

~ The Fitness Forum ~

October 2017



“One foot in Front of Another”

This summer I completed my 15th Triathlon. I also celebrated 20 years since have completed my first triathlon and 10 years since training the first group from Hermann to compete in their first endurance race. While racing that day, I reflected on my life in the past 20 years and how, at the time, I had no idea what journey those first endurance races would take me on. I was a 29 year old wife and mom with a mild case of depression, unhappy with my body, miserable at my job, and living a life that left me emotionally drained at the end of the day.

Training for those first races helped me realize I was most happy while exercising and that I loved putting workout plans together for myself and my friends. Training also worked as a great stress reliever. I was happier at home and at work, not to mention I felt much better knowing I was doing something good for myself. I avidly read anything diet, fitness, and health related in my spare time, and though it would take me a few years to get there, I had started down the path to the career I have now.

Today, 20 years later, I get to do what I love (exercise) daily; I get to help others make life-altering changes; I have a job that fills me with passion and gratitude day in and out.

Now here's the thing – I am NOT a great athlete, mediocre on even my best days. I do NOT have a perfect body, you will not see me on any magazine covers in the near future. But, if I had waited to be “good” at something or to “look perfect” in my workout clothes....well, I would still be waiting.

The thing I AM good at? Putting one foot in front of the other, for a very long time, until eventually I get to where I am going – PERSISTENCE, RESILIENCE, and ENDURANCE.

In turth, isn't that what it takes to reach any of the goals we strive for in life? Whether they are physical, professional, or personal – we just keep putting one foot in front of the other until one day, we look up, and we are THERE!

*Michelle Montague
ACE Group Fitness Instructor & Health Coach*

WISHLIST WANTED!

As promised, new equipment will be coming to the Fitness Source soon with all the proceeds we raised from the Vineyard Trial Run. We want your help, after all you are the people who use our equipment the most. From October 1 thru October 15, submit your wishlist in the box at the front desk for what equipment you would like to see at the Fitness Source. All input is appreciated and will be put into consideration when making our selections. Thanks in advance!

Mark your Calendars!

October 2
Kickstart Camp Begins

October 2
Community Walking
Begins

October 5
Blood Drive at People
Savings Bank-
Rhineland

October 21
Breakfast and Bikes

November 1
Halloween Candy Buy
Back

Food Pantry Items for October:

- ✓ Boxed Foods
- ✓ Canned Gravy
- ✓ Cranberry
Sauce

*Please drop off donated items
at the Fitness Source.
THANK YOU!*

Hermann Fitness Source division of Hermann Area District Hospital

196A State Hwy 19, Hermann, MO 65041 573-486-2251

Hours: Mon-Thursday: 5 am-8:30 pm ~Friday: 5 am-5 pm ~ Saturday: 8 am-1 pm ~ Sunday: 8 am-1 pm

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OCTOBER CLASS SCHEDULE

196A State Hwy 19 ~ Hermann, MO 65041 ~ phone 486-2251

MEMBERSHIPS	Unlimited Gym & Classes	Gym Only	Classes Only	Single Day Pass	Arthritis Class Day Pass
Hospital Employees - \$22.50 unlimited					
General	\$42.50	\$32.50	\$32.50	\$7.00	\$4.00
Over 55	\$32.50	\$22.50	\$22.50		
Student	\$32.50	\$22.50	\$22.50		
80 and OVER	FREE				

Large/Orange Classroom = A

Small/Green Classroom = B

5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-5:00p
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday Mixer 5:00 a.m. A		Crossfire 5:00 a.m. A		Dawn-Breakers Bootcamp 5:00 a.m. A
Monday Mixer 6:00 a.m. A		Crossfire 6:00 a.m. A		Sunrise Yoga 6:00 a.m. A
Silver Sneakers® 8:30 a.m. <i>Free for sponsoring insurance plans!</i> A	Silver Sneakers BOOM® Muscle & Mind 8:30 a.m. A	Silver Sneakers® 8:30 a.m. <i>Free for sponsoring insurance plans!</i> A	Silver Sneakers BOOM® Move & Muscle 8:30 a.m. A	Beginner Yoga 8:30 a.m. A
Just for Men Strength 9:30 a.m. A			Just for Men Yoga 9:30 a.m. A	
	Arthritis Exercise 10:00 a.m. A	Yoga RX 10:00 a.m. A	Arthritis Exercise 10:00 a.m. B	
Core & More Express 4:30 p.m. A	Walk 'n' Talk EXPRESS 4:30 p.m. <i>Meet at Gym</i>	Yoga with Nobby 4:30 p.m. (90 Minutes) A	AXIS Express 4:30 p.m. B	
Rookie Bootcamp 5:00 p.m. B	Flow Yoga 5:00 p.m. B		Step & Strength 5:00 p.m. A	
Grasskickers Bootcamp 6:00 p.m. <i>Location TBA</i>		Grasskickers Bootcamp 6:00 p.m. <i>Location TBA</i>		

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Hermann Fitness Source Class Descriptions

Arthritis Foundation Exercise: An exercise program not only for those with arthritis but anyone wanting to begin exercising to increase joint flexibility, range of motion, balance, maintain strength, and increase endurance.

