC 4:30-5:15pm     | PF 12-1pm          |
| 8                  | MFH                | MFH                | MFH                | 15                |
| 11                 | CLOSED FOR VETERANS DAY | [Image]            | [Image]            | 14                |
| 12                 | PF 5-8am           | PF 5-8am           | PF 5-8am           | PF 5-10am          |
| 13                 | PF 12-1pm          | PF 12-1pm          | PF 12-1pm          | GM Cancelled       |
| 14                 | FF 4:30-6:15pm     | BC 4:30-5:15pm     | FF 4:30-6:15pm     | PF 12-1pm          |
| 15                 | MFH                | MFH                | MFH                | 21                |
| 18                 | PF 5-8am           | PF 5-8am           | PF 5-8am           | PF 5-10am          |
| 19                 | PF 12-1pm          | PF 12-1pm          | PF 12-1pm          | GM Cancelled       |
| 20                 | FF 4:30-6:15pm     | BC 4:30-5:15pm     | FF 4:30-6:15pm     | PF 12-1pm          |
| 21                 | MFH                | MFH                | MFH                | 22                |
| 22                 | PF 5-8am           | PF 5-8am           | PF 5-8am           | PF 5-10am          |
| 25                 | PF 12-1pm          | PF 12-1pm          | PF 12-1pm          | GM 9:50-10:15am    |
| 26                 | BC 4:30-5:15pm     | PF 12-1pm          | BC 4:30-5:15pm     | PF 12-1pm          |
| 27                 | MFH                | MFH                | MFH                | 28                |
| 28                 | PF 5-8am           | PF 5-8am           | PF 5-8am           | CLOSED FOR THANKSGIVING DAY |
| 29                 | PF 12-1pm          | PF 12-1pm          | PF 12-1pm          | CLOSED FOR AMERICAN INDIAN HERITAGE DAY |

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

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**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 reduce stress levels

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**World Diabetes Day**

Thursday November 14th

8:00 - 1:00 pm

At the Diabetes Center

Join us for a healthy breakfast

Blood Pressure and Blood Sugar Screening

Interactive Diabetes Education

Scavenger Hunts

Join a fitness class as part of our month-long fitness challenge

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**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

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**November Cooking Demo**

All about Horseradish

**Featured Recipes:**

Fire Cider & Horseradish Honey on Crackers

**Partnership with Akwesasne Cultural Restoration Program**

Thursday, November 7th

2:00 - 3:30 pm

Diabetes Center Theatre Kitchen

RSVP by November 5th

Limited to 10 participants

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**Classes are held at the Diabetes Center for Excellence**

For evening fitness classes, please use the side entrance located in the back parking lot

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For more information contact

The Let’s Get Healthy Program: (518)-358-9667