

Fitness Schedule - November 2018

Locations:
 (MRC) Mill Race Center
(WC) WellConnect

Instructors:



Jiffy Baker
 Certified Fitness Instructor &
 Certified Personal Trainer



Jeri Cannon
 Certified Fitness Instructor



Cyd Coppert
 Certified Personal Trainer



Shayla Holtkamp
 Certified Health & Fitness
 Instructor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 29 7:00am Yoga (MRC) 8:00am Step (MRC) 8:50am Muscle (MRC) 10:00am Silver Sneakers Circuit (MRC) 2:00pm Exercise & Movement for Parkinson's (MRC) 3:45pm Yoga Basics (MRC) 5:15pm STRONG by Zumba - 60mins (WC) 5:45pm STRONG by Zumba - continued (WC) 6:15 Functional Movement (WC)	OCT 30 5:30am Step & Strength (MRC) 7:00am Yoga (MRC) 8:00am Cardio & Osteo (MRC) 9:00am Yoga-lates (MRC) 10:00am Silver Sneakers Yoga (MRC) 2:00pm Exercise & Movement for Parkinson's (MRC) 5:15pm Smooth Yoga (WC) 5:45pm Smooth Yoga (WC) 6:15pm Yoga (WC)	OCT 31 7:00am Yoga (MRC) 8:00am Step (MRC) 8:50am Muscle (MRC) 10:00am Silver Sneakers Circuit (MRC) 11:00am Balance in Motion (MRC) 2:00pm Exercise & Movement for Parkinson's (MRC) 3:45pm Yoga Basics (MRC) 5:15pm Core Matters (WC) 5:45pm Basic Strength (WC) 6:15pm Basic Strength (WC)	1 5:30am Step & Strength (MRC) 7:00am Yoga (MRC) 8:00am Cardio & Osteo (MRC) 9:00am Yoga-lates (MRC) 10:00am Silver Sneakers Yoga (MRC) 2:00pm Exercise & Movement for Parkinson's (MRC) 5:15pm HIIT (WC) 5:45pm Pilates (WC) 6:15pm Basic Stretch (WC)	2 7:00am Yoga (MRC) 8:00am Step (MRC) 8:50am Muscle (MRC) 10:00am Silver Sneakers Circuit (MRC) 11:00am Balance in Motion (MRC) 3:45pm Yoga Basics (MRC)
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Todd Hostetler
 Certified Athletic Trainer
 with Indiana License



Janet Morey
 Certified Fitness Instructor &
 Certified Personal Trainer



Kim Nelson
 Certified Fitness Instructor



Jennifer Otte
 Certified Fitness Instructor



Stephanie Rasener
 Certified Fitness Instructor &
 Certified Personal Trainer

Class Descriptions

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.

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

Basic Stretch (2,3) - Specific movements to improve overall, full body flexibility.

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 to reduce the risk of osteoporosis, osteopenia and osteoarthritis.

Core Matters (2,3) - Targeting muscle groups in the core while adding some upper body exercises to improve strength and range of motion.

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!

Functional Movement (2,3) - Gaining structural balance and well-being through movement.

HIIT (High Intensity Interval Training) (2,3, 4) - All out intense bursts of exercise followed by short recovery periods. This includes cardiovascular and strength focus.

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.

Pilates (2, 3) - Balancing all muscle groups with an emphasis on challenging 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 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.

Smooth Flow Yoga (2,3) - Moving through a series of Yoga poses 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.

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.

STRONG by Zumba (2,3, 4) - Stop counting the reps. Start training to the beat. This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Instructors change up the music and moves frequently to make sure you're always challenged to the max.

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).

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

Columbus Regional Health Fitness Classes & Facility November 2018



One Great Fitness Center, Several Class Locations, Many Class Options & Levels and a Variety of Fee Structures all geared towards Your Healthy Lifestyle!

The Wellness Center at Mill Race Center
900 Lindsey St., Columbus, IN 47201
(812) 376-5808
www.crh.org/wellness

Hours:
Monday - Thursday 6:30am-7:00pm
Friday 6:30am-5:00pm
Saturday 8:00am-12:00pm
Sunday Closed

Day / Guest Pass Fees: \$7 per single visit

Monthly Membership Fees:

\$39 per month (automatic monthly withdrawal until canceled, no annual contract)

Annual Membership Fees:

\$29 per monthly (automatic monthly withdrawal for 12 months with contract)

All Wellness Memberships include unlimited access to the Fitness Center, all CRH Wellness Classes held at the Mill Race Center in addition to all WellConnect Classes.

Fitness Center (included in all Wellness Memberships)

Located at the CRH Wellness Center in Mill Race Center, this Innovative Fitness Facility is a Silver Sneakers and Silver & Fit approved facility, equipped with internationally top rated, age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. Certified trainers will work with members to develop personal fitness plans on the easy to use weight training and cardio equipment. 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.

Register for the Day / Guest Pass, Monthly & Annual Wellness Center Memberships through Columbus Parks & Recreation
ONLINE: www.columbusparksandrec.com
PHONE: (812) 376-2680 FAX: (812) 378-2892
WALK-IN: Donner Center, Monday - Friday, 8 am - 5 pm

WellConnect

237 Washington St, Columbus, IN 47201
(812) 343-9840
ww.crh.org/wellconnect

Hours:
Monday - Thursday 7:00am - 7:00pm
Friday 7:00am - 5:00pm
Saturday & Sunday Closed

Class Pass Fees: \$2 per class Drop-Ins welcome! No Pre-Registration Required

WellConnect Passes do not include access to the Fitness Center nor any of the CRH Wellness Classes held at the Mill Race Center.

For more information on CRH Fitness Classes, visit www.crh.org/wellness or call 812-376-5808 or 812-343-9840.

