

Fitness at Borgess continued MARCH-JUNE 2018

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

Fr: 4:30-4:55 p.m.
March 9-April 27
May 11-June 22 (*prorated*)

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.
March 5-April 25
April 30-June 20 (*no class 5/28*)

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

W: 7:15-8:15 p.m.
March 7-April 25
May 2-June 20

F: 5:45-6:45 a.m.
March 9-April 27
May 4-June 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 \$58, BHFC members do not need to register.

M: 5-5:45 p.m.
March 5-April 23

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

Barbell Basics

Learn the correct form and technique for the primary barbell lifts for strength from a certified trainer. You'll sculpt lean muscle and lose fat in these hands on focused training sessions. Cost: \$80/8 sessions or drop-in for \$15 per session. T, F: 1-1:30 p.m., M, W: 6-6:30 p.m. Call (269)552-2340 to register.

March Motivation

Get your workout back on track or start a brand new program in this jump start package. Work one-on-one with a certified trainer to learn the "secrets" to faster, more effective exercise with noticeable results. Cost: \$85/4 sessions. Call (269)552-2340 to register.

Spring Team Training Challenge

Train like a pro when you join one of our trainer led teams & embark on a 6-week journey toward a healthier you! With the combined power of an expertly designed fitness plan, nutrition tools, team workouts, exercise challenges and rewards for the winning team, this is the whole package to prepare you to enjoy the arrival of warmer weather with a fit, healthy body! Cost: \$175. BHFC member cost: \$120 Call (269)552-2340 to register. View trainer bios at: <https://tinyurl.com/y76ze95s>

BORGESS



Ascension

Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

Fitness at Borgess

MARCH-JUNE 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.
March 5-April 25
April 30-June 20 (*Prorated*)

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*)
March 2-April 24
April 27-June 22 (*no class 5/28*)

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*)
March 2-April 20
April 27-June 15



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.
March 6-April 26
May 3-June 21

Medical Maintenance Swim

Open time in our warm water pool for participants to complete their medical or post-therapy exercise program. Cost \$52, free to BHFC members. Pre-registration is required.

M & Th: 5:15-7 p.m. (*Borgess Spine Pool*)
March 1-April 23
April 26-June 21

Tu & Th: 3-4:30 p.m. (*Borgess Spine Pool*)
March 1-April 24
April 26-June 19

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

M: 9:45-10:35 a.m. (*Borgess Spine Pool*)
March 5-April 23
April 30-June 18 (*no class 5/28*)

F: 11-11:50 a.m. (*Borgess Spine Pool*)
March 2-April 25
April 27-June 15

Fitness at Borgess continued MARCH-JUNE 2018

Joins 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.
March 6-April 26
May 1-June 21

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*)
March 5-April 25
April 30-June 20

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

Tu: 12-1 p.m.
March 6-April 24

Easy Does It

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

Tu & Th: 7:30-8:20 p.m.
March 6-April 26
May 1-June 21

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.
March 6-April 26
May 3-June 21

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
March 2-April 25
April 27-June 22 (*no class 5/28*)

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.
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.
March 10-April 28
May 5-June 23

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.
March 6-April 24

Th: 10-10:55 a.m.
March 8-April 26

Sa: 9:45-11 a.m.
March 10-April 28

Fitness at Borgess continued MARCH-JUNE 2018

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.
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*)
March 5-April 23
April 30-June 20 (*Prorated*)

Tu: 5:30-6:20 p.m. (*Borgess Spine Pool*)
March 6-April 24
May 1-June 19

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.
March 4-April 22
April 29-June 17

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

M: 12-12:45 p.m.
March 5-April 23

Tu: 6-6:45 p.m.
March 6-April 24

WERQ®

The fiercely fun workout class based on pop, rock and hip hop music. Cost \$58, BHFC members do not need to register.

F: 5-5:45 p.m.
March 9-April 27
May 11-June 22 (*Prorated*)

REFIT®

A cardio dance class that engages body, mind and soul through simple steps exhilarating rhythms and a community-driven mission. Cost \$58, BHFC members do not need to register.

Thurs: 6-7 p.m.
March 8-April 26

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

W: 11-11:45 a.m.
March 7-April 25

Th: 6:00-6:45 p.m.
March 8-April 26

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

M: 7:15-8:15 p.m.
March 5-April 23
April 30-June 18 (*no class 5/28*)

W: 12-1 p.m.
March 7-April 25
May 2-June 20