

Fitness at Borgess continued AUGUST-DECEMBER 2018

Kettlebell Circuit

Kettlebell Circuit is a functional fitness workout that combines cardio & strength for a total body workout. Using the weight of the kettlebell you will learn to control momentum, develop coordination and improve your overall fitness level. Intensity can be varied by kettlebell selection. Cost \$50, BHFC members do not need to register.

Tu: 5-5:45 p.m. Fitness Studio
September 18-October 30
November 6-December 18

BodyCombat®

BODYCOMBAT is Les Mills high energy martial arts inspired workout where you can kick and punch your way to fitness while burning up to 700 calories! This is a non-contact workout with no martial arts experience needed. Cost \$50, BHFC members do not need to register.

Mo: 11-11:55 a.m.
September 17-October 29
November 5-December 17

Aqua Combat

Experience a powerful union of martial arts training and water exercise. Jabs, crosses, hooks and uppercuts, tone, shape and sculpt the upper body like no aquatic workout you have tried before. A variety of punches, kicks and core water exercises that burn fat, increase strength and reshape the body. Cost \$50, BHFC members do not need to register.

Thursday: 5:45-6:30 p.m.
September 13-October 25
November 1-December 20 no class 11/22

REV+FLOW by REFIT

REV+FLOW by REFIT is a dynamic, low-impact workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music. Cost \$50, BHFC members do not need to register.

Fr: 12-1 p.m.
September 21-November 2
November 9-December 21

Row Fusion

Row Fusion is a combo cardio & strength class that combines the high intensity workout of rowing with the superior strength building capability of kettlebells. Fine tuning your rowing technique to get the most out of the workout is emphasized, along with kettlebell lifts specifically designed to increase both power and strength. Cost \$42, BHFC members do not need to register.

Mo: 4:15-5pm (Fitness Studio)
October 1-November 5
November 12-December 17

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

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 our training options. Cost: \$85/4 sessions



Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

Fitness at Borgess

AUGUST-DECEMBER 2018

To register, please visit ascension.org/events.
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 \$48, BHFC member \$20.

M & W: 10-10:50 a.m.
October 29-December 19

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*)
October 26-December 21

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 \$44, BHFC members do not need to register.

F: 10-10:50 a.m. (*Borgess Spine Pool*)
October 26-December 21



Active Aging

Active Aging is a predominately seated class focusing on improving strength & flexibility for everyday tasks. A variety of equipment is used to improve mobility, balance, strength, fitness and independence. Cost \$40, BHFC members do not need to register

Mon/Wed 11:15am-12pm (Fitness Studio)
September 17-October 31
November 5-December 19

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. Call 552-2342 for information.

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: \$44, BHFC members do not need to register.

F: 11-11:50 a.m. (*Borgess Spine Pool*)
October 26-December 21

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.

M/W/F: 11-11:55
October 29-December 21

Tu & Th: 11-11:55 a.m.
October 25-December 20

Fitness at Borgess continued AUGUST-DECEMBER 2018

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 29-December 19

Intensity Level II

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.
October 25-December 20

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 25-December 20

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
October 26-December 21

Mild Yoga

Mild Yoga is a beginning yoga class that will provide extra instruction and/or modifications for traditional yoga poses. All elements of traditional yoga will be utilized with modifications for all levels. Cost \$50, BHFC members do not need to register.

W: 6-7 p.m.
November 7-December 19
September 19-October 31

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 \$25 individual and \$20 each additional family member.

Sa: 2-3:30 p.m.
September 8-October 27
November 3-December 22

Sunrise Yoga

Sunrise Yoga is an energizing and renewing yoga practice designed to awaken the senses & prepare you for the day. Through a series of dynamic postures, you will guide and welcome breath into your body, achieving clarity in your mind and preparing to greet the coming day. All levels welcome. Please bring a mat. Cost \$50, BHFC members do not need to register.

We: 5:45-6:45 a.m.
September 19-October 31
November 7-December 19

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 \$44, BHFC members do not need to register. You may also register for both for \$60.

M: 7:10-8 p.m. (*Borgess Spine Pool*)
October 29-December 17

Th: 7:30-8:20 p.m. (*Borgess Spine Pool*)
October 25-December 20

Fitness at Borgess continued JULY-AUGUST 2018

Vinyasa Yoga Flow

Vinyasa Flow Yoga is a dynamic and flowing style of hatha yoga that links the conscious breath with mindful movement. Starting with a warm-up to connect to our breath and begin to loosen up muscles, you will transition into a series of flowing sequences to build heat, before cooling down with deeper stretches on the mat. Use the movements, postures and breath work to help improve balance, flexibility, and strength while creating a connection between the body and mind. All levels welcome. Please bring a mat. Cost \$50, BHFC members do not need to register.

Tu: 7-8 p.m.
September 18-October 30
November 6-December 18

Zumba®

Zumba is a high energy fusion of Latin & International music/dance rhythms with moves and combinations that are fun and easy to learn, allowing participants to dance their cares away. Cost \$50, BHFC members do not need to register.

Su: 11:30 a.m.-12:30 p.m.
September 16-October 28
November 4-December 16

Tu: 9-9:45 a.m.
September 18-October 30
November 6-December 18

RPM®

RPM™ is Les Mills' RPM challenging, yet fun non-impact cycling journey to push your cardiovascular fitness to the next level regardless of your starting point. Unleash your inner-athlete with eight high energy songs with varying profiles. Push your strength with rolling hills and mountains, increase your power with attacks, sprints and races and walk out of class with a state of euphoria to last all day. \$58 for 8 wk. session

Th: 6-6:45 p.m. Cycle Studio
August 30-October 18
November 5-December 19 no class 11/22

Bodypump®

BODYPUMP is Les Mills signature strength training workout with fun tempos and music that will target all your muscles. This workout uses barbells and the REP EFFECT to tone and strengthen your entire body. Intensity can be adjusted based on weights selected. Cost \$50, BHFC members do not need to register.

W: 12-1 p.m.
September 19-October 31
November 7-December 19

Sa: 7:15-8:15 a.m.
September 22-November 3
November 10-December 22

Intensity Level III

PoundFit.

POUNDFit is a total body workout. Enjoy a full body workout that will have you becoming one with the music. Using lightweight Ripstix you'll pound out the beat while enjoying a combo cardio/strength workout that also includes yoga and Pilates inspired movements. Please bring a mat. Cost \$50, BHFC members do not need to register.

M: 4:30-4:55 p.m.
September 17-October 29
November 5-December 17

R.I.P.P.E.D.®

R.I.P.P.E.D. is a high intensity class that combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet in a fast-paced format designed to make you sweat while providing total body conditioning and strength training. Cost \$50, BHFC members do not need to register.

Tu: 6-6:55 p.m.
September 18-October 30
November 6-December 18