

Fitness at Borgess

APRIL-AUGUST 2010

Call 269.226.8135 or visit wellness.borgess.com to register for all adult Fitness courses. All classes are held at Borgess Health & Fitness Center unless otherwise noted.

Aerobic Punch Cards

Borgess Health & Fitness Center is offering a punch card for non-members valid from June 1-August 31. The card allows a drop-in visit to any free-to-member class held in the aerobic or spin studio. Visit www.fitness.borgess.com for a current fitness class schedule. Cards are for sale at the BHFC front desk. Cost \$25/5 classes or \$50/10 classes. For more information, call 269.552.2348.

Latin Dance Lessons

Put the fun back in exercise by learning popular Latin dances including Salsa, Merenge and Bachata. In this introductory class, your feet and body will naturally respond to the pulsating rhythms. No partner necessary. Cost \$38, BHFC member \$33.

Su: 2:30-3:30 p.m.
April 11-May 2

Mild Yoga

No Yoga experience necessary for this Yoga class. If you have wanted to experience Yoga benefits, but were afraid a class was beyond your ability, this is a great place to start. BHFC members do not need to register.

M: 11:00 a.m.-12:00 p.m. and F: 10:00-11:00 a.m.
April 26-June 18-Cost \$45 (no class 5/31)
June 21-August 13-Cost \$48

Outdoor Boot Camp

A sure-to-get results outdoor exercise class, this intense training includes increased strength and cardio endurance with calorie burning and fat loss. To measure results, recruits will perform a simplified fitness test at the beginning and end of camp. Cost \$50, BHFC member \$20.

M & W: 5:30-6:30 p.m. April 19-May 26

Personal Training

Embark on a journey to better health and fitness with the help of our credentialed coaches. Our coaches will evaluate your strengths and weaknesses, and develop a plan that works for you. For more information or to register, call the Borgess Health & Fitness Center front desk at 269.552.2348. Cost \$50/hr or \$250/5 hrs. BHFC member cost \$45/hr or \$200/5 hrs.

Prenatal Yoga

A certified Prenatal/Postnatal YogaFit® instructor presents the benefits of yoga in a safe, supportive format. Yoga echoes breathing practices, improves focus and concentration, and strengthens muscles used during delivery. Cost \$38, BHFC member \$15.

M: 7:00-7:45 p.m.
May 3-June 14

BORGESS HEALTH



To register, visit wellness.borgess.com or call 269.226.8135 or 1.800.828.8135.

Fitness at Borgess continued

T'ai Chi

T'ai Chi is a series of movements done in slow motion which produces a high degree of relaxation, balance, flexibility, and coordination. During each session every muscle, joint, ligament, tendon, lymph node, and internal organ is exercised. T'ai Chi is one of the finest heart and lung exercises. Cost \$68, BHFC member \$50.

Th: 10:00-10:55 a.m.

April 29-June 17 or June 24-August 12

Tae Kwon Do—Adult, Youth & Family

(Ages 8 & older)

Tae Kwon Do is a non-contact organization that teaches people of all ages how to defend themselves. Students gain confidence, dexterity and coordination while learning self-discipline. Cost \$50/family, \$20/individual.

Sa: 2:00-3:30 p.m.

April 17-June 12

June 19-August 14 (no class July 3)

Zumba

This class is a fusion of music with easy-to-follow dance steps, including aerobic, hip-hop, Latin and belly dance. Routines feature a combination of fast and slow rhythms that tone and sculpt the body. Cost: two days a week/\$68, one day a week/\$38 BHFC members Free, no registration required

T & Th: 12:15-1:15 p.m.

May 11-June 17 or June 22-July 29

Sa: 12:15-1:15 p.m.

May 22-June 26 or July 3-August 7

Tu: 6:40-7:40 p.m.

May 11-June 15 or June 22-July 27

Borgess Senior Indoor Triathlon

This is a free event for seniors who enjoy fitness along with a little competition. The indoor triathlon consists of a 15 minute swim; 15 minute bike and 15 minute run on the treadmill. For more information or to register visit or call the fitness desk at 269.552.2251.

W: 12:30-3:30 p.m.

May 26