

Fitness at Borgess

JANUARY-APRIL 2018

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.

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.

January 8-February 28

March 5-April 25

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 \$60, BHFC members do not need to register

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

January 5-February 28

March 2-April 24

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*)

January 5-February 23

March 2-April 20

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 plyometrics, It is sure to make you sweat! Cost \$58, BHFC members do not need to register.

W: 7:15-8:15 p.m.

January 10-February 28

March 7-April 25

F: 5:45-6:45 a.m.

January 12-March 2

March 9-April 27

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 \$58, BHFC members do not need to register.

M: 5-5:45 p.m.

January 8-February 26

March 5-April 23

W: 8-8:45a.m.

January 10-February 28

March 7-April 25

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



Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

Fitness at Borgess continued JANUARY-APRIL 2018

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
January 5-February 28
March 2-April 25

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 \$58, BHFC members do not need to register.

W: 6-7 p.m.
January 10-February 28
March 7-April 25

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.
January 13-March 3
March 10-April 28

Yoga

Improve balance, flexibility and strength while creating a connection between the body and mind to develop a deeper sense of relaxation and awareness. All levels are welcome. Please bring a mat. Cost: \$58, BHFC members do not need to register.

Tu: 7-8 p.m.
January 9-February 27
March 6-April 24

Th: 10-10:55 p.m.
January 11-March 1
March 8-April 26

Sa: 9:45-11 a.m.
January 20-March 3 (*Prorated \$51*)
March 10-April 28

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: \$58, BHFC members do not need to register.

Sa: 11:15-12:15 p.m.
January 20-March 3 (*Prorated \$51*)
March 10-April 28

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 \$40, BHFC members do not need to register.

M: 7:10-8 p.m. (*Borgess Spine Pool*)
January 8-February 26
March 5-April 23

Tu: 5:30-6:20 p.m. (*Borgess Spine Pool*)
January 9-February 27
March 6-April 24

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 \$58. BHFC members do not need to register.

Su: 12-1 p.m.
January 7-February 25
March 4-April 22

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: \$58. BHFC members do not need to register.

W: 8-8:45 a.m.
January 3-February 21
March 7-April 25