

# ~ The Fitness Forum ~

March 2018



February 2 marked the three year anniversary for the Fitness Source at the Messmer-Eitmann Center. As we reflect on the celebration of our anniversary, we look at how far the Fitness Source has come and where we hope the future takes us. In addition, we want to express our appreciation for a strong supportive community with a wealth of amazing members.

The Hermann Fitness Source opened 13 years ago in a small classroom in the old Hermann Middle School. A vision for three of HADH's therapy department employees (Adelyn Wagner, Susan Lenger, and Tracey Williams) began with a few pieces of equipment, arthritis exercise classes, limited hours and the mission to provide wellness services for the community of Hermann.

As time went on, the facility made a move to its former location on 4<sup>th</sup> Street in Hermann (2007). Services began to expand with additional donated equipment, increased hours of operation and the addition of group fitness classes.

It was during the time on 4<sup>th</sup> street when the Messmer-Eitmann Board spoke with Hospital Administration about starting an affiliation. In May of 2012, this affiliation began and led the Fitness Source to where it is today.

On February 2, 2015, the Hermann Fitness Source opened its doors in the lower level of the Messmer-Eitmann Senior Center. For the Fitness Source, this began a new mission and focus to better serve the senior population of Hermann while targeting the younger generations in aspiring to become healthier. With a brand new facility came all new equipment, both cardiovascular and strength, not one, but two, classrooms to expand group fitness services, as well as double the hours of operation and staffing.

Now 3 years later, with 350+ monthly members ranging in age 14 -93 years young, you can find a state of the art wellness facility right here in Hermann, Missouri. Besides the outstanding amenities of industry leading equipment, locker rooms and more, the facility comes equipped with a staff that can provide top of the line services. Chair based therapeutic programming, group fitness classes six days a week, equipment tutorials, group and one-on-one personal training, as well as nutritional counseling programs are just a few of the services this staff is certified to provide.

Without the support and dedication from our community and you, the members themselves, none of these milestones, amenities and operations would be possible. Day in and day out, members come in who inspire the staff here at the Fitness Source. We would like to say THANK YOU! Thank you for you loyalty, business and commitment to your health. We greatly appreciate each and every one of you!

## **Mark your Calendars!**

### **March 11**

Daylight Savings Time Begins!

### **March 17**

St. Patrick's Day

### **March 15**

Early Bird Registration begins for the Second Annual Vineyard Trail Run on June 23

### **March 22**

Salad in a Jar – Miss Clara's 9:30 am Sign-up at Front Desk

## **Food Pantry Items for March:**

- ✓ Spaghetti Sauce
- ✓ Pasta
- ✓ Sugar
- ✓ Shortening

*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-7 pm ~ Saturday: 8 am-1 pm ~ Sunday: 8 am-1 pm

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# MARCH 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-7:00p	8:00a-1:00p
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Mixer 5:00 a.m. A		Crossfire 5:00 a.m. A		Dawn-Breakers Bootcamp 5:00 a.m. A	
Morning Mixer 6:00 a.m. A		Crossfire 6:00 a.m. A		Yin/Yang 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	Morning Mixer 8:30 a.m. A
Just for Men Strength 10:00 a.m. A	Arthritis Exercise 10:00 a.m. A	Yoga RX 10:00 a.m. A	Just for Men Yoga 10:00 a.m. A	Arthritis Exercise 10:00 a.m. A	
Core & More Express 4:30 p.m. A	Kettlebell HIIT EXPRESS 4:30 p.m. A	Yoga with Nobby 4:30 p.m. (90 Minutes) A	Kettlebell HIIT EXPRESS 4:30 p.m. A		
Rookie Bootcamp 5:00 p.m. A	Yin/Yang Yoga 5:00 p.m. A		Ultimate Intervals 5:00 p.m. A		
Cardio Fusion 6:00 p.m. A		Crossfire 6:00 p.m. A			

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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 Suzie    WORKOUT LEVEL: Beginner to intermediate

**Beginner 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 heart rate 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

**Cardio Fusion:** If your favorite way to sweat is through Dance, or "movement" as some of us call it, you will LOVE this fusion of Zumba, Step, Dance, and Pound (rhythmic drumming!). This class is perfect for any and all that like to move. We will teach you the rest!    INSTRUCTOR: Michelle  
WORKOUT LEVEL: Beginner to advanced

**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: Manda    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 body fat, reduce risk of injury and prevent boredom.

INSTRUCTOR: Michelle    WORKOUT LEVEL: Beginner to advanced

**Dawn-Breakers Bootcamps:** 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: 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

**Kettlebell HIIT Express:** A 30 minute full body kettlebell workout that uses High Intensity Interval Training to keep the heart rate up for a great cardio workout, while getting you strong and sculpted.    INSTRUCTOR: Tonya    WORKOUT LEVEL: Beginner to advanced

**Morning 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: Manda    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: Tonya, Suzie, and Susan    WORKOUT LEVEL: Beginner to intermediate

**Ultimate Intervals:** Get ready for heart pumping cardio combined with total body strength moves! This class offers a wide variety of exercises that can be modified for any fitness level.    INSTRUCTOR: Tonya    WORKOUT LEVEL: Beginner to intermediate

**Yin/Yang Yoga:** The class will start off in the dynamic and flowing Yang style of yoga which emphasizes internal heat and the lengthening and contracting of the muscles. We will then proceed to the Yin style of yoga which targets the connective tissues – such as the ligaments, bones, and even the joints of the body. Yin is a slow, meditative practice where poses are held for up to three minutes to allow the body to open up and respond to this deep healing practice.    INSTRUCTOR: Michelle    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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**Hours:** Mon-Thursday: 5am-9pm ~Friday: 5am-5pm ~ Saturday: 7am-2pm ~ Sunday: 10 am- 2pm

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