





December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Find Updates and Follow Us: @FitnessMMC</p>    <p>fitness@midwestmedicalcenter.org 815-777-4960</p>				<p>1</p> <p>6:15 AM F'AB Ride (BM) 8:30 AM Buff Yoga (BM) 9:30 AM Total Body (BM) 10:15 AM Gentle Yoga (BM)</p>
<p>4</p> <p>6:15 AM Cycling (CS) 8:30 AM Buff Yoga (CS) 9:30 AM Total Body (CS) 10:30 AM Balance (CS) 12:10 PM Express TBC (BM) 3:30 & 4 PM Workout of the Day 4:15 PM Water Exercise (KC) 5:15 PM Arm'd & Dangerous (KC)</p>	<p>5</p> <p>5:30 & 6 AM Workout of the Day 8:00 AM Water Exercise (CL) 9:00 AM F'AB ride (BM) 10:15 AM Gentle Yoga (BM) 12:10 PM Express Cycling (CS)</p>	<p>6</p> <p>6:15 AM Cycling (CS) 8:30 AM Buff Yoga (BM) 9:30 AM Total Body (BM) 10:30 AM Balance (CS) 12:10 PM Express TBC (BM) 3:30 & 4 PM Workout of the Day 4:15 PM Water Exercise (KC) 5:15 PM Butts & Guts (KC)</p>	<p>7</p> <p>5:30 & 6 AM Workout of the Day 8:00 AM Water Exercise (CL) 8:15 AM Kickboxing (CS) 12:10 PM Core Yoga Express (CS)</p>	<p>8</p> <p>6:15 AM F'AB Ride (BM) 8:30 AM Buff Yoga (BM) 9:30 AM Total Body (BM) 10:15 AM Gentle Yoga (BM) 12:10 PM Express TBC (BG)</p>
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CLASS DESCRIPTIONS

Classes

YOGA CLASSES:

BUFF YOGA— This strength building flow class focuses on sculpting a leaner stronger body while releasing stress and fatigue. A mind/body adventure that will leave you energized and ready to take on anything. **50min.**

GENTLE YOGA— Gentle Yoga presents an introduction to basic yoga poses. The class is designed to enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall

stiffness due to lack of activity, or other physical limitations. **50 Min.**

BALANCE— A 30 minute class focusing on stability and balance from a chair, standing on a balance pad, and at a rail. Controlled awareness is stressed. **30 Min.**

EXPRESS CORE YOGA —De-stress, detoxify and quiet your mind in this soothing yoga class that incorporates deep breathing techniques with restore poses. This class focuses on using postures to build strength & balance in the back muscles, abdominals, and glutes. **30 Min.**

CARDIO CLASSES:

WATER EXERCISE—An energized class for all levels using the water as resistance to achieve a great cardiovascular workout with reduced stress on all joints. The resistance of the water helps strengthen joints and muscles and increases flexibility. **45-60 Min.**

CYCLING—This class will focus on the multiple fitness benefits of cycling including muscular strength, aerobic and anaerobic training. Rides will include various forms of interval training, hill climbing, sprinting, and or endurance training. **45 Min. EXPRESS CYCLING-30 Min.**

F'AB RIDE: 30 minutes cycling followed up with 15 minutes AB / Core work and stretching. A great class that covers just about everything!

KICKBOXING: This class is designed to elevate your heart-rate as well as challenge your muscles and mind. **45 Min**

TOTAL BODY CLASSES:

ARM'D & DANGEROUS —A total upper-body workout that will utilize push pull movements to blast your back, chest, and arms **45 Min.**

BUTTS & GUTS —A butt-kicking, gut-wrenching, thigh-toning class aimed at improving your lower body and core. This class is for all levels. **45 Min.**

TOTAL BODY— Make every muscle in your body work in this class that incorporates moves to improve your cardiovascular and muscular strength, balance and stability. **45 Min.**

EXPRESS TOTAL BODY —Tone your entire body utilizing a wide variety of equipment including weights, bands, stretch cords, balls and more! Gain strength and feel great. **30 Min.**

Workout of the Day: A n adventurous high-intensity workout. A competitive workout that pushes you to your limits, leaving you feeling accomplished and worked. **Approx 30 Min.**

Instructor: Key:

BM—Becky Mayne

CS-Caitlin Simbeck

KC- Krissy Custer

BG— Brad Gerein

CL- Claire Lattner

****ALL CLASSES NEED AT LEAST 2 PARTICIPANTS TO TAKE PLACE, & WATER EXERCISE NEEDS 3 PARTICPANTS****

CLASS FEES AND PUNCH CARDS

Classes are not included in memberships at MMC, separate fees apply. We will track your class attendance and count classes attended. You will not lose out if you miss a class. Class punch cards include 10 classes.

1ST CLASS at MMC IS ALWAYS FREE!

Class punch cards are not valid for Express Classes, participants pay per each individual class

ADDITIONAL INFORMATION

All **water exercise classes** will meet at the **RAMADA INN in Galena, IL** pool, Upon entering the hotel, tell the front desk that you will be attending the water exercise and they will direct you towards the pool. Please arrive early for all water classes, as changing facilities are limited.

Class Pricing:

	MH&F Members	Non-Members
Price Per Class	\$6	\$8
Price Per Express Class	\$4	\$5

Punch Card Pricing:

Punch Card	\$50	\$70

