## Aerobics Programs

Instructors provided by The Business of Fitness

Customize your work out schedule. Pick the number of classes you want to attend and on the days that work for you! We've added a few new selections that we think you'll enjoy. Aerobics provide a cardiovascular workout to help burn fat and calories while toning and shaping the major muscle groups. Each class will consist of a warm-up, cardiovascular training, cool-down, abdominal and stretching exercises. Participants should bring a water bottle and an exercise mat.

Cost per 8-week session:

| | |
|---|---|
| 1 class $30 | 3 classes $80 |
| 2 classes $55 | 4 classes $105 |

**Zumba Toning**
Monday, September 9 – October 21
Monday, October 28 – December 16
5:15 to 6:10 p.m.

ZUMBA Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight maraca-like Toning Sticks to enhance rhythm and tone all target zones; including arms, abs, glutes and thighs. Basic Zumba experience preferred.

**Cardio Sculpt**
Tuesday, September 3 – October 22
Tuesday, October 29 – December 17
5:15 to 6:10 p.m.

One stop fitness: a class that provides different types of cardio as well as a variety of muscle strengthening and endurance work. This class is for every fitness level and will introduce the participant to a variety of cardio workouts.

**Zumba Fitness**
Wednesday, September 4 – October 23
Wednesday, October 30 – December 18
5:15 to 6:10 p.m.

ZUMBA is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**TBT – Total Body Training**
Thursday, September 5 – October 24
Thursday, October 31 – December 19
5:15 to 6:10 p.m.

The name says it all! Give us 55 minutes and we'll work your whole body. This class will use a variety of equipment to work your muscles, get your heart rate up and provide a good stretch. The class is geared to all fitness levels.

**ZUMBA Fitness**
Saturday, September 7 – October 26
Saturday, November 2 – December 21
9 to 9:55 a.m.

ZUMBA is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Samaritan Well-Being Center is located at Good Samaritan North Health Center, the city's largest free-standing outpatient care facility. Our programs and services are delivered by experienced, credentialed professionals.

**To register by phone call**
(937) 734-5860 Monday – Friday 7:30 a.m. to 4 p.m.

## Ball, Core & More

Instructors provided by The Business of Fitness
Tuesday & Thursday, September 3 – October 24
Tuesday & Thursday, October 29 – December 19
4:40 to 5:10 p.m., $35

This class is designed to activate and strengthen those hard to work core muscles often overlooked during normal training. The class will consist of exercise incorporating the stability ball that will focus on balance, core training, strength, and flexibility. A great work out for abdominal, back, leg and arm muscles.

## Pilates Mat Class

Instructor: Velvet Swartzel, E-RYT
Monday & Wednesday, September 9 – October 30
4 to 5 p.m., $90

The Pilates method strengthens and tones muscles, improves posture, provides flexibility and balance and can help reduce stress. Pilates can be performed by anyone young or old and can challenge even the strongest athlete. Classes will cover the fundamentals & principles of the Pilates Method as part of a beneficial and purposeful mat practice. Please wear comfortable clothing and bring an exercise mat to class.

## Nutrition

**Weigh to Go!**
Instructor: Martha Grodrian, RD, LD, CDE
Tuesday, September 17 – October 8
7 to 8:15 p.m., $42

Forget the books, forget the pills, and forget the wishful thinking. Act now to map your way to improved health, a healthy weight and a supportive lifestyle. Ask yourself questions that lead to more effective habits. Choose foods for both enjoyment and good health. Our licensed and Registered Dietitian and Certified Diabetes Educator will lead this 4-week weight control series to put you on the path to a healthier life.

**Quit your Belly Achin'**
Instructor: Martha Grodrian, RD, LD, CDE
Tuesday, October 15
7 to 8:30 p.m., $10

Do you feel gassy or bloated? Have heart burn, constipation or diarrhea? Well, there may be a better way. We'll explore the digestive tract and eating behaviors to learn what you can do to normalize your digestive experience.

## Meditation & Relaxation

**Meditation for Beginners**
Instructor: Keith Engelhardt
Tuesday, November 5 - 26
6 to 8 p.m. (1st class) 6 to 7 p.m. (remaining sessions), $38

Meditation is an ancient skill that remains an effective way to manage today's stressful demands. These sessions provide beginning students with a simple method of meditation which may be incorporated into even the busiest lifestyle. Each class includes the actual experience of meditation and allows time for questions and answers. Please wear loose fitting clothing.

