

Fitness Classes

734-712-5800

Ellen Thompson Women's Health Center
5320 Elliott Drive, Ypsilanti, MI 48197



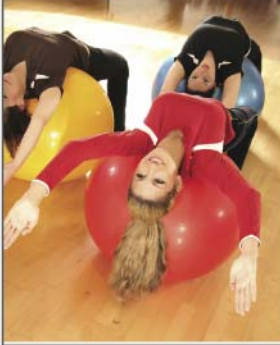
Register online at sjmercyhealth.org/fitness by clicking on the class link, or by phone at 734-712-5800 or by mail or in person using the registration form.

Fall Session: September 7 – October 23, 2009

Prices reflect a 7-week session.

No classes on Labor Day, September 7.

Monday classes will begin September 14.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 - 10:15 a.m. Strength Training \$45 (Cheryl)	9:30 - 10:15 a.m. Walk It Off Circuit \$45 (Beth)			
11:30 - 12:05 p.m. Yoga \$30 (Julie)	11:30 - 12:05 p.m. Belly Dance \$35 (Julie)	11:30 - 12:05 p.m. Zumba! \$35 (Laurie)	11:30 - 12:05 p.m. Strength Training \$30 (Julie)	12:15 - 12:50 p.m. Zumba! \$35 (Laurie)	
12:15 - 12:50 p.m. Strength Training \$25 (Julie)	12:15 - 12:50 p.m. Strength Training \$30 (Julie)	12:15 - 12:50 p.m. Yoga \$35 (Julie)	12:10 - 12:50 p.m. Nutricare Fitness \$70 (+ \$20 registration fee) (Jennie, Beth, Julie)		
			12:15 - 12:50 p.m. Yoga for Beginners \$35 (Peggy)		
4:15 - 5:00 p.m. Walk It Off Circuit \$40 (Beth)	4:25 - 5:25 p.m. Pilates \$68 (Kathy)	4:15 - 5:00 p.m. Strength Training \$45 (Beth)	4:15 - 5:15 pm Power Yoga \$50 (Julie)		
5:15 - 5:45 p.m. Stretch & Tone \$25 (Beth)	5:30 - 6:30 p.m. Pilates \$68 (Kathy)		5:30 - 6:30 p.m. Pilates \$68 (Kathy)		
6:00 - 7:00 p.m. Zumba! \$63 (Jeni)					

Important Information

- Pre-registration and payment is required. Drop-ins are welcome, but not guaranteed a spot if the class is full.
- Fees listed are for the entire session, except for personal training which is per visit.
- Please arrive a few minutes early. The first ten minutes of your class is very important.
- All classes begin at a lower level, progressing gradually each week.
- Modifications will be given for those with physical concerns.
- All classes are co-ed and open to the community. Older adults can take any classes.
- Register for as many classes as you like, cross train.
- Make-up Policy: If you miss a class that you register for, go to another class of equal value as a make-up.
- No Refunds. Credits allowed only if we are contacted before the third week of classes.

Class Descriptions

Pilates Matwork

A workout emphasizing the muscles of the core section - back, abdominals and pelvic area. Also includes arm and leg exercises.

Nutricare Fitness and Weight Loss Program

An ongoing, all-inclusive lifestyle weight management program focusing on nutrition, exercise and lifestyle changes. Classes are led by a Registered Dietician, Social Worker and Exercise Physiologist.

Strength Training

Be prepared for a challenging and exciting workout. This total body conditioning class is designed to tone, firm and strengthen. Come ready to work and love every minute of it! Equipment will be provided.

Belly Dance

No need to know how to dance. This drill and practice class will help slim and define your abs while enhancing spine and hip mobility. While a sense of rhythm is not required, a sense of humor is strongly recommended.

Walk it Off – Walking Circuit Training Program

Get your cardio and your strength training all in one class. Take a walk with your equipment and incorporate walking with circuit training. Whether it be weight or stress that you need to walk off... walk it off with a friend!

Zumba

A Latin-inspired dance/fitness class designed to tone, sculpt and keep you coming back! Aerobic and interval training are all part of the fun...it's "exercise in disguise." Classes are different, easy and effective and the music is great! All levels are welcome. If you haven't tried Zumba, give it a go! It's the hottest fitness class around!

Stretch and Tone

This is a no-sweat toning and stretching class. Emphasis on simple exercise, balance and flexibility. All levels welcome. This is a great way to tone your muscles and increase flexibility at the same time.

Yoga for Beginners

If you've never taken a yoga class, this is the place for you! Flowing and held poses will be instructed at a beginning level. Focus on stretching and relaxing. Final meditation and relaxation segment included.

Modifications provided and chairs, blocks and straps can be used to assist.

Yoga – Strength and Flexibility

Classic yoga postures are utilized in both long holds and dynamic sequences to improve strength, balance and range of motion. Standing, seated and balancing postures will be utilized along with some low intensity inversions.

Modifications offered. Mats provided or bring your own.

Power Yoga

This challenging yoga practice includes flowing vinyasa sequences designed to build tremendous upper body and core strength, increase your heart rate and get your blood pumping. Be prepared to breathe, move and sweat.



**ELLEN THOMPSON
WOMEN'S HEALTH CENTER**

5320 Elliott Drive, Ypsilanti, MI 48197

REMARKABLE MEDICINE. REMARKABLE CARE.

FITNESS REGISTRATION FORM (PLEASE PRINT)

Return form and payment to: Ellen Thompson Women's Health Center
Attn: Fitness Registration, 5320 Elliott Drive, Ypsilanti, MI 48197

Name: _____

Address: _____

City / Zip: _____

Email: _____

Day Phone: _____

Evening Phone: _____

Date of Birth: _____

Class	Day / Time	Fee

TOTAL DUE

Cash Check (payable to SJMH-WHC)
 Payroll Deduction (SJMH staff only)
 Employee ID #: _____
 Department Cost Center #: _____
 Credit Card #: _____
 Exp: _____
 Signature: _____
 Date: _____

Drop-In Rates and Individualized Training Available

Can't commit to an entire session, but still want to enjoy the fitness program?

Drop-in for a class when it is convenient for you! **Rates:** 35 minute class \$7 / 45 minute class \$8 / 1 hour class \$13.

Would you rather work out in a different setting?

Contact our fitness specialist, for a one-on-one consultation and personal training session at 734-712-5419. Fees paid per visit.

For detailed information or to register online, visit us at sjmercyhealth.org/fitness