WELLNESS CENTER
COLUMBUS REGIONAL HEALTH

The Wellness Center 900 Lindsey Street Columbus, Indiana 47201 812.376.5808

Wellness Classes - Summer I & II 2013
Columbus Regional Health

Multi-Class Options & Personal Training

COURSE NAME	DAYS & TIMES	INSTRUCTOR	LOCATION	PRICE	CODE	MAY 6 - JUNE 28	JULY 1 - AUG 23
Annual Wellness Class Pass	Various	Various	Various	$549.00	300000	n/a	n/a
Flexible Wellness Class Pass	Various	Various	Various	$120.00	300050	7C	7D
One Visit Wellness Class Pass	Various	Various	Various	$ 5.00	n/a	n/a	n/a
One Visit Fitness Center Guest Pass	Various	Various	Mill Race Ctr	$ 7.00	n/a	n/a	n/a
Personal Training - 10 visits	Personalized	Various	Mill Race Ctr	$350.00	300100	n/a	n/a
Personal Training - 5 visits	Personalized	Various	Mill Race Ctr	$200.00	300110	n/a	n/a
Personal Training - 1 visit	Personalized	Various	Mill Race Ctr	$ 50.00	300120	n/a	n/a
Open Pool - 15 visits	MWF 8:00-9:00 am TuTh 3:30-5:30 pm	Kim Nelson Jennifer Otte	Marr Rd. Facility	$ 60.00	n/a	n/a	n/a

Annual Wellness Class Pass: This pass gives you unlimited access to all levels of classes for one year.

Flexible Wellness Class Pass: This pass gives you unlimited access to all levels of classes for one eight-week session.

(Warm water classes at Marr Road are not included.)

Easy Ways To Register

ONLINE AT: www.columbusparksandrec.com

WALK-IN OR DROP-OFF: Donner Center Monday - Friday, 8am - 5pm

MAIL-IN: Columbus Parks and Recreation Dept., PO Box 858, Columbus, IN 47202

PHONE: 812.376.2680 **FAX:** 812.378.2892

EMAIL RECEIPTS: For any transactions taken by phone or received by phone or fax, receipts will be emailed. Persons requesting a paper receipt will be charged an additional $1 to cover postage and handling. Help us to be environmentally responsible and provide us with a valid email address for your family.

Wellness Registration

Name_____ Address_____ City_____ Zip_____

Phone_____ Email_____

CRH Employee: ☐ Yes ☐ No Badge # _____ (CRH employees: online registration not available)

Class Code _____ Day _____ Time _____ Fee _____

Class Code _____ Day _____ Time _____ Fee _____ Total _____

☐ Check # _____ ☐ Cash ☐ DOB _____ ☐ MC ☐ VISA

Account Number Name on Card _____ Expiration Date _____ 3-Digit Code_____

Session Dates

Summer I Session
May 6 - June 28

Summer II Session
July 1 - August 23

Classes will not meet: May 27 (Memorial Day) and July 4 (Independence Day)

The Wellness Program is committed to helping participants improve their personal health and well being. Certified instructors lead a wide variety of classes from beginning to advanced fitness levels.

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

Class Descriptions

Cardio & Osteo Fitness (2, 3) – To improve your cardiovascular and bone health, this low impact aerobic and strength training class uses traditional floor aerobics and free weights with other resistance equipment to help strengthen your heart, muscles and bones.

Muscle Fusion (3, 4) – Muscle fusion "fuses" the best of both worlds! Double your calorie burn with high intensity cardiovascular intervals and define your muscles with higher repetitions using mid range weights. This class is specially formatted to work each muscle group achieving actual failure, allow proper rest and recovery... then goes back to work each muscle group again. It is time for results!

Muscle in Motion (3) – Explore the strength, toning and functional benefits of using the Step, hand weights and SPRI Xertubes in this class.

Open Pool (2, 3) – A warm water therapy pool used for personalized workouts. You may bring in a rehab workout or receive assistance with exercises to achieve the most effective use of your time.

Pilates (2, 3) – Pilates is designed to increase strength and tone of your abdominal and back muscles. This class is for individuals who have a healthy back and may not be appropriate for those recovering from a previous back injury.

