

# ~ The Fitness Forum ~

January 2012



## News & Upcoming Events at the Fitness Source:

### NEW YEAR'S RESOLUTIONS

It's that time of year again. Keep them easy this year.

The first step to great health is merely paying attention to it. It's essential to stay on top of things. Keep a close eye on how you look, feel, and act each day. Being constantly mindful of whether the choices you're making are helping or hurting your well-being. You'll soon find that healthy choices usually make you feel better instantly, whether it's going to bed a little earlier or choosing a piece of fruit for dessert, rather than cake. So, *Live as though your doctor was watching; Wear sunscreen; Designate someone in your cell phone as your ICE (In Case of Emergency) contact; Change the batteries in smoke detectors every time you change the clocks.*

- ❖ **START BIG ~ Finish Small** Healthy Living Program starts January 9<sup>th</sup> and runs through March 31<sup>st</sup>, 2012. This program is designed not only for weight loss but living a healthier lifestyle. It will include tips for healthy living, weight loss, friendly competition, and support. To join: Sign up during the week of January 10. \$15 registration fee. Everyone is a winner! All participants who complete the program will receive a START BIG ~ Finish Small t-shirt! For more details, check at the front desk.
- ❖ **Tell your friends!** Hermann Fitness Source is running specials for fitness evals, workout buddy's, punch cards, and p.m. specials. *Spread the word! Check it out at [www.hadh.org](http://www.hadh.org)*
- ❖ **TOTAL TONING** – starts **Wednesday, January 11, 2012**. This class will meet from **4:15-5:00 pm on Wednesdays at HADH by the Central Billing Office**. It is open to **everyone!** \$3.00 per class. Bring a mat or towel with you for floor work.
- ❖ **HAVE AN IDEA FOR A NEW CLASS?** Let us know what kind of class and what time of day you would like and we'll try it! We're here for YOU. There has been interest in starting a night class for **Tai Chi**, if you are interested, please let the girls at the desk know.
- ❖ **ADVENTURE CLUB...**Let us know what **YOU** would like to do! Email Susan @ [slenger@hadh.org](mailto:slenger@hadh.org) with your ideas!
- ❖ **FOOD PANTRY CHALLENGE:** The holidays are over, but the food pantry still needs our continued support! Please donate.
- ❖ **5<sup>th</sup> ANNUAL RED HEART WALK** – Join us on February 17 for the walk and lunch. Walk anytime between 11:30 and 12:30 and learn about heart health. Heart-healthy lunches will be available. Money raised from the lunches will go to the Hermann Food Pantry.

**Cold and Flu Season is here!** Please wipe off equipment handles and seats after using equipment. We are "green" and have placed baskets throughout the gym with disinfectant and cloths for your use (these cloths are changed several times a day!)

**SHOES!** Please help us keep your gym clean! Change into the shoes you wear to work out in after you arrive at the gym.

**DID YOU KNOW?** If you need Physical or Occupational Therapy and go to the **HADH** Therapy Department for treatment, you can work out for free at the gym?

**Hermann Fitness Source**—a division of **Hermann Area District Hospital** ~ 124 E. 4<sup>th</sup> Street, Hermann, MO 65041 ~ 573-486-2251

**Hours:** Mon-Thurs: 5am-12pm & 3pm-7pm ~ Fri: 5am-12pm only ~ Sat: 7am-11am ~ Sun: closed

To unsubscribe, go to [slenger@hadh.org](mailto:slenger@hadh.org) and type in **unsubscribe along with your email address.**

# CLASS SCHEDULE

124 E. 4<sup>th</sup> Street ~ Hermann, MO 65041 ~ phone 486-2251

MEMBERSHIPS	Unlimited Gym & Classes	Gym Only	1 Day Gym	SAVE MONEY! 5 Class Punch Card \$20	SAVE MONEY! 5 Class Punch Card Arthritis* \$15
General	<b>\$35</b>	\$25	\$5	10 Class Punch Card \$35	10 Class Punch Card Arthritis* \$25
Over 55	<b>\$30</b>	\$20			
\$30 (includes cardiac rehab classes & gym)					

Try the 1<sup>st</sup> class FREE!

