WELLNESS CENTER
COLUMBUS REGIONAL HEALTH

The Wellness Center 900 Lindsey Street Columbus, Indiana 47201 812.376.5808

Wellness Classes - Winter/Spring 2014
Columbus Regional Health

Multi-Class Options & Personal Training

COURSE NAME	DAYS & TIMES	INSTRUCTOR	LOCATION	PRICE	CODE	JAN 6 - FEB 28	MAR 3 - MAY 2
Annual Wellness Class Pass	Various	Various	Various	$549.00	300000	n/a	n/a
Flexible Wellness Class Pass	Various	Various	Various	$120.00	300050	1A	2A
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

Winter Session
January 6 - February 28

Spring Session
March 3 - May 2

Classes will not meet: March 17 - 21 (Spring Break)

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 Circuit (3, 4) – A 30 minute workout to promote calorie burn and cardiovascular fitness. A combination of step, calisthenics, jump rope and kickboxing are used to achieve THR training zones.

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.

Piloxing (2, 3, 4) – The latest Hollywood fitness craze! Piloxing uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout guaranteed to whip you into shape.

PiYo (2, 3, 4) – A unique class that fuses Pilates and Yoga together and is designed to build strength and gain flexibility. Think sculpted abdomen, increased core strength and greater stability. The moves fit together perfectly to form an energetic, powerful and rhythmic class.

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® Classic (1, 2) – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneaker® ball are offered for resistance. A chair is available if needed for seated or standing support. For more information visit www.silversneakers.com or call 888.423.4632.

Class Descriptions (Continued)

SilverSneakers® Yoga (1, 2) – SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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.

Warm Water Workout (2) – These classes move at low intensity and focus on improving muscle strength, range of motion, flexibility, balance and core stability. Ideal for people who suffer from chronic pain, various forms of arthritis, and post rehabilitation using the therapy pool that maintains a temperature of 92 degrees.

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 - Power (2, 3, 4) – Perform Yoga postures to gain strength and stability. Powerful movement and flow contribute to cardiovascular fitness and calorie burn. Instructor will modify level of intensity based on participants' needs.

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.

Pace for the Race

A mini marathon (13.1 miles) training program that meets for 15 Saturdays beginning Jan. 18 at 7:30 am in the CRH Kroot Auditorium. The two races targeted are the Louisville Derby Festival on April 19 and the Indy 500 Festival held on May 3. The Indy mini fills up fast so enter early at www.500festival.com. Beginning and intermediate runners as well as walkers will be introduced to various training methods and will go on a weekly training walk/run. Classes will include presentations on nutrition, injury recognition and prevention and mental preparation. These spring half-marathons provide a great training base for anyone considering the Mill Race Marathon.

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

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

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

Class Schedule

COURSE NAME	DAYS & TIMES	INSTRUCTOR	LOCATION	CLASS CODE	PRICING	JAN 6 - FEB 28	MAR 3 - MAY 2
Cardio Circuit	MW 5:00 pm	Joy Perry	Cummins-COB	301060	$40	1A	2A
Cardio & Osteo Fitness	Tu Th 8:00 am	Julie Latimer	Mill Race Center	302010	$52	1A	2A
Muscle Fusion	MW 5:30 pm	Ruth Bayardo	Cummins-COB	301430	$52	1A	2A
Muscle in Motion	MWF 9:00 am	Shayla/Ruth	Mill Race Center	301020	$77	1A	2A
Pace for the Race	Sat 7:30 am	Shayla Holtkamp	CRH Kroot	301550	$55	1A	n/a
Pilates	TuTh 9:00 am	Julie Latimer	Mill Race Center	302030	$52	1A	2A
Piloxing	Tu 5:30 pm	Ruth Bayardo	Cummins-COB	301150	$26	1A	2A
PiYo	W 12:10 pm	Stephanie Rasener	Cummins-COB	303040	$26	1A	2A
Pump	Tu Th 12:10 pm	Ruth Bayardo	Cummins-COB	301170	$52	1A	2A
Silver Sneakers® Classic	MWF 10:00 am	Julie Latimer	Mill Race Center	301700	$77*	1A	2A
Silver Sneakers® Yoga	Tu Th 10:00 am	Julie Latimer	Mill Race Center	301030	$52*	1A	2A
Step Reebok	MWF 8:00 am	Shayla/Ruth	Mill Race Center	301010	$77	1A	2A
Step & Strength	Tu Th 5:30 am	Shayla Holtkamp	Cummins-COB	301130	$52	1A	2A
Tai Chi for Arthritis	Tu Th 2:00 pm	Todd Hostetler	Mill Race Center	301490	$52	1A	2A
Warm Water Workout	MW 7:00 am	Kim Nelson	Marr Rd. Facility	301240	$52	1A	2A
Warm Water Workout	MW 5:30 pm	Janet Morey	Marr Rd. Facility	301250	$52	1A	2A
Warm Water Workout	MW 6:15 pm	Janet Morey	Marr Rd. Facility	301260	$52	1A	2A
Warm Water Workout	Tu Th 7:00 am	Kim Nelson	Marr Rd. Facility	301270	$52	1A	2A
Warm Water Workout	Tu Th 5:30 pm	Jennifer Otte	Marr Rd. Facility	301280	$52	1A	2A
Warm Water Workout	Tu Th 6:15 pm	Jennifer Otte	Marr Rd. Facility	301290	$52	1A	2A
Warm Water Workout	F 1:00 pm	Kim Nelson	Marr Rd. Facility	301310	$26	1A	2A
Warm Water Workout	F 1:45 pm	Kim Nelson	Marr Rd. Facility	301320	$26	1A	2A
Yoga Basics (1)	MWF 3:45 pm	Kim Nelson	Mill Race Center	303010	$77	1A	2A
Yoga - Power (2,3,4)	Tu Th 6:30 am	Joy Perry	Cummins-COB	303050	$52	1A	2A
Yoga (2,3)	MF 12:10 pm	Janet Morey	Cummins-COB	303020	$52	1A	2A

*** Free to Silver Sneakers® Members and Fitness Center Members**

Class Locations

Mill Race Center – Columbus Regional Health Wellness Center located inside Mill Race Center 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 Street. Enter from Brown Street, 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.

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.

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.