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<th>Mon</th>
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<tbody>
<tr>
<td><strong>November 2018</strong> Let’s Get Healthy Program Fitness Classes</td>
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<td><strong>Please Note:</strong> *New Times and Additional Classes!**&lt;br&gt;*WA is cancelled Nov. 1st&lt;br&gt;*Information is on reverse side</td>
<td><strong>Open House:</strong>&lt;br&gt;Nov. 5th &amp; 27th 4-7pm</td>
<td><strong>HELLO NOVEMBER</strong>&lt;br&gt;<strong>Monday, November 5th</strong>&lt;br&gt;Normals&lt;br&gt;<strong>Tuesday, November 6th</strong>&lt;br&gt;Normals&lt;br&gt;<strong>Wednesday, November 7th</strong>&lt;br&gt;Normals&lt;br&gt;<strong>Thursday, November 8th</strong>&lt;br&gt;Normals&lt;br&gt;<strong>Friday, November 9th</strong>&lt;br&gt;Normals&lt;br&gt;<strong>Saturday, November 10th</strong>&lt;br&gt;Normals</td>
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<td><strong>5</strong>&lt;br&gt;PF 5-8am&lt;br&gt;PF 12-1pm&lt;br&gt;<strong>BC</strong> 4:30-5:15pm&lt;br&gt;<strong>WA</strong> 5-6pm</td>
<td><strong>MFH</strong>&lt;br&gt;PF 5-8am&lt;br&gt;PF 12-1pm&lt;br&gt;<strong>YG</strong> 1-2pm&lt;br&gt;<strong>YF</strong> 4:30-6:15</td>
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<td><strong>SS</strong> 8-9am&lt;br&gt;<strong>CC</strong> 9-9:45am&lt;br&gt;<strong>GM</strong> 9:50-10:15am&lt;br&gt;<strong>PF</strong> 12-1pm</td>
<td><strong>PF</strong> 7-10am</td>
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<td><strong>6</strong></td>
<td><strong>MFH</strong>&lt;br&gt;PF 5-8am&lt;br&gt;PF 12-1pm&lt;br&gt;<strong>YG</strong> 1-2pm&lt;br&gt;<strong>YF</strong> 4:30-6:15</td>
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<td><strong>PF</strong> 7-10am</td>
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<td><strong>12</strong>&lt;br&gt;CLOSED FOR VETERANS DAY</td>
<td><strong>MFH</strong>&lt;br&gt;PF 5-8am&lt;br&gt;PF 12-1pm&lt;br&gt;<strong>YG</strong> 1-2pm&lt;br&gt;<strong>YF</strong> 4:30-6:15</td>
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<td><strong>22</strong>&lt;br&gt;CLOSED FOR THANKSGIVING DAY</td>
<td><strong>MFH</strong>&lt;br&gt;PF 5-8am&lt;br&gt;<strong>SS</strong> 8-9am&lt;br&gt;PF 12-1pm&lt;br&gt;<strong>BC</strong> 4:30-5:15pm</td>
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**PF- PUBLIC FITNESS**<br>**BC- BOOT CAMP**<br>**WA- WATER AEROBICS**<br>**YG- YOGA**<br>**YF- YOUTH FITNESS**<br>**SS- SUPERVISED SWIM**<br>**CC- CLUB CIRCUIT**<br>**GM- GUIDED MEDITATION**
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

YOGA
Basic stretching, breathing and relaxation practices for all fitness levels, including beginners

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

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

November Cooking Demo
Cooking demos will be held during both of our celebrations

November 5th and 27th
Healthy Meals for your family in 60 minutes or less!
*Sheet pan chicken fajitas with DIY Southwest seasoning
Diabetes Center for Excellence Theater Kitchen
For more information contact: 518-359-9667

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