

Fitness at Borgess

OCTOBER - DECEMBER 2017

To register, please visit wellness.borgess.com or call (269) 226.8135. All classes are held at Borgess Health & Fitness Center unless otherwise noted.



Intensity Level I

Borgess Healthy Steps

Enjoy an enhanced walking experience moving you to better health one step at a time. This walking program, coached by a Borgess Dietician, Registered nurse, or an Exercise Coach will provide camaraderie, education, and accountability as you head down the road to better health. Cost \$20/year, free to BHFC members. Call (269) 552.2348 to register.

M & W: 1:45-2:45 p.m.

Tu & Th: 8-9 a.m.

Medical Maintenance Swim

Open time in our warm water pool for participants to complete their medical or post-therapy exercise program. Cost \$48, free to BHFC members. Pre-registration is required.

M & Th: 5:15-7 p.m. (*Borgess Spine Pool*)

October 26-December 28 (no class 11/20, 11/23, 12/25)

Tu & Th: 3-4:30 p.m. (*Borgess Spine Pool*)

October 26-December 21 (no class 11/21 and 11/23)

Ai-Chi

Ai-Chi will help you achieve a mental calm and focus to carry you through your busy life. The use of slow, repetitive movement in the warm water targets your balance and flexibility. Cost \$58, BHFC members do not need to register

M, W & F: 9-9:30 a.m. (*Borgess Spine Pool*)

October 25-December 22 (no class 11/20-11/24, pro-rated cost: \$56)

Aqua Yoga

Aqua Yoga exercises focus on strength, balance, and flexibility while limiting your risk of overstretching or falling. Warm water assisted stretches improve flexibility, balance, and muscle strength making this yoga both accessible and challenging. Cost \$40, BHFC members do not need to register.

F: 10-10:50 a.m. (*Borgess Spine Pool*)

November 3-December 22 (no class 11/24, pro-rated cost: \$35)

Strength and Balance

Improve your strength and flexibility for everyday tasks in this predominately seated class. Using dumbbells, bands, and your body weight, this is a great place to improve your mobility and independence. Cost \$44, BHFC members do not need to register.

Tu & Th: 11-11:50 a.m.

October 31-December 26 (no class 11/23)

Back On Track

If you are returning to exercising after a health event, this post-therapy class in our warm water pool is designed to improve flexibility, strength, balance, and endurance so you can return to your normal or improved levels of activity. Cost \$48, BHFC member \$21.

M & W: 10-10:50 a.m.

October 30-December 20

Pilates/Yoga Fusion

Is back pain a familiar companion? This class targets the strength and stability muscles of the abdomen and back. Using Pilates principles of core strength with the yoga principles of stretching, participant will focus on improving posture and core stability for improved living and decreased fatigue and pain.

Cost 2 days/wk: \$52, cost for 1 day/wk:\$40, BHFC members do not need to register.

Tu & Th: 1-1:50 p.m. (*Warm Pool*)

October 26-December 21 (no class 11/23)

F: 11-11:50 a.m. (*Borgess Spine Pool*)

November 3-December 22 (no class 11/24, pro-rated amount \$35)

Joints in Motion

Enjoy the soothing warm water therapy pool in this special class designed for individuals with joint disease. Cost \$44, BHFC member \$20.

Tu & Th: 11-11:55 a.m.

October 24-December 21 (no class 11/21 or 11/23)

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Morning Energizer

Get your morning off to a great start in this warm water exercise class. With a combination of aerobics, stretching, toning, and balance exercises, it is a great way to kick off your day. Cost, \$44, BHFC members do not need to register.

M&W: 8-8:50 a.m. (*Borgess Spine Pool*)
October 23-December 20 (*no class 11/20 or 11/22*)

Intensity Level II

Basic Step

An easy-to-follow aerobic workout using a Reebok bench that safely elevates heart rate. Fitness levels can be adjusted by raising or lowering the bench. Cost \$40, BHFC members do not need to register.

Tu: 12-1 p.m.
October 31-December 19

Easy Does It

Leave the stress of your day behind with a workout that includes toning, restorative aerobics, core work, and stretching. Cost \$58, BHFC members do not need to register.

Tu & Th: 7:30-8:20 p.m. (*Warm Pool*)
October 26-December 21 (*no class 11/23*)

Practical Exercise

Build your endurance and strength with a combined seated and standing exercise program designed to improve your personal independence by targeting muscle groups to keep you moving. Cost \$44, BHFC members do not need to register.

Tu & Th: 10-10:55 a.m.
October 26-December 21 (*no class 11/23*)

Just My Speed

A cardiovascular workout for healthy adults with some limitation. This class features flexibility and toning segments and a low-to-moderate aerobic workout with variations given for individual needs. Cost \$60, BHFC members do not need to register.

