Wellness Center - 2016
Columbus Regional Health

Fitness with Flexibility

Now you can have fitness your way through Columbus Regional Health Wellness membership! Membership includes **unlimited** access to the Fitness Center at Mill Race Center. Plus, you receive unlimited access to all CRH fitness classes offered at Mill Race Center, WellConnect and Cummins. Over **80+** classes are offered weekly between all three locations.

Check out the latest class schedules at:

www.crh.org/wellness (Mill Race Center & Cummins)
www.crh.org/wellconnect (WellConnect)

Membership Pricing

Annual Fee - $29 per month

- Automatic withdrawal commitment for 12 months, early termination fee may apply
- Includes access to the fitness facility at Mill Race Center and all CRH fitness classes, except warm water classes

Monthly Fee - $39 per month

- Monthly Automatic withdrawal until cancelled, can cancel at anytime
- Includes access to the fitness facility at Mill Race Center and all CRH fitness classes, except warm water classes

Register for a fitness membership through Columbus Parks and Recreation

- ONLINE: www.columbusparksandrec.com
- PHONE: (812) 376-2680 FAX: (812) 378-2892
- WALK-IN: Donner Center, Monday—Friday, 8am—5pm

Warm Water sessions at Marr Road are excluded from this program.

There are no classes one week per quarter for scheduled equipment maintenance and staff training.

Wellness Classes 2016

MILL RACE CENTER & CUMMINS FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am MRC		Step & Strength Shayla		Step & Strength Shayla	
6:30 am MRC	Body Sculpting Jeri	Pilates Janet	Horizontal Conditioning Jeri	Basic Strength Jeri	
7:00 am MRC	SunSalutation/ Warrior Jeri	Yoga Flow Janet	Chair Yoga Jeri	Yoga Flow Jeri	Yoga Flow Kim
8:00 am MRC	Step Shayla	Cardio & Osteo Janet	Step Shayla	Cardio & Osteo Janet	Step Jeri
8:50 am MRC	Muscle Shayla		Muscle Shayla		Muscle Jeri
9:00 am MRC		Pilates Janet		Pilates Janet	
10:00 am MRC	Silver Sneakers Circuit Janet	Silver Sneakers Yoga Kim	Silver Sneakers Circuit Janet	Silver Sneakers Yoga Kim	Silver Sneakers Circuit Janet
11:00 am MRC	Balance in Motion Janet		Silver Sneakers Classic Janet		Balance in Motion Janet
12:10 pm COB	Yoga Flow Janet	Pump Ruth		Pump Ruth	Yoga Flow Janet
2:00 pm MRC		Exercise & Move-ment for Parkinson's Ruth		Exercise & Move-ment for Parkinson's Ruth	
3:45 pm MRC	Yoga Basic Kim		Yoga Basic Kim		Yoga Basic Kim
4:30 pm COB	CoreXpress Ruth		CoreXpress Ruth		Fitness Center 812-376-5808
5:30 pm COB	Muscle Fusion Ruth		Muscle Fusion Ruth		Class Instructors are in brown

WellConnect's current fitness class schedule can be viewed online at www.crh.org/wellconnect

MRC = Mill Race Center, 900 Lindsey Street

COB = Cummins Corporate Office Building (Enter main entrance at corner of 5th & Jackson)

WellConnect = Corner of Third & Washington St.

***Fitness Center Hours at Mill Race Center*:**

Monday –Thursday	6:30 am - 7:00 pm
Friday	6:30 am - 5:00 pm
Saturday	8:00 am -12:00 Noon

Inclement Weather Information: Please call 812-376-2682 (press the Wellness option) to check class status during bad weather.

No fitness classes one week per quarter for scheduled equipment maintenance and staff training.

Fitness Center will remain open for regular hours.

Class Descriptions

Beginner Classes (Intermediate and Advanced, pg. 4)

Levels of Intensity: (1) Beginner with a chair (2) Beginner (3) Intermediate (4) Advanced

Beginner

Balance in Motion (1,2) - Class is designed to improve your balance by strengthening your feet, ankles and legs; improving coordination; and training core strength. It will help improve posture while enhancing reaction and focus.

