

# MARCH 2023

## MCA COMMUNITY HEALTH FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SAINT RECREATION <b>BOOT CAMP 4:30-5:15 PM</b> @ SAINT RECREATION	2	3 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER
6 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER <b>BOOT CAMP 5-5:45 PM</b> @ ISLAND RECREATION	7 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SNYE RECREATION	8 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SAINT RECREATION <b>BOOT CAMP 4:30-5:15 PM</b> @ SAINT RECREATION	9	10 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER
13 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER <b>BOOT CAMP 5-5:45 PM</b> @ ISLAND RECREATION	14 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SNYE RECREATION	15 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SAINT RECREATION <b>BOOT CAMP 4:30-5:15 PM</b> @ SAINT RECREATION	16	17 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER
20 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER <b>BOOT CAMP 5-5:45 PM</b> @ ISLAND RECREATION	21 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SNYE RECREATION	22 <b>BOOT CAMP 4:30-5:15 PM</b> @ KANONHKWA'TSHERI:IO FITNESS CENTER	23	24 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER
27 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER	28 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SNYE RECREATION	29 <b>INDOOR WALKING STRONG</b> 9 AM-10 AM @ SAINT RECREATION <b>BOOT CAMP 4:30-5:15 PM</b> @ SAINT RECREATION	30	31 <b>TREADMILL TRAINING</b> 11 AM-12 PM @ KANONHKWA'TSHERI:IO FITNESS CENTER

### FITNESS CLASSES:

**INDOOR WALKING STRONG**  
**GET YOUR HEART PUMPING WITH THIS WALKING AND STEPPING PROGRAM FOR ALL AGES TO ENJOY. GO AT YOUR OWN PACE OR CHALLENGE YOURSELF!**

**TREADMILL TRAINING**  
**WALKING, JOGGING, SPRINTING, AND HILLS SOUND FUN? WELL, IT IS! ANOTHER GREAT WAY TO CHALLENGE YOURSELF AND IMPROVE CARDIOVASCULAR HEALTH**

**BOOT CAMP**  
**BOOT CAMP IS DESIGNED TO GET YOUR HEART PUMPING, INCREASE METABOLISM, AND BURN CALORIES**

**PLEASE KEEP IN MIND THAT CLASSES WILL BE CANCELED IF MCA IS CLOSED FOR ANY REASON. OTHER ISSUES MAY ARISE THAT WILL CAUSE FITNESS CLASS CANCELLATIONS. PLEASE CHECK OUR FACEBOOK PAGE (MCA COMMUNITY HEALTH PROGRAM) FOR ANY UPDATES.**

**DIABETES PREVENTION WORKERS:**  
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