

Fitness at Borgess continued JULY-AUGUST 2018

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.

M: 6-7 p.m.
June 25-August 13

W: 7:15-8:15 p.m.
June 27-August 15 *No Class 7/4, Prorated \$51*

Kettlebell

This fun kettlebell workout will get your heart rate up while developing strength and coordination. Weights vary from 5-15 lbs. and can be modified for all levels. Cost \$58, BHFC members do not need to register.

Su: 9:15-10 a.m.
June 29- August 17

M: 5-5:45 p.m.
June 25-August 13

BodyCombat®

Les Mills mixed martial arts program that will let you unleash your inner warrior. Kick and punch your way to fitness through this high-energy, non-contact workout great for all fitness levels. Cost \$58, BHFC members do not need to register.

Tu: 7-8 p.m.
June 26- August 14

Fr: 8-8:55 a.m.
June 29-August 17

S.T.S 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.

Tu: 6-6:45 p.m.
June 26-August 14

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 \$85/month.

Tu-Fri: 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.

Come Back Training Package

If you've been sidelined from an injury, illness or even the demands of a too busy life, you know how difficult it is to get back on track with your exercise plan. Ease back into exercise safely and seamlessly with a trainer designed program that addresses your individual needs and will put you on the fast track toward reaching your goals. Call fitness manager, Jen Query, at (269) 552-2340 to schedule your training or for more information about all of our training options. Cost: \$85/4 sessions



Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

Fitness at Borgess

JULY-AUGUST 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.

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 \$45, BHFC member \$20.

M & W: 10-10:50 a.m.
June 25-August 15 *No Class 7/4*

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*)
June 25-August 17 *No Class 7/4, Prorated*

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*)
June 22-August 17



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.
June 26-August 16

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*)
June 25-August 16

Tu & Th: 3-4:30 p.m. (*Borgess Spine Pool*)
June 26-August 16

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.

F: 11-11:50 a.m. (*Borgess Spine Pool*)
June 22-August 17

Joints in Motion

Fitness at Borgess continued JULY-AUGUST 2018

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.
June 26-August 16

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, \$41, BHFC members do not need to register.

M & W: 8-8:50 a.m. (*Borgess Spine Pool*)
June 25-August 15 *No Class 7/4, Prorated*

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.
June 26-August 14

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.
June 26-August 16

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.
June 26-August 16

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

M, W & F: 11:15-12 noon
June 25-August 17 *No Class 7/4, Prorated*

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 \$51, BHFC members do not need to register.

W: 6-7 p.m.
June 27-August 15 *No Class 7/4, Prorated*

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.
June 30-August 18

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.
June 26-August 14

We: 12-1 p.m.
June 27-August 15 *No Class 7/4, Prorated \$51.*

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.

Th: 11-11:50 or Sa: 11:15-12:15 p.m.
June 28-August 16 or June 30-August 18

Fitness at Borgess continued JULY-AUGUST 2018

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*)
June 25-August 13

Tu: 5:30-6:20 p.m. (*Borgess Spine Pool*)
June 26-August 14

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.
July 1-August 19

Tu: 6-6:50 p.m.
June 26-August 14

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.
June 25-August 13

Fr: 11-11:45 a.m.
June 29-August 17

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.
June 29-August 17

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.

Th: 12-1 p.m.
June 28-August 16

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.

Th: 5:45-6:30 a.m. or Th:6-6:45 p.m.
June 28-August 16

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.
June 25-August 13

Tu: 5:45-6:45 a.m.
June 26-August 14

W: 12-1 p.m.
June 27-August 15 *No Class 7/4, Prorated \$51.*

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 \$51, BHFC members do not need to register.

M: 4:30-4:55 p.m.
June 25-August 13

Th: 6-6:45
June 28-August 16