Check it out at [www.hadh.org](http://www.hadh.org)

5a-12p & 3p-7p <b>MONDAY</b>	5a-12p & 3p-7p <b>TUESDAY</b>	5a-12p & 3p-7p <b>WEDNESDAY</b>	5a-12p & 3p-7p <b>THURSDAY</b>	5a-12p <b>FRIDAY</b>	7a-11a <b>SATURDAY</b>
<b>ANYTIME CARDIO!</b> A free monthly workout to complete your total fitness program!	<b>ANYTIME CARDIO!</b> A free monthly workout to complete your total fitness program!	<b>ANYTIME CARDIO!</b> A free monthly workout to complete your total fitness program!	<b>ANYTIME CARDIO!</b> A free monthly workout to complete your total fitness program!	<b>ANYTIME CARDIO!</b> A free monthly workout to complete your total fitness program!	<b>ANYTIME CARDIO!</b> A free monthly workout to complete your total fitness program!
Boot Camp 5:00-6a				Boot Camp 5:00-6a	
Silver Sneakers® 8:30-9:15a  <i>Free for sponsoring insurance plans!</i>		Staying Strong 8:30-9:15a		Silver Sneakers® 8:30-9:15a  <i>Free for sponsoring insurance plans!</i>	
Arthritis Exercise(1) 9:30-10:30a	Arthritis Exercise (2) 9:30-10:30a	Tai Chi (includes Arthritis) 9:30-10:30a			
<b>CLOSED</b> 12p-3p	<b>CLOSED</b> 12p-3p	<b>CLOSED</b> 12p-3p	<b>CLOSED</b> 12p-3p	<b>CLOSED</b> in p.m.	<b>CLOSED</b> in p.m.
Core & More  4:15-5p	Core & More  4:15-5p	Total Toning (meets at HADH by Central Billing Office) 4:15-5p			
ZUMBA 5:05-6p		Yoga 4:30-6p	Core & More 4:15-5p		
Disco Spinning (in gym) 5:05-5:50p	Step Aerobics 5:15-6p		Kettebells 5:15-6p		
Disco Spinning (classroom) 6:00-6:45p					

Class sizes are limited. We encourage you to come to class 15 minutes early to change shoes and enroll.

\*Single class price \$5.00 ~ Arthritis single class price \$4.00

Revised 12-28-11/Effective 01-03-12

## Hermann Fitness Source Class Descriptions – Try the 1<sup>st</sup> class FREE!

**Anytime Cardio** – Our anytime circuit program with a mix of cardio and toning to keep your body guessing! FREE to all gym members. Just look at the info board for each month's new program.

**Arthritis Foundation Exercise** – An exercise program not only for those with arthritis but anyone wanting to begin exercising to increase joint flexibility, range of motion, balance; maintain strength; and increase endurance. Three levels of classes: basic, intermediate, and advanced. INSTRUCTORS: Adelyn, Casey, Manda, Susan

**Boot Camp** – A 6-week higher intensity class using body weight, speed, and endurance drills inspired by sports teams and the military. This class may be held at various locations such as the Hermann Hospital fitness trail, high school track, or city park. Call ahead to find out where the class is meeting. INSTRUCTOR: Phil

**Core & More** – Using key Yoga and Pilate's concepts, this class focuses on core strength, muscle endurance, range of motion/flexibility, balance, coordination, and more by using your own body weight, exercise balls, and resistance bands to tone, strengthen, and lengthen your entire body. INSTRUCTORS: Manda, Adelyn

**Disco Spinning** – A 45 minute multi-level, cardiovascular indoor cycling class (includes stretching). All fitness levels welcome. INSTRUCTOR: Jose

**Kettlebells** - Get strength, cardio, and dynamic flexibility all at the same time! Kettlebells integrate total body movement, not like normal weight lifting, which isolates body part movement. INSTRUCTOR: Manda

**NU-STEP** – Ask at the front desk about scheduling a time to use this cardio machine to improve your cardiovascular fitness. Sign up for this special program for \$15 a month, or, use this equipment as a gym member when it is not reserved for program members.

**Silver Sneakers® - If you're a member of a sponsoring health insurance plan, your classes are free!** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball are offered for resistance. INSTRUCTORS: Susan, Manda

**STAYING STRONG** – See improvements in your cardiovascular fitness, strength, flexibility, balance, and posture. It focuses on maintaining and improving life skills such as walking up stairs, fall prevention, and getting up and down off the floor. INSTRUCTOR: Manda

**Step Aerobics** - An intense aerobic workout using the step for a cardiovascular and lower body workout. INSTRUCTOR: Manda

**Tai Chi** – Improves flexibility, muscle strength, and balance; integrates the mind and body. Based on Arthritis Foundation Tai Chi, Qi Gong, and Sun 73 Style Tai Chi. All ages and levels are welcome. INSTRUCTOR: Susan

**Total Toning** - Are you ready for sleeveless shirts and shorts? Start toning before Spring! Class meets at HADH by the Central Billing Office. Open to everyone. INSTRUCTOR: Susan

**Walk & Tone** – A walking class sprinkled with toning exercises between walking segments. This class is great for intermediate and beginning workouts. We can modify it to meet your needs. INSTRUCTOR: Susan ***Class resumes in March, 2012.***

**Yoga** – Be guided through stretching, strengthening, and balance with a gentle approach. All ages and levels of yoga experience welcome. INSTRUCTOR: Nobby, Adelyn

**Zumba** – Fast & slow Latin rhythms and resistance training are combined to burn fat, tone & sculpt your body. INSTRUCTOR: Adelyn