

# JULY 2023 MCA COMMUNITY HEALTH PROGRAM FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 5PM-5:45PM CIRCUIT TRAINING	4 12PM-2PM OPEN GYM	5 12PM-2PM OPEN GYM 5PM-5:45PM CIRCUIT TRAINING	6 12PM-2PM OPEN GYM 4PM-6PM SAFE ZONE OPEN GYM	7
10 5PM-5:45PM CIRCUIT TRAINING	11 12PM-2PM OPEN GYM	12 12PM-2PM OPEN GYM 5PM-5:45PM CIRCUIT TRAINING	13 12PM-2PM OPEN GYM 4PM-6PM SAFE ZONE OPEN GYM	14
17 5PM-5:45PM CIRCUIT TRAINING	18 WELLNESS DAY 10AM-1PM	19 12PM-2PM OPEN GYM 5PM-5:45PM CIRCUIT TRAINING	20 12PM-2PM OPEN GYM 4PM-6PM SAFE ZONE OPEN GYM LACROSSE FOR WELLNESS EVENT 5PM-7PM	21
24 5PM-5:45PM CIRCUIT TRAINING	25 12PM-2PM OPEN GYM	26 12PM-2PM OPEN GYM 5PM-5:45PM CIRCUIT TRAINING	27 12PM-2PM OPEN GYM	28

31  
5PM-5:45PM CIRCUIT TRAINING

**UPCOMING EVENTS :**  
 WELLNESS DAY - TUESDAY, JULY 18, FROM 10 AM-1PM @ ST. REGIS RECREATION  
 PUZZLE WALK CHALLENGE - TUESDAY, JULY 18, FROM 10 AM-1PM @ ST. REGIS RECREATION WALKING TRAIL  
 LACROSSE FOR WELLNESS - THURSDAY, JULY 20, FROM 5PM-7PM @ ST. REGIS RECREATION LACROSSE BOX

## FITNESS CLASSES

**OPEN GYM:** OPEN ACCESS TO THE FITNESS CENTRE WHERE COMMUNITY MEMBERS AND MCA EMPLOYEES CAN EXERCISE WITH EQUIPMENT AT THEIR OWN PACE.

**CIRCUIT TRAINING:** A FREE 12-WEEK BODY CONDITIONING/ RESISTANCE TRAINING CLASS THAT USES MODERATE TO HIGH INTENSITY AEROBICS. IT TARGETS STRENGTH BUILDING, MUSCULAR ENDURANCE, INCREASING FITNESS LEVELS, ENHANCING FLEXIBILITY AND WEIGHT LOSS.

**SAFE ZONE OPEN GYM:** CREATING SAFE, INCLUSIVE, AND JUDGEMENT FREE SPACES FOR LGBTQIAA+ PEOPLE IN AKWESASNE.

**IMPORTANT REMINDER:** PLEASE KEEP IN MIND THAT CLASSES WILL BE CANCELLED 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!

### IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:

MCA COMMUNITY HEALTH PROGRAM  
 613-575-2341 EXT. 3220  
 OR  
 DIABETES PREVENTION WORKERS  
 KRISTA LEE OAKES EXT. 3239  
 OLIVIA COOK EXT. 3241



SCAN THE QR CODE WITH YOUR PHONE AND CHECK OUT OUR MCA FACEBOOK PAGE TO GET UPDATED ON OUR FITNESS CLASSES AND EVENTS

