

# Adult Fitness at Ascension Borgess

## September 7 - November 3

To register, please visit [ascension.org/events](http://ascension.org/events) or at the front desk.

All classes are held at Ascension Borgess Health & Fitness.

*Cost shown is for 1 day/week for the 8-week session, excluding XFactor, Practical Exercise, Healthy Steps, & Qigong.*

## Strength

### 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.

Cost is \$55 for non-members.

#### *Class offerings:*

**Wed 9/11-10/30:** 5:45-6:45AM or 5-6PM

**Fri 9/13-11/1:** 5:30-6:30PM

**Sun 9/15-11/3:** 9:30-10:30AM

## Cardio

### Drum Flow

Drum Flow gets you moving to simple rhythms as you use the stability ball and weighted drumsticks for your own cardio jam session. The workout uses a variety of music & choreography to get your heart rate up and have fun while you exercise! Cost is \$50 for non-members.

**Mon 9/9-10/28:** 11-11:45AM

### RPM™

RPM is Les Mills' 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 high energy songs of varying profiles. Cost is \$55 for non-members.

#### *Class offerings:*

**Mon 9/9-10/28:** 5:45-6:30AM

**Tue 9/10-10/29:** 6-6:45PM

**Thu 9/12-10/31:** 6-6:45PM

### SHiNE™

SHiNE is a dance fitness format with simple yet effective choreography sure to make you sweat with a smile on your face. The choreography is rooted in traditional jazz, ballet and hip-hop and is designed for ALL dance abilities. This high energy class will give you a full body workout all while dancing to the best pop and hip-hop music out there. Cost is \$50 for non-members.

#### *Class offerings:*

**Wed 9/9-10/28:** 6:15-7PM

**Sun 9/15-11/3:** 10:45-11:30AM

## Tae Kwon Do

Tae Kwon Do is a discipline that teaches participants how to defend themselves and to pursue harmonious growth. Students gain confidence, dexterity, and coordination while learning self-discipline. This non-contact class is open to adults and children 8+.

Cost is \$30 for an individual and \$20 for each additional family member.

**Sat 9/14-11/2:** 2:15-3:15PM

## Zumba®

Zumba is a high energy fusion of Latin & International music/dance rhythms with moves and combinations that are fun and easy to learn.

Cost is \$50 for non-members.

**Tue 9/10-10/29:** 8-8:45AM

## Combination Strength + Cardio

### Ballet Fitness

Ballet Fitness is a class for the non-dancer and dancer alike. Rooted in traditional Ballet, this class will start at the Barre with movements focused on proper alignment and then transition to floor work with steps, turns, and combinations to bring out that inner ballerina in all of us. This class will help improve strength, endurance, flexibility, posture, and confidence. Cost is \$50 for non-members.

**Thurs 9/12-10/31:** 11AM-12PM

## STRONG by Zumba®

STRONG by Zumba® combines body weight, muscle conditioning, cardio, martial arts elements and plyometric training moves synced to original music that has been specifically designed to match every single move. STRONG will torch calories and help you meet your fitness goals. Cost is \$50 for non-members.

#### *Class offerings:*

**Tue 9/10-10/29:** 9-9:45 AM or 6-6:45PM

**Thu 9/12-10/31:** 10-10:45AM or 6-6:45PM

## Fitness at Ascension Borgess September - November 2019

### XFactor

Take your workout to the next level in this small group training program featuring a variety of Olympic lifts, speed and power drills, cardio conditioning and more. This program is designed to provide a cross functional training experience where proper form and technique are emphasized. Cost for non-members is \$120/month or \$85/month for members. *Sign up for this program at the Front Desk.*

**Tue-Fri ongoing:** 6-7AM

### Mind/Body

#### BODYFLOW™

BODYFLOW is Les Mill's signature yoga-based class that will improve your mind, your body and your life. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses with roots in Yoga, Pilates, and Tai Chi create a holistic workout that brings your body into a state of harmony and balance. Please bring a mat. Cost is \$55 for non-members.

#### **Class offerings:**

**Tue 9/10-10/27:** 6-7AM, 10-11AM or 5:30-6:30PM

**Wed 9/11-10/28:** 6:30-7:30PM

### Qigong

Qigong is an ancient Chinese practice that can improve mental and physical health by integrating posture, movement, breathing techniques, self-massage and meditation. Qigong opens the flow of energy in the meridians used in Chinese medicine. The slow, gentle movements warm tendons, ligaments, and muscles; tonify vital organs and connective tissue; and promote circulation of body fluids. Cost is \$32 for members or \$48 for non-members for the 4-week session.

#### **Session dates:**

**Wed 9/18-10/9:** 9-9:45AM

**Wed 10/16-11/6:** 9-9:45AM

### Vinyasa Yoga

Vinyasa Yoga is a dynamic and flowing style of hatha yoga that links the conscious breath with mindful movement. Use the movements, postures and breath to help improve balance, flexibility and strength. All levels welcome. Please bring a mat. Cost is \$50 for non-members.

#### **Class offerings:**

**Mon 9/9-10/28:** 6-7PM

**Sat 9/14-11/2:** 9:45-11AM

### Prenatal Exercise

#### Prenatal Water Exercise

This class will reward you with incredible wellness benefits for you and your baby. Safe exercise during pregnancy increases flexibility, improves recovery after childbirth, and improves emotional well-being. Water workouts are less stressful on the body and minimize the risk of injury, cause less abdominal heaviness and low back pain, and enhance your blood flow. Cost is \$45 for non-members, \$20 for members.

**Tue 9/10-10/27:** 6:30-7:20PM

#### Prenatal Yoga

Prenatal Yoga is a practice uniquely designed for pregnancy that can help support moms-to-be emotionally and physically. With an emphasis on breathing, stamina, pelvic floor work, restorative poses, and core strength, this class can help you become more resilient during and after pregnancy. Cost is \$50 for non-members, \$25 for members.

**Thu 9/12-10/31:** 7-7:45pm

*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.*

Price for combo class package is \$75 for non-members, \$40 for members.

### Senior/Beginner

#### Healthy Steps

Enjoy an enhanced walking experience moving you to better health one step at a time. Led by an Exercise Coach who will provide camaraderie, education and accountability. Cost is \$20/year, free to ABHC members. *Sign up for this program at the front desk.*

**Tue & Thu ongoing:** 8-9AM

#### Practical Exercise

Practical Exercise is a combo seated and standing exercise class that improves personal independence for activities of daily living such as walking, bending, carrying and more. This class includes an aerobic walking workout. Cost is \$44 for non-members.

**Tue & Thu 9/10-10/31:** 10-10:55AM



**Ascension  
Borgess**

HEALTH & FITNESS

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