










	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Jiffy Baker Certified Fitness Instructor & Certified Personal Trainer</p>	FEBRUARY 25	26	27	28	MARCH 1
	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step & Dance Aerobics 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics
 <p>Jeri Cannon Certified Fitness Instructor</p>					
 <p>Cyd Coppert Certified Personal Trainer</p>	4	5	6	7	8
	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step & Dance Aerobics 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics
 <p>Shayla Holtkamp Certified Health & Fitness Instructor</p>					
 <p>Todd Hostetler Certified Athletic Trainer with Indiana License</p>	11	12	13	14	15
	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step & Dance Aerobics 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics
 <p>Janet Morey Certified Fitness Instructor & Certified Personal Trainer</p>	18	19	20	21	22
	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
 <p>Kim Nelson Certified Fitness Instructor</p>					
 <p>Jennifer Otte Certified Fitness Instructor</p>	25	26	27	28	29
	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics	5:30am Step & Strength 7:00am Yoga 8:00am Cardio & Osteo 9:00am Yoga-lates 10:00am Silver Sneakers Yoga 2:00pm Exercise & Movement for Parkinson's	7:00am Yoga 8:00am Step & Dance Aerobics 8:50am Muscle 10:00am Silver Sneakers Circuit 11:00am Balance in Motion 3:45pm Yoga Basics
 <p>Stephanie Rasener Certified Fitness Instructor & Certified Personal Trainer</p>					

Class Descriptions

All classes are held at The Wellness Center located in Mill Race Center, 900 Lindsey St, Columbus.

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.

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, muscles, and bones. Great to reduce the risk of osteoporosis, osteopenia, and osteoarthritis.

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!

Muscle (2,3,4)

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.

Silver Sneakers Circuit (2,3)

Fun class using low-impact, standing choreography alternated with standing upper body work with hand-held weights, elastic tubing, and Silver Sneakers balls.

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.



Step (3,4)

Using an elevated platform with choreographed step combinations to increase heart rate and build cardiovascular endurance.

Step & Strength (2,3)

Step class with additional set of exercises added to increase muscular strength and endurance.

Step & Dance Aerobics (2,3)

Simple choreographed dance routines combined with step combinations to increase heart rate and build cardiovascular endurance for a fun, upbeat workout.

Yoga (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.

Yoga Basics (1,2)

This class is designed for beginners with a focus on basic postures. Adaptations can be given for those with medical issues.

Yoga-lates (2,3)

A fusion of Yoga (flow) and mat Pilates. Think core strength plus flexibility with emphasis on strengthening the core (abdominals, back, hips & glutes).

Warm Water Class Descriptions

All classes are held at Rehabilitation Services, 940 N Marr Rd, Columbus.

Open Pool

Join your friends and follow your own workout plan in the warm water therapy pool that maintains a 92 degree temperature. perfect for those transitioning from a therapy program and those looking for fun exercising in the water. Instructors are available to help fine tune your workout.

HOURS:

Mon, Wed, Fri 8:00am-9:30am
Tues & Thurs 7:30pm-8:30pm

OPEN POOL FEES: 15 visit pass \$60

Warm Water Class

This class is ideal for chronic pain, fibromyalgia, total joint replacement, and post rehabilitation patients.

HOURS:

Mon & Wed 7:00am or 5:30pm or 6:30pm
Tues & Thurs 7:00am or 5:30pm or 6:30pm
Friday 12:00pm or 12:45pm

CLASS FEES:

2-Days per Week \$52 per 8-week Session
1-Day per Week \$26 per 8-week Session



MARCH
2019

SENIORS
FITNESS

INNOVATIVE
FITNESS CENTER

CLASS OPTIONS
FOR ALL
SKILL LEVELS

VARIETY OF FEE
STRUCTURES



Columbus Regional Health... Your Partner for a Lifetime of Fitness

The Wellness Center at Mill Race Center

900 Lindsey Street Columbus, IN 47201
(812) 376-5808 crh.org/wellness

The Wellness Center is located in Mill Race Center, a community facility for active adults located in beautiful Mill Race Park. The Wellness Center includes an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. The facility is a Silver Sneakers and Silver & Fit approved facility.

Certified trainers will work with members to develop personal fitness plans on the easy to use weight training and cardio equipment. A wide variety of Group Wellness Exercise classes are offered for all levels of participation.

Stop by or call, (812) 376-5808, to schedule a tour. Staff trainers are available by appointment for new member equipment orientation and program design.

Fees

Day / Guest Pass:
\$7 per single visit

Monthly Membership:
\$39 per month (automatic monthly withdrawal until canceled, no annual contract) includes unlimited use of The Wellness Center & all Wellness Classes (excluding water classes).

Annual Membership:
\$29 per monthly (automatic monthly withdrawal for 12 months with contract) includes unlimited use of The Wellness Center & all Wellness Classes (excluding water classes).



Registration & Hours

Hours

Mon-Thur 6:30am - 7:00pm
Fri 6:30am - 5:00pm
Sat 8:00am - 12:00pm
Sun Closed

Registration

Online:
www.columbusparksandrec.com
Phone: (812) 376-2680

Walk-in: Donner Center
739 22nd Street
Mon-Fri 8:00am - 5:00pm

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

For more information visit crh.org/wellness or call 812-376-5808.