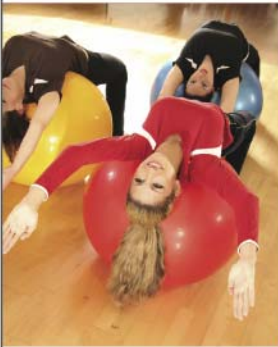


Fitness Classes

734-712-5800

Ellen Thompson Women's Health Center
5320 Elliott Drive, Ypsilanti, MI 48197



Register online at stjoeshealth.org/fitness by clicking on the class link, or by phone at 734-712-5800 or by mail or in person using the registration form.

Buy a **Fit Pass** and attend unlimited classes for the entire 8-week session!

\$65* / \$50 (Employee)

NEW YEAR: Jan. 3 – Feb. 27, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 – 10:30 a.m. New Time! 20/20/20 – Cardio, Strength & Stretch* (Renee) \$65/\$32.50 (Employee)</p> <p>11:30 – 12:15 p.m. Hatha Yoga* (Peggy) \$49 /\$24.50 (Employee)</p>	<p>11:30 – 12:15 p.m. Cardio & Strength Intervals (Renee) \$49 /\$24.50 (Employee)</p> <p>12:20 – 12:50 p.m. Strength & Stretch (Renee) NEW! \$35 /\$17.50 (Employee)</p> <p>1:00 – 2:30 p.m. Pre-Natal & Post Partum Yoga (Marlene) \$89 or \$12 drop-in</p> <p>4:25 – 5:25 p.m. Pilates (Kathy) \$65 /\$32.50 (Employee)</p> <p>5:30 – 6:30 p.m. Pilates (Kathy) \$65 /\$32.50 (Employee)</p>	<p>12:10 – 12:50 p.m. Total Body Sculpt (Karen) \$49 /\$24.50 (Employee)</p> <p>4:35 – 5:10 p.m. ?Strength Training? (???? TBD ????) \$35 /\$17.50 (Employee)</p> <p>5:15 – 6:00 p.m. Line Dancing Hustles <i>Independent Instructor</i> (Sherry)</p> <p>6:25 – 7:00 p.m. Zumba New Time! (Doris) \$35 /\$17.50 (Employee)</p>	<p>8:30-9:30 a.m. Sunrise Yoga NEW! (Peggy) \$65 /\$32.50 (Employee)</p> <p>11:45 – 12:15 p.m. Cardio Kick (Marie) New Time! \$35 /\$17.50 (Employee)</p> <p>12:20 – 12:50 p.m. Core Conditioning (Karen) \$35 /\$17.50 (Employee)</p> <p>1:00- 2:15 NEW! Therapeutic Yoga* (Janine) \$79 /\$39.50 (Employee) or \$10 drop-in</p> <p>4:25 – 5:25 p.m. Pilates (Kathy) \$65 /\$32.50 (Employee)</p> <p>5:30 – 6:30 p.m. Pilates (Kathy) \$65 /\$32.50 (Employee)</p>	<p>11:45 – 12:15 p.m. Zumba Toning (Jane) \$35 /\$17.50 (Employee)</p> <p>12:20 – 12:50 p.m. PiYo (Kathy) \$35 /\$17.50 (Employee)</p> <p>Go Red for Women FREE Happy Hour Feb. 3, 10, 17, 24 4:45 – 5:15 Class #1 5:20 – 5:50 Class #2 detailed schedule at: stjoeshealth.org/fitness 5:30 – 6:30 Mocktails & Munchies</p>	<p>9:30-10:30 a.m. Aerobic Dance <i>Independent Instructor</i> (Pam)</p> <p>Howell Tues & Thurs 4:00 – 4:45 p.m. Tone & Flex (Lisa)</p> <p>Mon 5:00 – 5:45 p.m. Cardio Dance Fusion (Lisa) \$49 /\$24.50 (Employee) Each 45-min class</p> <p>Senior Fit 10:15-11:00 a.m. M, T, TH (Peggy) ***** Call for registration information.</p>
<p>4:35 – 5:15 p.m. Zumba* (Jane) \$49 /\$24.50 (Employee)</p> <p>5:25 – 6:25 p.m. Step & Strength* (Holly) NEW! \$65 /\$32.50 (Employee)</p> <p>* CLASS STARTS Monday, Jan. 9</p> <p>LAST CLASS Monday Feb. 27</p>			<p>* SJMHS employees only may use FitPass for this class</p>		

Important Information

- Pre-registration and payment is required. Drop-ins are welcome, but not guaranteed a spot if the class is full.
- Fees listed are for the entire session, except for personal training which is per visit.
- Please arrive a few minutes early. The first ten minutes of your class is very important.
- All classes begin at a lower level, progressing gradually each week.
- Modifications will be given for those with physical concerns.
- All classes are co-ed and open to the community. Older adults can take any classes.
- Register for as many classes as you like, cross train.
- Make-up Policy:** If you miss a class that you register for, go to another class of equal value as a make-up.
- No Refunds. Credits allowed only if we are contacted before the third week of classes.