Pump (3, 4) – A combination of standing and floor exercises using SPRI Bands, hand weights and stability balls to increase muscle tone and strength.

SilverSneakers® (1, 2) – An award winning program that is fun and energizing. You can participate using a chair for standing or sitting. The class is designed exclusively for older adults to help improve their strength, flexibility, balance and endurance. To find out if you are eligible, please contact your health plan provider. For more information visit www.silversneakers.com or call 888.423.4632.

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

Step & Strength (2, 3) – Step Reebok class with the addition of strength exercises.

Tai Chi for Arthritis (1, 2) – This evidenced based program has been designed specifically for people with arthritis. Benefits include increased strength and flexibility, decreased joint pain, improved balance and reduced stress.

Class Descriptions (Continued)

Total Body Workout (3, 4) – The instructor will use a variety of methods to build muscular strength/endurance, promote cardiovascular health and improve range of motion. Participants are encouraged to work at their individual fitness levels to achieve their personal goals. Recommended for those who are currently participating in daily exercise and educated or familiar with group fitness methods including weight training, Step, Zumba, core training and Yoga.

Warm Water Workout (2) – This class is ideal for chronic pain, arthritis, rheumatoid arthritis, fibromyalgia and post-rehab utilizing the therapy pool that maintains a temperature of 92º.

Yoga Basics (1) - This class is designed for beginners with a focus on basic postures. Can be adapted for those with medical issue needing to use a chair and are not able to perform exercises from the floor. Join us for this mind, body and soul workout that will improve your strength, flexibility and balance.

Yoga (2, 3, 4) – Join us for this mind, body and soul workout that will improve strength, flexibility and balance. Movement patterns are fluid and controlled with focus on stabilization, balance and coordination. Must be able to perform exercises from the floor to participate at these levels.

Mill Race Marathon - September 28, 2013

In partnership with the City of Columbus, the inaugural Mill Race Marathon, powered by Cummins, and primary sponsors Columbus Regional Health and Main Source Bank, will be held in Columbus, Indiana. This event held on September 28, 2013 will serve as a qualifier for the Boston Marathon as well as half marathon and 5K distances and covers a scenic route through the city.

Several activities are being held in conjunction with the event including the Reach Healthy Communities Fun Run, presented by Main Source Bank. In addition, local and regional vendors will participate in a Fitness Expo sponsored by Columbus Regional Health on September 26 and September 27.

Proceeds will benefit Healthy Communities and the Columbus Park Foundation. For more information and to register, visit www.millracemarathon.com.

Fitness Facility Pass

Hours of Operation: Mon - Thurs 6:30 am - 7:00 pm Fri 6:30 am - 5:00 pm Sat 8:00 - noon

The Fitness Facility pass includes the use of the fitness center, locker room and Beginner Fitness Classes. A certified fitness instructor will be in the facility at all times. Passes can be purchased at Donner Center or by calling 812.376.2680. Passes are not pro-rated so you can join anytime and there is no initiation fee or contracts. A discount is provided to Mill Race Center members.

Yearly Pass: Mill Race member: $348 Non member: $408
6 Month Pass: Mill Race member: $192 Non member: $222
Monthly Pass: Mill Race member: $39 Non member: $44

***Fitness Facility guest pass can be purchased for $7 per visit.**

To schedule your orientation, call the Fitness Center at 812-376-5808.

Note: Columbus Regional Hospital suggests that you consult your doctor before starting any exercise program. Warming up and cooling down are important components of a safe and effective exercise routine. Please arrive on time to participate in the warm-up for each class.

