

**CLASSES
SUITED FOR ALL
FITNESS LEVELS!**



The Wellness Institute is Now Offering Group Fitness Classes!

Join us for a variety of fitness classes in our NEW FITNESS STUDIO at the Physician Pavilion at TriPoint Medical Center, Suite 201.

Therapeutic Yoga for Heart Disease

This yoga is a wonderful alternative and complimentary modality for those dealing with heart disease. Relaxation techniques, breath work, and postures specifically geared to this therapy will be taught to help reduce blood pressure and stress, to strengthen the body, cardiovascular health and mind.

Physician release required

Zumba

Join the newest cardio dance craze across the world. Zumba is a fun Latin-inspired, easy to follow, calorie burning fitness party that works the entire body.

Core Training

This class is designed to strengthen the muscles that support and stabilize the spine. Improve your posture, body awareness, range of motion and overall strength. A class suitable for all fitness levels

Yoga for Breast Cancer Survivors

This class offers gentle restorative poses, slow arm stretches to regain flexibility, breathing exercises to release tension, healing quiet and stillness through guided meditation as we learn to accept our new body. This bonding experience is appropriate for women during and after their journey through cancer treatment. Yoga can also help boost energy, improve muscle tone and strengthen the immune system.

Physician release required

Gentle Stretch Yoga

Curious to try a yoga class but unsure where to start? This gentle stretch class is accessible to all including those unable to get down on the floor. A chair and other props are used to support this practice that includes breathing, simple postures and relaxation. Come and see the benefits in circulation and serenity that yoga can provide for you.

Guided Relaxation

Stress got you tied up in knots? Learn how to relax by focusing on the breath and by following a guided meditation in this 45-minute weekly session.

Pilates Mat Class

Pilates mat exercises help improve posture and core muscle control using your body weight as the primary source of resistance. Focus will be placed on precise movement and body alignment. Being familiar with the basic pilates exercises will make this class more beneficial. If you're not familiar with the basic exercises, the core training class will help to prepare you for this class. *Please bring a mat.*

Total Body Sculpt

This is a great program that uses a variety of equipment to easily add strength training to your exercise routine. The program will concentrate on your Abs and Back on one day and your Upper and Lower body at the next class. Modifications will be available to accommodate all fitness levels.

Sculpt and Stretch

Start your morning right by adding strength training to it! This class will use bands and your own body weight as resistance to speed up your metabolism all day! Strength training will give your body the shape and tone that you want! After blasting away fat for the first half of the class, the last half will concentrate on lengthening the muscles by stretching. Stretching will decrease muscle soreness, risks for injury, and calm your mind to begin your day! All levels welcome!

Prenatal Yoga

Yoga is an ideal preparation for labor and childbirth. Learn to use the wisdom of your body and mind to enjoy greater comfort, flexibility, and peacefulness. Through the postures, breathwork, chanting and meditation, you will stretch the body, increase lung capacity and train the mind to center and relax, which is so beneficial throughout your pregnancy, during the intensity of labor, childbirth and throughout your whole life! **Physician release required**

**See more class
descriptions and all
class schedules for
two 6-week sessions
listed on the back
side of this flyer!**

Gentle Yoga

Gentle yoga is suitable for people of all ages, stages, sizes and abilities. We will practice breathing techniques, cultivate body awareness, and learn different stretches and poses to relieve tension, increase flexibility, restore vitality and promote calmness and balance. All you need is comfortable clothes, a yoga mat, and an openness to explore a new way of being!

Open Level Yoga

In this open level Hatha yoga class, we will explore and experience all aspects of yoga. We will improve flexibility, tone and strengthen muscles, tendons, joints and regulate the systems of the entire body. Yoga will help you to reduce tension due to stress, increase energy levels, feel rejuvenated and allow the body to heal. We will delve a little deeper into more advanced practice, but the class will be still available to all students. Wear comfortable clothing, bring a mat and small pillow. Do not eat a large meal for two hours prior to class.

Cardio Kickboxing

Get your heart rate thumping with high intensity cardio for all levels! This fun, fast-paced class will scorch calories and get you energized to start your day! Incorporating basic kicks, jabs, and plenty of core work on your feet, you will be increasing your cardiovascular endurance, strength, and challenging your body in a new, fun way! All levels welcome!

In most classes, modifications will be available to accommodate all fitness levels. It is recommended that you wear comfortable clothing, and bring a yoga mat and small pillow if you wish. It is also suggested that you do not eat a large meal for two hours prior to class.

Pricing Information:

All yoga, core, pilates, Zumba and guided imagery classes that meet one time per week are \$60.00 per 6-week session for the public and \$30.00 for Lake Health Team Members.

Sculpt and Stretch, Total Body Sculpt and Cardio Kickboxing classes that meet 2 days per week are \$120.00 for the public and \$60.00 for Lake Health Team Members.

Prenatal Yoga, Therapeutic Yoga for Heart Disease and Yoga for Breast Cancer Survivors are \$72.00 per 6-week session for the public and \$36.00 for Lake Health Team Members

**To register for classes, call
the Best of Health Line
at 440-953-6000**

**All fitness class sizes are
limited to 10-12 people
so register early!**

SESSION I JANUARY 4 - FEBRUARY 12

Monday	Tuesday	Wednesday	Thursday
12:15 - 1 pm Sculpt and Stretch	6 - 7 am Sculpt and Stretch	10:45 - 11:45 am Open Level Yoga	6 - 7 am Sculpt and Stretch
2:30 - 3:30 pm Gentle Stretch Yoga	7 - 8 am Cardio Kickboxing	12 - 12:45 pm Lunch Time Open Level Yoga	7 - 8 am Cardio Kickboxing
3:30 - 4:30 pm Guided Relaxation	10:45 - 11:45 am Yoga for Breast Cancer Survivors		12:15 - 1 pm Sculpt and Stretch
4:30 - 5:30 pm Prenatal Yoga	12 - 12:45 pm Lunch Time Open Level Yoga		4:30 - 5:30 pm Total Body Sculpt (Upper/Lower body)
5:45 - 6:45 pm Gentle Yoga	4:30 - 5:30 pm Total Body Sculpt (Abs/Back)		
	6:45 - 7:45 pm Therapeutic Yoga for Heart Disease		

SESSION II FEBRUARY 15 - MARCH 26

Monday	Tuesday	Wednesday	Thursday
12:15 - 1 pm Sculpt and Stretch	6 - 7 am Sculpt and Stretch	10:45 - 11:45 am Open Level Yoga	6 - 7 am Sculpt and Stretch
2:30 - 3:30 pm Gentle Stretch Yoga	7 - 8 am Cardio Kickboxing	12 - 12:45 pm Lunch Time Open Level Yoga	7 - 8 am Cardio Kickboxing
3:30 - 4:30 pm Guided Relaxation	10:45 - 11:45 am Yoga for Breast Cancer Survivors	3:30 - 4:30 pm Pilates Mat	12:15 - 1 pm Sculpt and Stretch
4:30 - 5:30 pm Prenatal Yoga	12 - 12:45 pm Lunch Time Open Level Yoga	4:30 - 5:30 pm Core Training	3:30 - 4:30 pm Zumba
5:45 - 6:45 pm Gentle Yoga	3:30 - 4:30 pm Zumba		4:30 - 5:30 pm Total Body Sculpt (Upper/Lower body)
	4:30 - 5:30 pm Total Body Sculpt (Abs/Back)		
	6:45 - 7:45 pm Therapeutic Yoga for Heart Disease		