

Leech Lake Diabetes Fitness Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Circuits- An all body workout that involves 3 timed rounds of cardio and resistance exercises performed at user's own pace. "Frankly" a Good Workout - A combination of exercise requests from the previous class and ideas from the instructor. Running Circuits- An all body workout that involves 1 round of 8 resistance exercises with running in between the exercises. ZUMBA - Join the party! ZUMBA fuses many dance styles to deliver a fun, calorie-burning workout. Brought to you by guest instructor Jane Bruce. Nutrition Sessions –personal consultations for nutrition education</p>						
29	30	31	1	2	3	4
	Yoga 4pm-5pm	Circuits 11:30am-12:30pm Yoga 4pm-5pm	Frankly A Good Workout 11:30am Advanced Yoga 5pm-6pm	Running Circuits 11:30am-12:30pm Yoga 4pm-5pm		
5	6	7	8	9	10	11
	Yoga 4pm-5pm	Circuits 11:30am-12:30pm Yoga 4pm-5pm	Frankly A Good Workout 11:30am NUTRITION SESSIONS 12:30-4:00PM Advanced Yoga 5pm-6pm	Running Circuits 11:30am-12:30pm Yoga 4pm-5pm Zumba 5:30-6pm		
12	13	14	15	16	17	18
	Yoga 4pm-5pm	Circuits 11:30am-12:30pm Yoga 4pm-5pm	Frankly A Good Workout 11:30am Advanced Yoga 5pm-6pm	Running Circuits 11:30am-12:30pm Yoga 4pm-5pm Zumba 5:30-6pm		
19	20	21	22	23	24	25
	Yoga 4pm-5pm	Circuits 11:30am-12:30pm Yoga 4pm-5pm	Frankly A Good Workout 11:30am Advanced Yoga 5pm-6pm	Running Circuits 11:30am-12:30pm Yoga 4pm-5pm Zumba 5:30-6pm		
26	27	28	29			
				<p>Yoga – Vinyasa yoga, no prior experience needed and suitable for all levels. Advanced Yoga- Be ready for a challenge with this faster paced class! Each week class will build on the week before, Brought to you by Yoga Sam</p>		