## Registration Card

*Please Print*

**Samaritan Well-Being Center • 9000 North Main Street • Dayton, Ohio 45415**

NAME _____ EMAIL _____

PHONE (DAY) _____ (EVENING) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

| **Program Title** | **Date(s)** | **Amount** |
|---|---|---|
| | | |
| | | |
| | | |

**Payment Method** *(for faster registration, credit card holders please call (937) 734-5860)*

☐ Check (please make payable to Good Samaritan Hospital)

☐ Visa ☐ MasterCard ACCOUNT NUMBER _____ EXPIRATION DATE _____

SIGNATURE _____

## Professional services available at the Samaritan Well-Being Center

**Massage Therapy**

Massage therapy provides many physiological benefits while promoting an overall sense of relaxation and well-being. Therapeutic massage and stone massage are provided by a licensed massage therapist. Gift certificates are available.

**Pilates Studio Sessions**

The Pilates exercise method was developed in the 1920's and has always been a popular, total body conditioning program among dancers and athletes-people who rely upon strength as well as flexibility and balance. Pilates Studio exercises are performed on special equipment that uses springs to provide resistance for a non-impact workout.

To receive more information on our professional services, please call the Samaritan Well-Being Center at (937) 734-5860.

## Yoga

**Yoga Month Celebration**

Instructor: Velvet Swartzel, E-RYT
Saturday, September 7
9 to 10:30 a.m., FREE

September is National Yoga Month as designated by the Department of Health and Human Services to educate and inspire a healthy lifestyle. Join us for National Yoga Month by attending a free class and experience the benefits of yoga. Our instructor will have information on how you can take your yoga "off the mat" and make a positive difference in the world. Dress comfortably and bring an exercise mat.

**Afternoon Stretch Yoga**

Instructor: Kim Zehnder, E-RYT
Tuesday, August 6 – October 1 (no class August 27)
Tuesday, October 8 – November 26
2:45 to 4:15 p.m., $55

A gentle stretching yoga class to maintain and increase flexibility. This class is suitable for seniors or anyone wanting a gentle exercise class. Dress comfortably and bring an exercise mat.

**Yoga for Relaxation**

Instructor: Keith Engelhardt
Thursday, September 19 – November 7
Beginner class 5:45 to 7:15 p.m.
Intermediate class 7:30 to 9 p.m., $55

Yoga survives today as the oldest most holistic system of body-mind fitness and is used the world over. It consists of gentle stretches and breathing exercises. The goal of yoga is to achieve and maintain peak physical, mental, and spiritual wellness and induce harmony to be fully healthy. Yoga reduces stress and enhances health and creative energy. For comfort, please wear loose clothing and bring an exercise mat to class.

## How To Register for Programs

**Please register at least one week in advance,** even if there is no fee for the program. Since enrollment may be limited, early registration is suggested. Payment must accompany registration to reserve space in class.

**Telephone Registration**

To register by phone call (937) 734-5860 Monday – Friday 7:30 a.m. to 4 p.m. You will be asked for a credit card number to cover program fees.

**Email** wbc@gshdayton.org

**Mail-in Registration**

Please mail the enclosed registration form with your check or credit card information to:

Samaritan Well-Being Center
9000 N. Main St.
Dayton, Ohio 45415

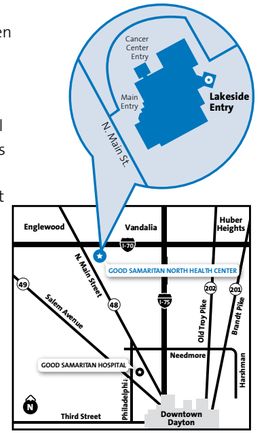
Please make checks payable to Good Samaritan Hospital.

**Refunds/Cancellations**

The Samaritan Well-Being Center reserves the right to cancel any program due to insufficient registration or unforeseen circumstances. Full refund for any class will be given if a class is canceled. Full refund will also be given if request is made five working days or more prior to the start of the class. No refunds will be issued after that deadline.

**Samaritan Well-Being Center**
9000 N. Main St.
Dayton, Ohio 45415

***goodsamdayton.org***

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Good Samaritan Hospital

CATHOLIC HEALTH INITIATIVES

# Samaritan Well-Being Center Classes

*Fall 2013*

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