M, W & F: 11:15-12 noon (*Lap Pool*)
October 27-December 22 (*no class 11/24*)

Mild Yoga

If you've wanted to experience the benefits of yoga but have felt a little intimidated, this is the class for you! Modifications for all levels provide a body-friendly workout for each participant. No yoga experience necessary. Cost 3 days/wk: \$72, cost for 1 day/wk: \$40, BHFC members do not need to register.

M, W, & F: 10-11a.m.
October 27-December 22

W: 6-7 p.m.
November 1-December 20

Tae Kwon Do—Adult, Youth & Family

Tae Kwon Do is a non-contact organization that teaches people how to defend themselves. Students gain confidence, dexterity and coordination while learning self-discipline. For ages 8 and older. Cost \$50/family, \$20/individual.

Sa: 2-3:30 p.m.
November 4-December 23

Yoga

This is a non-purist yoga specifically designed for the fitness industry. Active Yoga features strength, balance, and flexibility components. Cost: \$40, BHFC members do not need to register.

Tu: 7-8 p.m.
October 31-December 19

Sa: 9:45-11 a.m.
November 4-December 23

Su: 10:45-11:45 p.m.
November 5-December 17 (*pro-rated cost: \$35*)

Pilates

Using traditional movements and exercises that will lead to a balanced and aligned body, this class will focus on core stability, flexibility, and strength and tension release. Cost: \$40, BHFC members do not need to register.

Sa: 11:15-12:15 p.m.
November 4-December 23

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Aqua Zumba®

Aqua Zumba gives new meaning to fun workout. Integrating the Zumba philosophy with aqua fitness principles, this class is a safe, challenging water-based workout that improves your cardio, strength, and mood! Cost 2 days/wk: \$60, cost for 1 day/wk: \$40, BHFC members do not need to register.

M: 7:15-8 p.m. (*Borgess Spine Pool*)
October 30-December 18 (*no class 11/20, pro-rated cost: \$35*)

Th: 7:15-8 p.m. (*Borgess Spine Pool*)
October 26-December 21 (*no class 11/23, pro-rated cost: \$35*)

M & Th: 7:15-8 p.m. (*Borgess Spine Pool*)
October 26-December 21 (*no class 11/20 -11/23, pro-rated cost: \$56*)

Row

Join a dynamic class with a supportive group environment that allows participants to challenge the entire body through various workouts. Cost \$40. BHFC members do not need to register.

Su: 10:30-11 a.m.
November 5-December 17 (*pro-rated cost: \$35*)

Zumba®

Ditch the workout—join the party! A fusion of music and easy-to-follow dance steps, these routines feature a combination of fast and slow rhythms that tone and sculpt the body. Cost \$40. BHFC members do not need to register.

Su: 12-1 p.m.
November 5-December 17 (*pro-rated cost: \$35*)

STS: Strength Through Suspension

Using suspended straps, improve your strength, flexibility, and balance while utilizing your core muscles for stabilization. Easily adjust the intensity by changing your body position. Cost: \$40. BHFC members do not need to register.

M: 7:15-8 p.m.
October 30-December 18

Th: 5:45-6:30 a.m.
October 26-December 21 (*no class 11/23*)

Barre

Exercises focus on precise movements to strengthen specific muscle groups with proper form. Muscle groups are worked to fatigue promoting optimum results. Exercises are followed with stretching to release tension. Cost \$40, BHFC members do not need to register.

Tu: 6-6:45 p.m.
November 7-December 19 (*pro-rated cost: \$35*)

W: 12-12:45 p.m.
November 1-December 20

WERQ®

The fiercely fun workout class based on pop, rock and hip hop music. Cost \$40, BHFC members do not need to register.

F: 5-5:45 p.m.
November 3-December 22

REFIT®

A cardio dance class that engages body, mind and soul through simple steps exhilarating rhythms and a community-driven mission. Cost \$40, BHFC members do not need to register.

Tu & Th: 12-1p.m.
October 31-December 21 (*no class 11/23, pro-rated cost: \$57*)

Thurs: 6-7 p.m.
November 2-December 21 (*no class 11/23, pro-rated cost: \$35*)

RPM®

This cycling workout delivers maximum results with minimum impact on your joints. Great music will motivate you as you journey through hill climbs, sprints and flats. Cost: \$40, BHFC members do not need to register.

Th: 5:30-6:15 p.m.
November 2-December 21 (*no class 11/23, pro-rated cost: \$35*)

Sa: 8:15-9 a.m.
November 4-December 23

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Bodypump®

Les Mills signature strength training workout with fun tempos and music that will target all the muscles. Intensity can be adjusted based on weights selected. Cost: \$40, BHFC members do not need to register.

W: 6-7 p.m.
November 1-December 20

Sa: 7:15-8:15 a.m.
November 4-December 23

Intensity Level III

PoundFit

PoundFit is a full body workout that allows your body to become the music. Using weighted drumsticks, participants can use the rhythm to create a cardio, strength, and flexibility focused workout. Cost \$40, BHFC members do not need to register.