Class Schedule

COURSE NAME	DAYS & TIMES	INSTRUCTOR	LOCATION	CLASS CODE	PRICING	MAY 6 - JUNE 28	JULY 1 - AUG 23
Cardio & Osteo Fitness II	Tu Th 8:00 am	Julie Monroe	Mill Race Center	302010	$52	7C	7D
Cardio & Osteo Fitness I	Tu Th 10:00 am	Julie Monroe	Mill Race Center	302020	$52	7C	7D
Muscle Fusion	MW 5:30 pm	Ruth Bayardo	Cummins-COB	301430	$52	7C	7D
Muscle in Motion	MWF 8:45 am	Shayla/Joy/Ruth	Mill Race Center	301020	$77	7C	7D
Pilates	TuTh 9:00 am	Julie Monroe	Mill Race Center	302030	$52	7C	7D
Pilates	W 12:10 pm	Julie Monroe	Cummins-COB	304020	$26	7C	7D
Pilates	W 4:30 pm	Ruth Bayardo	Cummins-COB	301110	$26	7C	7D
Pump	Tu Th 12:10 pm	Ruth Bayardo	Cummins-COB	301170	$52	7C	7D
Pump	W 7:00 am	Joy Perry	Mill Race Center	301175	$26	7C	7D
Silver Sneakers	MWF 10:15 am	Julie Monroe	Mill Race Center	301700	SSM	7C	7D
Step Reebok	MWF 8:00 am	Shayla Holtkamp	Mill Race Center	301010	$77	7C	7D
Step Reebok	M 4:30 pm	Ruth Bayardo	Cummins-COB	301015	$26	7C	7D
Step & Strength	Tu Th 5:30 am	Shayla Holtkamp	Cummins-COB	301130	$52	7C	7D
Tai Chi for Arthritis	Tu 2:00 pm	Todd Hostetler	Mill Race Center	301490	$26	7C	7D
Total Body Workout	Tu 5:30 pm	Ruth Bayardo	Cummins-COB	301420	$26	7C	7D
Warm Water Workout	MW 7:00 am	Kim Nelson	Marr Rd. Facility	301240	$52	7C	7D
Warm Water Workout	MW 5:30 pm	Kim Nelson	Marr Rd. Facility	301250	$52	7C	7D
Warm Water Workout	MW 6:15 pm	Kim Nelson	Marr Rd. Facility	301260	$52	7C	7D
Warm Water Workout	Tu Th 7:00 am	Kim Nelson	Marr Rd. Facility	301270	$52	7C	7D
Warm Water Workout	Tu Th 5:30 pm	Jennifer Otte	Marr Rd. Facility	301280	$52	7C	7D
Warm Water Workout	Tu Th 6:15 pm	Jennifer Otte	Marr Rd. Facility	301290	$52	7C	7D
Warm Water Workout	F 1:00 pm	Kim Nelson	Marr Rd. Facility	301310	$26	7C	7D
Warm Water Workout	F 1:45 pm	Kim Nelson	Marr Rd. Facility	301320	$26	7C	7D
Yoga (3,4)	MWF 9:30 am	Julie Monroe	Mill Race Center	303030	$77	7C	7D
Yoga Basics (1)	MW 3:45 pm	Kim Nelson	Mill Race Center	303010	$52	7C	7D
Yoga (2,3)	Tu Th 6:30 am	Joy Perry	Cummins-COB	303050	$52	7C	7D
Yoga (2,3)	MF 12:10 pm	Julie Monroe	Cummins-COB	303020	$52	7C	7D

FCM: Fitness Center Member SSM: SilverSneakers® Member

Class Locations

Mill Race Center – Columbus Regional Health Wellness Center located inside Mill Race Center located at 900 Lindsey Street, Columbus.
Marr Road Warm Water – Columbus Regional Health Marr Road Outpatient Office; 940 N. Marr Road, Columbus. Enter through front door. Changing area available.
Cummins-COB – Cummins Corporate Office Building. Park between Brown and Lindsey St. Enter from Brown St., use the middle entrance. Sign in with security. Instructor will lead class to location. Changing area available. Sign out when finished. Classes available to both community participants and Cummins employees.

INCLEMENT WEATHER POLICY
In the event of a snow emergency (or other weather emergency) as declared by Bartholomew County officials (State Police, Mayor, etc.), Wellness classes will be closed and we will not offer any fitness classes. Class cancellations will be given to local radio stations and on Columbus Parks and Recreation Activity Line at 376-2682 (press the Wellness option). In the event classes are NOT cancelled, please only travel if you feel that you personally can do so safely. All participants with questions as to the status of classes should call Columbus Parks and Recreation Activity Line at 376-2682, and then press the Wellness option.