

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: September 13 – October 29, 2010
Prices reflect a 7-week session.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 – 10:15 a.m. Strength Training \$40 (Cheryl) *Begins Sept. 21	9:30 – 10:15 a.m. Walk It Off \$45 (Beth)	9:30 - 10:15 a.m. Move It & Lose It \$45 (Beth)		
11:30 – 12:05 p.m. Sunrise Yoga \$35 (Peggy)	10:30 – 11:15 a.m. Move It & Lose It \$45 (Beth)		11:30 – 12:05 p.m. Get In & Get Out – Lunchtime Circuit \$35 (Beth)		9:30–10:30 a.m. Aerobic Dance <i>Independent Instructor*</i> (Pam)
4:15 – 5:00 p.m. Walk It Off \$45 (Beth)	4:25 – 5:25 p.m. Pilates \$68 (Kathy)	4:15 – 5:00 p.m. Group Strength \$45 (Beth)	4:25 – 5:25 p.m. Pilates \$68 (Kathy)	5:15 – 6:15 p.m. Zumba \$68 (Doris)	Senior Fit* 10:15-11:00 a.m. M, T, TH (Peggy) ***** *Call for registration information.
5:00 – 5:45 p.m. NutriCare Fitness \$90	5:30-6:30 p.m. Pilates \$68 (Kathy)		5:30 – 6:30 p.m. Pilates at the Barre \$68 (Kathy)		
5:30 – 6:30 p.m. Basic Step + Core \$68 (Linda)	7:00 – 9:00 p.m. Social Ballroom Dance <i>W.C.C. Class*</i>	7:00 – 8:00 p.m. Basic Step + Core \$68 (Linda)	7:00 – 9:00 p.m. Dance Like a Rockette! <i>W.C.C. Class*</i>		

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

A total body workout that lengthens muscles, improves flexibility, works upper & lower body while emphasizing the muscles of the core and proper body alignment. Mostly mat work. All levels.

Pilates at the Barre

This section incorporates the use of the barre working on lower body, balance and stretches. All levels.

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!

Group Strength/ 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.

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."

Zumba Toning

This class incorporates body-sculpting techniques and specific Zumba moves into one calorie-burning and strength training class.

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.

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.

Sunrise Yoga

Gentle flowing sun salutations and held poses that focus on stretching and relaxing. Final meditation and relaxation segment included.

Basic Step + Core

Get your heart rate up using a simple, low-impact series of step-tap moves, followed by some core conditioning on the floor – perfect for anyone new to Step Aerobics.

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.

Dance Like a Rockette!


Class offered in collaboration with W.C.C. <http://www.wccnet.edu/lifelong-learning/>

No employee discount offered for this class.

Social Ballroom Dance

Class offered in collaboration with W.C.C. <http://www.wccnet.edu/lifelong-learning/>

No employee discount offered for this class.

 <p>ELLEN THOMPSON WOMEN'S HEALTH CENTER 5320 Elliott Drive, Ypsilanti, MI 48197 REMARKABLE MEDICINE. REMARKABLE CARE.</p>	Class	Day / Time	Fee
<p>FITNESS REGISTRATION FORM (PLEASE PRINT)</p> <p>Return form and payment to: Ellen Thompson Women's Health Center Attn: Fitness Registration, 5320 Elliott Drive, Ypsilanti, MI 48197</p> <p>Name: _____ Address: _____ City / Zip: _____ Email: _____ Day Phone: _____ Evening Phone: _____ Date of Birth: _____</p>			<p>TOTAL DUE</p> <p><input type="checkbox"/> Cash <input type="checkbox"/> Check (payable to SJMH-WHC) <input type="checkbox"/> Payroll Deduction (SJMH staff only) Employee ID #: _____ Department Cost Center #: _____ <input type="checkbox"/> Credit Card #: _____ Exp: _____ Signature: _____ Date: _____</p>
<p>Drop-In Rates and Individualized Training Available</p> <p>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.</p> <p>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.</p> <p>For detailed information or to register online, visit us at sjmercyhealth.org/fitness</p>			