M: 4:30-4:55 p.m.
November 6-December 18 (*pro-rated cost: \$35*)

W: 11-11:45 a.m.
November 1-December 20

Aqua Blast

Aqua Blast is a high intensity, energizing workout designed to improve cardio conditioning, alternating with strength and core training segments. Aqua Blast is excellent for cross training and gives knees and backs a break from land-based cardio workouts. No swimming skills needed. Cost \$58, BHFC members do not need to register.

M & W: 5:30-6:20 p.m. (*Lap Pool*)
October 25-December 20 (*no class 11/22*)

R.I.P.P.E.D.®

An athletic-based, boot camp-style class. The key elements to this program are: R=Resistance, I=Intervals, P=Power, P=Plyo, E=Endurance, D=Diet. This high intensity workout consists of segments of weight training, sports drills, kickboxing and polymetrics, It is sure to make you sweat! Cost \$40, BHFC members do not need to register.

W: 7:15-8:15 p.m.
November 1-December 20

F: 5:45-6:45 a.m.
November 3-December 22

Kettlebell AMPD®

This fun kettlebell workout will get your heart rate up while developing strength and coordination. Weights vary from 5-15lbs and can be modified for all levels. Cost \$40, BHFC members do not need to register.

M: 5-5:45 p.m.
October 30-December 18

W: 8-8:45a.m.
November 1-December 20

XFACTOR

Take your workout to the next level in this intense small group training program featuring a daily variety of Olympic lifting, speed and power drills, cardio conditioning and more, designed to provide a true cross functional training experience where proper form and technique are emphasized. Cost \$120/month, BHFC members \$65/month.

M-F: 6-7 a.m.
Ongoing

Specialty Instruction

Prenatal Yoga

A certified instructor presents the benefits of yoga in a safe, supportive format. Yoga echoes breathing practices, improves focus and concentration, and strengthens muscles used during delivery. Cost \$40, BHFC member \$20.

M: 7:15-8 p.m.
October 30-December 20

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Prenatal Water Exercise

Designed with the safety of the mother-to-be and child in mind. This class offers strength and endurance conditioning, protection from back pain, and positive effects on energy, mood, and self-image. Medical consent required. Cost \$40, BHFC member \$20.

Th: 6:30-7:20 p.m. (*Lap Pool*)
October 26-December 21 (no class 11/23)

Combo Prenatal Yoga & Prenatal Water Exercise

The combination of these two classes will give you the breathing focus and concentration needed in delivery along with strength, endurance and protection from back pain. Cost \$58, BHFC member \$30.

M: 7:15-8 p.m. (*Prenatal Yoga*)
Th: 6:30-7:20 p.m. (*Water Exercise*)
October 26-December 21 (no class 11/23)

Adult Beginner Swim (ages 15-adult)

Class is designed to help you master your fears and learn basic swim and survival skills. Cost \$48, BHFC member \$36.

W: 7:15-8 p.m. (*Warm Pool*)
October 25-December 20 (no class 11/22)

Adult Intermediate Swim (ages 15-adult)

Class centers on stroke improvement and proficiency. Cost \$48, BHFC member \$36.

Tu: 7:30-8:15 p.m. (*Lap Pool*)
October 24-December 19 (no class 10/31)

Swim for Fitness (ages 11-adult)

Coached swim program for swimmers who want to build endurance, prepare for triathlons, or develop stroke technique. Participants should be able to swim a minimum of two pool lengths. Cost \$48, BHFC member \$36.

M: 7:30-8:15 p.m. (*Lap Pool*)
October 30-December 18

Basic Life Support for Health Care Providers

This class teaches the fundamentals of adult and pediatric CPR, including two-rescuer scenarios, bag-valve mask techniques, foreign body airway obstruction, AED and special resuscitation situations. Students receive a credential card upon course completion. Cost \$50.

W: 5:30-9:30 p.m.
November 1, December 6

First Aid with Adult/Pediatric CPR & AED

Covers core first aid, CPR and AED skills, choking for adults, infants and children, as well as child safety and blood borne pathogens. This is a credentialed American Heart Association Heartsaver course approved by the State of Michigan Division of Child Day Care Licensing and WMU teaching program. Skills examination. Cost \$70.

Sa: 9 a.m.-3:30 p.m.
November 18, December 16

Adult & Pediatric CPR and AED (ages 12+)

This is a modular course that teaches adult, child and infant CPR, AED, relief of choking and safety. This credentialed AHA Heartsaver course is approved by the Michigan Division of Child Day Care Licensing. Skills examination only. Cost \$45.

W: 5:30-9:30 p.m.
November 8, December 13

BORGESS



Ascension

Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

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