INSTRUCTORS: Adelyn and Brandi WORKOUT LEVEL: Beginner to intermediate

AXIS: Focus on your foundation – the Core! Create stability from the Axis, the middle of your body – the basis of all movement. As your core grows stronger, layer on mobility, strength, and power while moving like never before.

INSTRUCTORS: Michelle WORKOUT LEVEL: Beginner to Advanced

Beginner Flow & Flow Yoga: Bring breath and movement together in creative “flow” sequences that increase flexibility, improve balance, build strength and reduce stress. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

BOOM®: A Silver Sneakers program for the “actively aging” population, focusing on three major components of health & wellness. Movement - low aerobic exercise raising participant's target heartrate to improve cardiac health. Muscle- strength training, from body weight exercise to weight lifting, combined with high intensity intervals to build lean muscle mass and burn body fat. Mind – yoga inspired moves to increase flexibility, improve balance & core strength, reduce stress and encourage relaxation.

INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

Core & More Express: A 30-minute class that tones and shapes hips, thighs, glutes, and abdomen. Exercises that target and tone your core and lower body. INSTRUCTOR: Brandi WORKOUT LEVEL: Beginner to advanced

Crossfire: Cross-training that combines weight training, HIIT, Core & Flexibility in one balanced program designed to improve overall fitness, build muscle/reduce bodyfat, reduce risk of injury and prevent boredom.

INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to advanced

Dawn-Breakers & Grasskickers Bootcamps: (A.M. & P.M.) A diverse cross training workout combining cardio, strength, and core work with all of the elements the great outdoors has to offer – hills, steps, bleachers, picnic tables, and trees along with strength and conditioning equipment. INSTRUCTORS: Michelle, Abbey WORKOUT LEVEL: Beginner to advanced

Just for Men: A chair based class for Senior men looking to build strength, increase flexibility, and improve balance. Monday = Strength Training, Thursday = Balance & Flexibility INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

Monday Mixer: Kick off the week by mixing it up a bit! Instructor's choice on the format, but the workout will consistently get your heart pumping and your muscles working. INSTRUCTORS: Abbey, Colleen, and Michelle WORKOUT LEVEL: Beginner to advanced

Rookie Bootcamp: Like the idea of a bootcamp, but a little intimidated by high intensity classes? A beginner level class to get you started or help you get back on track. Offers a wide variety of exercises that can be modified to any level, combining cardio, strength and core training for total body workout. INSTRUCTOR: Brandi WORKOUT LEVEL: Beginner to intermediate

Silver Sneakers®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball are offered for resistance.

INSTRUCTORS: Brandi, Tonya, Suzie, and Susan WORKOUT LEVEL: Beginner to intermediate

Step & Strength: This class challenges you with basic, yet fun step moves to get your heart rate up, combined with strength exercises for a total body workout. INSTRUCTOR: Tonya WORKOUT LEVEL: Beginner to intermediate

SUNRISE YOGA: Whether practicing indoor or outside, we will greet the day with a flowing series of sun salutes that will increase strength, improve flexibility & balance and reduce stress. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to Intermediate

Walk n' Talk EXPRESS: (P.M.) Reach your daily step goal with this 30 minute class! We will meet at the gym and take an outdoor walk that will really get your heart pumping! Bad weather cancels. All fitness levels.

INSTRUCTOR: Tonya WORKOUT LEVEL: Beginner to advanced

Yoga with Nobby: Be guided through stretching, strengthening, and balancing with a gentle approach. All ages and levels of yoga experience welcome. INSTRUCTOR: Nobby WORKOUT LEVEL: Beginner to advanced

Yoga RX: (Formerly Chair Yoga) A chair based therapeutic yoga class for people with limited range of motion, physical limitations, and/or neurological disorders. We will practice yoga poses and stretches in a seated or supported stand position which allows for less stress in sustained positions. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

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