Silver Sneakers Classic (1,2) - Have fun and move to the music through a variety of exercises designed to increase strength, range of motion and functional movements. Hand-held weights, elastic tubing, chair and a SilverSneakers ball are offered for resistance. Some exercises performed while sitting in a chair.

Silver Sneakers Yoga (1,2) - You will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures to increase range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Exercise and movement for Parkinson's (1, 2) – An exercise class that has been specially designed to improve symptom-specific concerns such as: mobility, posture, balance, and gait while reducing joint stiffness. This is accomplished through dancing, shadow boxing, stepping over obstacles, marching and simple games that make this a fun and relaxed way to improve your quality of life!

Yoga Basic (1,2) - This class is designed for beginners with a focus on basic postures. Adaptations can be given for those with medical issues.

Yoga Chair (1,2,3) - This class will improve strength and balance as Yoga postures are practiced with a chair as a prop. Class ends with ten minutes of relaxation and reflection.

Beginner to Intermediate

Basic Strength (2,3) - Gain strength and range of motion through traditional strength training exercises.

Cardio & Osteo (2,3) - To improve your cardiovascular and bone health, this low impact aerobic and strength training class uses traditional floor aerobics, free weights, and resistance equipment to help strengthen your heart, muscle and bones. Great for people with osteoporosis, osteopenia and osteoarthritis.

Pilates (2,3) - This class is designed to increase strength of the core. This class may not be appropriate for those recovering or suffering from any type of back injury.

Silver Sneakers Circuit (2,3) - Fun class uses low impact, standing choreography alternated with standing upper body work with hand-held weights, elastic tubing and Silver Sneakers balls. A step-up from Silver Sneakers Classic.

Step (2,3) - Using 4", 6" or 8" platforms, participants perform full body movement patterns to condition the cardiovascular system. Choreography variations demonstrated.

Step & Strength (2,3) - Step class with additional set of exercises added to increase muscular strength and endurance.

Yoga Flow (2,3) - Moving through a series of Yoga postures to improve strength, flexibility and range of motion. Participants must be able to move from standing to floor exercises to find success in this class.

Intermediate and Advanced classes continue next page

Class Descriptions Intermediate and Advanced (Beginner classes, pg. 3)

Levels of Intensity: (1) Beginner with a chair (2) Beginner (3) Intermediate (4) Advanced

Intermediate

Body Sculpting (3) - A class using low resistance to sculpt and tone the body. Throughout the class the participant will perform continuous movements to build muscle, increase body temperature and elevate heart rate. Light weights, low reps and intensity variations demonstrated for different fitness levels.

Horizontal Conditioning (3) - Your body weight will be all the resistance you need in this challenging class. If you seek defined muscles and an incredibly strong core don't waste another minute. High intensity class.

Muscle (3) - The participant will explore strength, toning and functional benefits of this exercise class using a variety of resistance and weight equipment to improve body movement and overall health.

Sun Salutation / Warrior Series (3) - Energize your body as you stretch and strengthen all of its major muscle groups in the sun salutation. Gain valuable stretch and increase heart rate moving through three major Warrior Postures.

Intermediate to Advanced

Muscle Fusion (3,4) - Double Your Calorie Burn! Muscle Fusion fuses the best of both worlds with cardio intervals to burn calories and mid-range weights to get defined muscles through higher repetitions. You will love the results!

Pump (3,4) - Get Stronger! Pump is formatted to work each muscle group to achieve increased muscle strength, endurance, and bone density. Try out this fun, effective class!

CoreXpress (3,4) - Stronger Core! CoreXpress, is a 30 minute class that targets your abdomen, hips, lower back and gluteal muscles. Why? Because a stronger core, makes you better at all things you do!

Note: Please consult your medical provider before starting any exercise program. Warming up and cooling down are essential for a safe and effective exercise routine. Please arrive on time to participate in the warm-up for each class.