

# Fitness Classes

734-712-5800

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



Register online at [sjmercyhealth.org/fitness](http://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.

**Spring: May 10 – June 25, 2010**

Prices reflect a 7-week session; no classes on Memorial Day, May 31<sup>st</sup>.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>9:30 – 10:15 a.m.</b> <a href="#">Strength Training</a> \$40 (Cheryl) *No class May 24	<b>9:30 – 10:15 a.m.</b> <a href="#">Walk It Off</a> \$45 (Beth)	<b>9:30 - 10:15 a.m.</b> <a href="#">Move It &amp; Lose It</a> \$45 (Beth)		
<b>11:30 – 12:05 p.m.</b> <a href="#">Yoga</a> \$30 (Peggy)	<b>10:30 – 11:15 a.m.</b> <a href="#">Move It &amp; Lose It</a> \$45 (Beth)		<b>11:30 – 12:05 p.m.</b> <a href="#">Get In &amp; Get Out – Lunchtime Circuit</a> \$35 (Beth)		<b>10:40–11:40 a.m.</b> <a href="#">Aerobic Dance</a> Independent Instructor* (Pam)
	<b>12:10 – 12:40 p.m.</b> <a href="#">Zumba Toning</a> \$35 (Doris)	<b>12:10 – 12:40 p.m.</b> <a href="#">Zumba</a> \$35 (Doris)	<b>12:15 – 12:50 p.m.</b> <a href="#">Yoga</a> \$35 (Peggy)		
<b>4:15 – 5:00 p.m.</b> <a href="#">Walk It Off</a> \$40 (Beth)	<b>4:25 – 5:25 p.m.</b> <a href="#">Pilates</a> \$68 (Kathy)	<b>4:15 – 5:00 p.m.</b> <a href="#">Group Strength</a> \$45 (Beth)	<b>4:25 – 5:25 p.m.</b> <a href="#">Pilates</a> \$68 (Kathy)		<b>Senior Fit*</b> <b>10:15-11:00 a.m.</b> M, T, TH (Peggy) *****
<b>5:00 – 5:45 p.m.</b> <a href="#">NutriCare Fitness</a> \$90	<b>5:30-6:30 p.m.</b> <a href="#">Pilates</a> \$68 (Kathy)		<b>5:30 – 6:30 p.m.</b> <a href="#">Pilates</a> \$68 (Kathy)		<b>Prenatal Yoga*</b> <b>(Coming Soon!)</b>  *Call for more information.
			<b>7:00 – 8:00 p.m.</b> <a href="#">Prenatal Aquatics</a> (Canton Summit) \$49 (Amy)		

### 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 that emphasizes the muscles of the core section - back, abdominals and pelvic area. Also includes arm and leg exercises.

## Strength Training

Tone, firm, and strengthen your upper body, abs, back, hips and thighs. Hand held weights, resistance bands and tubing, and the fitness ball will be used.

## Move It & Lose It

A strength class with a flair for fun! Tone your body using weights, resistance tubing, bands and fit balls. Although low impact, you'll be moving the entire time.

## Get In & Get Out Lunchtime Circuit

A 35-minute circuit workout to strengthen and tone your whole body using weights, resistance tubing and balls. Get in and get out with renewed energy for the rest of your day!

## Walk it Off Circuit

Get your cardio and your strength training all in one class. Take a walk with your equipment and incorporate walking with circuit training.

## 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!

## Zumba Toning

This class incorporates body-sculpting techniques and specific Zumba moves into one calorie-burning and strength training class. Combination of dance steps, weight training & circuit training makes this class the total package!

## 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.

*\$20 initial registration fee also required – includes class materials, therabands and pedometer.*

## Prenatal Aquatics

Exercising with the support provided by the buoyancy of water will feel good as your pregnancy develops and your body changes. This class provides women an opportunity to exercise safely during pregnancy and postpartum recovery.

*Doctor's permission is required.*

*This class is held in Canton at Summit on the Park.*

## Prenatal Yoga

Learn appropriate poses for stretching and strengthening during pregnancy, along with helpful breathing exercises in a supportive environment with other expectant moms.

*Doctor's permission is required.*

## Aerobic Dance\* (Guest Class)

Jacki Sorenson Aerobic Dance offers a complete and safe workout including stretching, floor work, flexibility, 30 minutes of sustained aerobic activity and cool down. **For more information or to register for this class, call Pam (734) 668-7260.**

**No employee discount offered for this class.**



**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](http://sjmercyhealth.org/fitness)**