

# Adult Fitness

Registration Classes at ABHF



## January-February 2023

To register, please visit

<https://ascension-mi.regfox.com/adult-fitness-january-february-2023>

**Registration opens December 18.** 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

#### **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 10:15-11:15am: 1/8-2/12 •*

*Wednesdays 6-7pm: 1/11-2/15 • Saturdays 7:15-8am: 1/14-2/18*

#### **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 8:15-8:45am: 1/9-2/13 • Tuesdays 6-6:45pm: 1/10-2/14 • Fridays 8:15-8:45am: 1/13-2/17*

### 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 8-8:45am: 1/11-2/15*

### 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: 1/8-2/12 • Wednesdays 5:45-6:45am: 1/11-2/15*

#### **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 7-7:30am: 1/10-2/14 • Wednesdays 5-5:30pm: 1/11-2/15*

#### **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 5-5:45pm: 1/10-2/14*

#### **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 5-5:45pm: 1/9-2/13*

#### **Dance Aerobics**

Dance Aerobics is a full body workout that involves simple repetitive movements to fun up-beat songs. No dancing experience is required. Cost is \$50 for non-members.

**Class Offerings:** *Wednesdays 12-12:45pm: 1/11-2/15 •*

*Thursdays 6:30-7:15am: 1/12-2/16*

### 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 5-5:45pm: 1/11-2/15 • Fridays 9-9:45am: 1/13-2/17 • Saturdays 8:15-9am: 1/14-2/18*

## 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 6-6:45pm: 1/9-2/13 • Tuesdays 9-9:45am: 1/10-2/14*  
*• Tuesdays 12:15-1pm: 1/10-2/14 • Fridays 5:45-6:30am: 1/13-2/17*

## 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 10:30-11:30am: 1/8-2/12 • Mondays 9-10am: 1/9-2/13 • Tuesdays 7-8pm: 1/10-2/14 • Thursdays 9-10am: 1/12-2/16*

## 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 \$50 for non-members.

**Class offerings:** *Mondays 11:45-12:45pm: 1/9-2/13*

## 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 6-7pm: 1/9-2/13 • Tuesdays 10-10:55am: 1/10-2/14 • Wednesdays 10-10:55am: 1/11-2/15 • Saturdays 9-10:15am: 1/14-2/18*

## 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 6-6:45pm: 1/11-2/15*

## 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: 1/9-2/13*

### 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 11-12pm: 1/13-2/17*

## Senior Fitness

### 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 11:15-12pm: 1/10-2/14*

### 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, \$100 to attend ALL 3 sessions per week!

### Class Offerings:

*Mondays 11:15-12pm: 1/9-2/13 • Wednesdays 11:15-12pm: 1/11-2/15 • Fridays 11:15-12pm: 1/13-2/17*

### 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*



Questions? Contact:

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**Ascension Borgess Health & Fitness**

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