Class Descriptions Intermediate and Advanced (Beginner classes, pg. 2)

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. (Express class 30 minutes)

50/50 (3) - This class is a perfect blend of strength and cardio using all the newest trends in fitness. (Express Class 30 minutes)

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. (Express class 30 minutes)

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.

Intermediate to Advanced

Muscle Fusion (3,4) - Muscle fusion "fuses" the best of both worlds. Double your calorie burn with cardio intervals and define your muscles with higher repetitions using mid-range weights. This class is specially formatted to work each muscle group to achieving failure, then allow proper rest and recovery.

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

Tabata (3,4) - Harnessing short duration high intensity exercises in a series to create a class to increase the afterburn effect. Major muscle groups targeted with high intensity work. A small group training class to help promote and sustain success in long term exercise behavior adherence. Modifications given for different levels of fitness. (Express class 30 minutes)

Yoga Power (3,4) - Yoga postures performed in a series to increase body temperature and heart rate. Standing, inverted and backward bending postures are used to build strength and find balance. Not recommended for beginners.

All levels

Trigger Point Release (1,2,3,4) - Myofascial release is a form of soft tissue therapy that involves applying sustained pressure into myofascial tissue restrictions to eliminate pain and restore motion. Applying pressure to these adhesions (trigger points) will help break them up and release restrictions. (Express Class 30 minutes)

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.

Wellness Center
Columbus Regional Health

The Wellness Center 900 Lindsey Street Columbus, Indiana 47201 812.376.5808

Wellness Center - Winter Schedule 2015
Columbus Regional Health

Columbus Regional Health

New for 2015

Fitness with flexibility!

Now you can have fitness your way through Columbus Regional Health Wellness memberships. Membership includes unlimited attendance for all CRH fitness classes offered at Mill Race Center, WellConnect and Cummins; plus unlimited access to the Fitness Center at Mill Race Center.

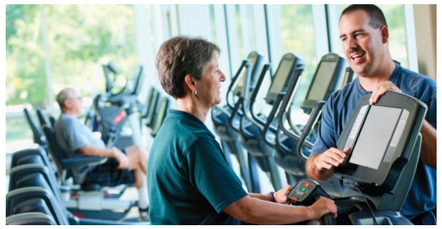
✓ No joining fees ✓ Join anytime throughout the year
✓ Unlimited attendance to classes ✓ Unlimited access to Fitness Center
✓ Certified Fitness class instructors ✓ Certified Trainers in Fitness Center

Annual $29 per month (automatic withdrawal for 12 months)

Monthly $39 per month (automatic withdrawal until you cancel)

Fitness and fun

Join your friends for a fun class or fun workout in the Fitness Center.



Fitness for life

Register 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

Wellness Center
Columbus Regional Health

Warm Water sessions at Marr Road excluded from this program.
No classes one week per quarter for scheduled equipment maintenance and staff training.

Class Descriptions

Beginner Classes (Intermediate and Advanced, pg. 4)

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

Beginner

Silver Sneakers (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.

Sliver 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.

Tai Chi (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 stress reduction.

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. A chair is used to provide stability.

Yoga Chair for Strength and Balance (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.

Restorative Yoga (1,2,3) - Restorative Yoga is defined as Yoga Postures completely supported by props, thus releasing the body to rest in the pose for longer periods to receive deeper benefits and encouraging the body's innate healing. Although they look peaceful, restoratives can be challenging for beginners. Just because the body rests quietly doesn't mean the mind will settle into stillness too. (Express Class 30 minutes)

Beginner to Intermediate

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.

Piloxing (2,3) - Come try the latest Hollywood fitness craze! Pilxoing 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. (Express class 30 minutes)

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.

Tabata Yoga (2,3) - Tabata utilizes alternation between work and rest in a sequence of eight repetitions. This practice lends itself to yoga: holding a pose for 20 seconds, then resting for 10 seconds and repeating brings one to nirvana. Experiencing the link between yoga poses and Tabata will add to your existing yoga practice. (Express Class 30 minutes)

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. (Express Class 30 minutes)

Yoga Mat for Strength and Balance (2,3) - A series of postures performed without standing allow participants to use gravity as a tool to improve strength and balance. Inverted, backward bending and seated postures will be the focus of this yoga practice. Not recommended for those with knee or back issues.

Wellness Classes January 2 – March 31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am COB		Step & Strength Shayla		Step & Strength Shayla	
6:30 am MRC	Body Sculpting **(Express)** Joy	Tabata **(Express)** Joy	Horizontal Conditioning **(Express)** Joy	Tabata **(Express)** Joy	
7:00 am MRC	Yoga Chair for Strength & Balance Joy	Yoga Power Joy	Yoga Mat for Strength & Balance Joy	Yoga Power Joy	Yoga Flow Kim
8:00 am MRC	Step Shayla	Cardio & Osteo Janet	Step Shayla	Cardio & Osteo Janet	Step Ruth
8:50 am MRC	Muscle Shayla		Muscle Shayla		Muscle Ruth
9:00 am MRC		Pilates Janet		Pilates Janet	
10:00 am MRC	Silver Sneakers Janet	Silver Sneakers Yoga Kim	Silver Sneakers Janet	Silver Sneakers Yoga Kim	Silver Sneakers Janet
12:10 pm COB	Yoga Flow Janet	Pump Ruth		Pump Ruth	Yoga Flow Janet
2:00 pm MRC		Tai Chi Todd		Tai Chi Todd	
3:45 pm MRC	Yoga Basic Kim		Yoga Basic Kim		Yoga Basic Kim
4:30 pm WC	Piloxing Ruth	Yoga Flow Joy	Piloxing Ruth	Yoga Flow Joy	
5:15 pm WC	50/50 Steph	Body Sculpting Joy	Tabata Joy	Body Sculpting Joy	
5:30 pm COB	Muscle Fusion Ruth		Muscle Fusion Ruth		Fitness Center 812-376-5808
5:45 pm WC	TabataYoga/ Trigger Point (Alts per Monday) Steph	Horizontal Conditioning Joy	Restorative Yoga Joy	Horizontal Conditioning Joy	Class instructors are in blue.

MRC = Mill Race Center (900 Lindsey Street)

COB = Cummins Corporate Office Building (Enter from Brown Street, middle entrance)

WC = WellConnect- Express 30 min. classes (Corner of Third and Washington)

Fitness Center Hours:

Monday –Thursday	6:30 am -7:00 pm
Friday	6:30am - 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 March 16 – 20 for scheduled equipment maintenance and staff training. Fitness Center will remain open for regular hours.