***Refer a friend for FitPass and receive \$10 off your FitPass!!**
(must be friend's 1st FitPass)

Class Descriptions

20/20/20

Twenty minutes of varied low-impact cardio, twenty minutes of strength training, and twenty minutes on the mat for core work and a complete stretch to round out this total body workout. All levels welcome – modifications provided.

Cardio Kick

A cardio kickboxing class that will teach you a combination of punches and kicks done with energetic music for a great workout. All levels welcome.

Cardio & Strength Intervals

A 45 minute total body workout! Both high and low cardio, with cardio blasts. Includes body sculpting intervals using hand-held weights, resistance tubing & stability ball. Incorporates core work and stretching to leave you feeling complete & ready to take on the rest of your day!

Core Conditioning

A variety of exercises on the mat and with the fitness ball for your abdomen, low back, hips, and glutes to strengthen and tone your entire core. Great for improving back health!

Hatha Yoga / Sunrise Yoga

Held poses and gentle flowing sun salutations; focus on stretching and relaxing. Final meditation and relaxation segment included.

Pilates

A total body workout that lengthens muscles, improves flexibility, works upper & lower body while emphasizing the muscles of the core and proper body alignment. Mostly mat work. All levels welcome.

PiYo

PiYo™ is a unique blend of strength training and core conditioning with a foundation in Pilates and Yoga. Think sculpted abdominals, increased overall core strength, and greater stability. PiYo™ requires no previous experience.

Step and Strength

Get your heart rate up using a simple, low-impact series of step-tap moves, followed by a set of strength conditioning exercises – a great all around work out!

Strength & Stretch

Build strength through a series of exercises focused on each muscle group; followed by gentle stretching to improve flexibility.

Strength Training

Tone, firm, and strengthen your upper body, abs, back, hips and thighs. Hand held weights, resistance bands and tubing, and the fitness ball will be used.

Therapeutic Yoga

Tapping in to the body's natural healing response, this gentle and basic class blends focused breathing with movement to promote muscle relaxation, stress reduction, flexibility, strength, and mobility. Includes techniques to help relieve chronic pain. Beneficial for those with back pain, arthritis, headaches, fibromyalgia, and general stiffness.

Only SJMHS employees may use Fit Passes for this class.

Tone & Flex

Strengthen and stretch your body in this fun, effective class that incorporates a variety of low impact aerobics, strengthening and yoga movements for a total body workout. Finish your workday feeling stronger and refreshed.

Total Body Sculpt

Using a variety of equipment and exercises, work specific areas of your body to tone, firm, and strengthen. Instructor will give individual attention to each participant, and challenge you to do your best! Finish this total body workout feeling stronger and refreshed.

Zumba

A Latin-inspired cardio dance class designed to tone, sculpt and keep you coming back! Aerobic and interval training are all part of the fun...it's "exercise in disguise."

Zumba Toning

This class incorporates body-sculpting techniques and specific Zumba moves into one, fun, calorie-burning class.

Aerobic Dance (Guest Instructor)

Jacki Sorenson Aerobic Dance offers a complete and safe workout including stretching, floor work, flexibility, sustained aerobic activity and cool down. **For more information or to register for this class, call Pam at 734-668-7260.**

No employee discount for this class.

Fit Passes cannot be used for this class.

Line Dancing Hustles (Guest Instructor)

Learn basic line dances to hustle music while getting your workout in! No experience necessary. Just have fun and move your body!!! **For more information or to register for this class, call Sherry at 734-972-7870.**

No employee discount for this class.

Fit Passes cannot be used for this class.

Pre-Natal & Post Partum Yoga

Expectant mothers join new moms and their babies 6 - 8 weeks after delivery for this gentle yoga class designed to help women prepare for and recover from childbirth.

No employee discount for this class.

Fit Passes cannot be used for this class.



ELLEN THOMPSON WOMEN'S HEALTH CENTER

5320 Elliott Drive, Ypsilanti, MI 48197

REMARKABLE MEDICINE. REMARKABLE CARE.

FITNESS REGISTRATION FORM (PLEASE PRINT)

Return form and payment to: Ellen Thompson Women's Health Center
Attn: Fitness Registration, 5320 Elliott Drive, Ypsilanti, MI 48197

Name: _____

Address: _____

City / Zip: _____

Email: _____

Day Phone: _____

Evening Phone: _____

Date of Birth: _____

Class	Day / Time	Fee

TOTAL DUE

Cash Check (payable to SJMH-WHC)

Payroll Deduction (SJM staff only)

Employee ID #: _____

Department Cost Center #: _____

Credit Card #: _____

Exp: _____

Signature: _____

Date: _____

Drop-In Rates and Individualized Training Available

Can't commit to an entire session, but still want to enjoy the fitness program?

Drop-in for a class when it is convenient for you! **Rates:** 30-35 minute class \$7 / 40-45 minute class \$8 / 1 hour class \$10.

Would you rather work out in a different setting?

Contact our fitness specialist, for a one-on-one consultation and personal training session at 734-712-5419. Fees paid per visit.

For detailed information or to register online, visit us at stjoeshealth.org/fitness