

Adult Fitness

Registration Classes at ABHF



November-December 2022

To register, please visit

<https://ascension-mi.regfox.com/adult-fitness-november-december-2022>

Registration opens October 26. All classes are held at Ascension Borgess Health & Fitness. Cost is shown for 6-week sessions. Members do not need to register, with the exception of Pre- and Post-Natal Fitness



Strength

Barre Fitness

Barre Fitness is the ballet inspired workout that requires no dance experience. Using a variety of ballet, yoga & Pilates inspired movements, you'll gain strength, improve your balance & flexibility & sculpt a long, lean, strong body. Cost is \$50 for non-members

Class offerings: *Wednesdays 10:15am 11/9-12/14*

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 \$50 for non-members.

Class offerings: *Sundays 10:15am: Fall 2 Session: 11/6-12/11 • Wednesdays 6pm: Fall 2 Session: 11/9-12/14 • Saturdays 7:15am: Fall 2 Session: 11/5-12/10*

Les Mills Core™

Les Mills Core inspired by elite athletic training principles and is a scientific based workout to build strength, stability and endurance in the muscles that support your core. This class will improve balance, assist with injury prevention and help you become better at everything you do. Cost is \$50 for non-members.

Class offerings: *Mondays 8:15am: Fall 2 Session: 11/7-12/12 • Tuesdays 6pm: Fall 2 Session: 11/8-12/13 • Fridays 8:15am: Fall 2 Session: 11/11-12/16*

Suspension Training

Suspension Training is a total body strength training workout utilizing your own body weight for resistance. Using suspended straps, this workout will improve your strength, flexibility & balance while engaging your core muscles for stabilization. Cost is \$50 for non-members.

Class offerings: *Wednesdays 8:00am: Fall 2 Session: 11/9-12/14*

Cardio

Cycle

Cycle is a low-impact ride that simulates varied terrains as you tackle rolling hills, sprints & other drills to challenge your cardiovascular system & build muscular endurance, strength and power. Cost is \$50 for non-members.

Class offerings:

Sundays 9:15-10am: Fall 2 Session: 11/6-12/11 • Wednesdays 5:45-6:45am: Fall 2 Session: 11/9-12/14

Les Mills SPRINT™

LES MILLS SPRINT is a 30-minute HIIT workout, using an indoor bike to achieve fast results and drive your body to burn calories long after you've stopped exercising. It's a short, high-intensity & low-impact style of training where the motivation comes from pushing your limits. Class is \$50 for non-members.

Class offerings:

Tuesdays 7am: Fall 2 Session: 11/8-12/13 • Wednesdays 5-5:30pm: Fall 2 Session: 11/9-12/14

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 \$50 for non-members.

Class offerings:

Tuesdays 5pm: Fall 2 Session: 11/8-12/13

Zumba®

Zumba® is a dynamic fusion of Latin & International music/dance rhythms with moves & combinations that are fun & easy to learn. Cost is \$50 for non-members.

Class offerings: *Mondays 5pm: Fall 2 Session: 11/7-12/12*

Combination Strength + Cardio

BODYSTEP

BODYSTEP™ is Les Mills' full-body cardio step workout. In a BODYSTEP workout, you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the lower body. Combine this with powerful strength movements and the result is a fun, uplifting, full-body workout! Cost is \$50 for non-members

Class offerings:

Wednesdays 5pm: Fall 2 Session: 11/9-12/14 • Fridays 9am: Fall 2 Session: 11/11-12/16 • Saturdays 8:15am: Fall 2 Session: 11/5-12/10

TBC

TBC - Total Body Conditioning incorporates a variety of exercises to work the entire body. Cardio conditioning and strength movements with minimal rest combined with motivating instruction make this the class that will take your fitness to the next level. Cost is \$50 for non-members.

Class offerings:

Mondays 6pm: Fall Session 2: 11/7-12/12 • Tuesdays 9am: Fall 2 Session: 11/8-12/13 • Fridays 5:45am: Fall 2 Session: 11/11-12/16

Mind/Body

BODYBALANCE™

BODYBALANCE 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. Cost is \$50 for non-members.

Class offerings:

Sundays 10:30am: Fall 2 Session: 11/6-12/11 • Mondays 11am: Fall 2 Session: 11/7-12/12

Tai Chi / Qi Gong

Tai Chi and Qi Gong are ancient Chinese practices that can improve mental and physical health by integrating posture, movement, breathing techniques, self-massage and meditation. The slow, gentle movements warm tendons, ligaments and muscles, tonify vital organs and connective tissue and promote circulation of body fluids. Class meets on the second Tuesday of each month.

Cost is \$20 to attend both sessions or \$15 for one session

Class offerings: Tuesdays 12pm: Fall 2 Session: 11/8, 12/13

Vinyasa Yoga

Vinyasa Yoga is a dynamic and flowing style of yoga that links the conscious breath with mindful movement. Use the movements, postures & breath to help improve balance, flexibility & strength while creating a connection between the body & mind. Cost is \$50 for non-members.

Class offerings:

Mondays 6:00pm: Fall 2 Session: 11/7-12/12 • Wednesdays 9am: Fall 2 Session: 11/9-12/14

Mobility Flow

Mobility flow is all about dedicating time to care for your body & soft tissue to promote better movement & improves functional range of motion. Cost is \$50 for non-members.

Class Offerings: Wednesdays 6pm: Fall 2 session: 11/9-12/14

Pre- & Post-Natal Fitness

All Pre- & Post-Natal classes require physician clearance

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 \$50 for non-members, \$25 for members.

Class Offerings:

Mondays 6:30 - 7:15pm: Fall 2 Session: 11/7-12/12

Postnatal Fitness

Postnatal Fitness is suitable for women at least 6 weeks post-birth and beyond. This program is designed to slowly and safely regain your fitness and will help to heal and strengthen the abdominal muscles and pelvic floor. It will also help increase your energy level and lift your mood. Cost is \$50 for non-members, \$25 for members.

Class offerings: Fridays 11am: 11/11-12/16

Senior Fitness

Gentle Yoga

Gentle Yoga is a combo seated/standing yoga class that offers the use of a chair as a prop for balance & support, if needed. You will slowly move through postures designed for strength, balance & flexibility. Cost is \$50 for non-members.

Class Offerings: Mondays 9:00am: Fall 2 Session: 11/7-12/12

Cardio Drumming

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

Class Offerings: Tuesdays 11am: Fall 2 Session: 11/8-12/13

Practical Exercise

Practical Exercise is a combo seated and standing strength class that improves personal independence for activities of daily living such as walking, bending, carrying and more. Cost is \$50 to attend once per week, \$75 twice per week.

Class Offerings:

Mondays 11:15am: Fall 2 Session: 11/7-12/12 • Wednesdays 11:15am: Fall 2 Session: 11/9-12/14 • Mondays & Wednesdays 11:15am: Fall 2 Session: 11/7-12/14

Healthy Steps

Healthy Steps is a year-round indoor walking program. The class starts with the instructor leading the group through a warm-up, followed by walking laps around the gym to fun, upbeat music, and ends with a cool-down and stretch. \$20 for the full calendar year. **Register at the front desk.**

Tuesdays & Thursdays 8-9am



Ascension
Borgess

HEALTH & FITNESS



Questions? Contact:

madison.barry@ascension.org

Ascension Borgess Health & Fitness

3025 Gull Road

Kalamazoo, MI 49048

(One mile east of Ascension Borgess Hospital)