

~ The Fitness Forum ~

August 2017



Gym Happenings...

This summer has been amazing thanks to YOU! The gym has been packed and classes have been fun with all the new and returning faces for the summer line-up. Thanks for making it a great one for the Fitness Source!

If you haven't joined in on all the Fitness Source has to offer this summer, there is still time to join in on some of the fun, while a few things are wrapping up at the beginning of the month. It has been fun for the staff to watch all your efforts in playing our Summer Bingo Challenge. You have about a week left, if still trying to earn your stamps/prizes with the challenge ending on Saturday, August 5. August 5 also wraps up an awesome summer of Aquatics for our Silver Sneakers Splash, Master Swim and Adult Swim classes. We know you loved the classes and we did too! Check back in the spring for the 2018 line-up!

We've been busy working on a few new items to help you become the healthiest you yet! One of those items is coming already in August when the NEW Bearcat cards come out. Be sure to buy one to support the local Bearcat Booster Club and take advantage of the great special we have to offer! If you have an old Bearcat card, there is only two weeks left to redeem the "Try the Trainer" special. Get those cards out and redeem before it's too late! September will bring some of the other specialty items we've been gearing up for you and we couldn't be more excited!

Last, but not least, help save a life by giving blood on August 10 at St. George gym from 1-6. You can log onto our website, hadh.org, for more information.

First Annual Vineyard Trail Run

As you may have heard by now, the Fitness Source is teaming up with Adam Puchta Winery to host our first annual Vineyard Trail Run on August 12 at 8 am. We could not be more excited about this event and THANK YOU all that have registered, purchased a shirt, donated, sponsored or volunteered for the event. You can still register at <http://getmeregistered.com/VineyardTrailRun> or register the day of the event at 7 am.

If the thought of a two-mile obstacle course in August is daunting, no worries! You can also head over to the link to simply donate or join us for the vendor fair at the winery starting at 8 am until 3 pm. All the proceeds from the Trail Run help the Fitness Source in purchasing additional equipment. We hope to see you on the 12th!

Mark your Calendars!

August 5

Bingo Challenge Ends

August 5

Aquatic Classes End

August 10

Blood Drive @ 1 pm,
St. George

August 12

Vineyard Trail Run

August 15

NEW Bearcat Cards
Available

August 16

Athletic Conditioning Ends

Food Pantry Items for August:

- ✓ Desserts
- ✓ Paper Towels
- ✓ Bathroom Tissue

*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: 5am-8:30 pm ~Friday: 5 am-5 pm ~ Saturday: 8 am-1 pm ~ Sunday: 8 am-1 pm

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AUGUST 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 | | Spinning 5:00 a.m. B | | Dawn-Breakers Bootcamp 5:00 a.m. <i>High School Track</i> |
| Monday Mixer 6:00 a.m. A | Master Swim 6:00 a.m. <i>City Pool</i> Ends August 5 | Dawn-Breakers Bootcamp 6:00 a.m. <i>Upper Park</i> | Master Swim 6:00 a.m. <i>City Pool</i> Ends August 5 | Yoga Sweat 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 | Stretch & Flex 8:30 a.m. A |
| Just for Men Strength & Core 9:30 a.m. A | | | Just for Men Flexibility & Balance 9:30 a.m. A | |
| Silver Sneakers Splash® 10:00 a.m. <i>City Pool</i> Ends August 5 | Arthritis Exercise 10:00 a.m. A | Yoga RX 10:00 a.m. A | Arthritis Exercise 10:00 a.m. B | |
| | Silver Sneakers Splash® 10:00 a.m. <i>City Pool – Ends Aug 5</i> | | Silver Sneakers Splash® 10:00 a.m. <i>City Pool – Ends Aug 5</i> | |
| | | ATHLETIC CONDITIONING 11:00 a.m. Ages-12-18 Ends August 16 | | |
| 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 | | |
| Indoor Cycling 5:00 p.m. B | Yoga Sweat 5:00 p.m. B | | Stride Strength 5:00 p.m. A | |
| Grasskickers Bootcamp 6:00 p.m. <i>High School Track</i> | ATHLETIC CONDITIONING 6:00 p.m. Ages-12-18 Ends August 16 | Grasskickers Bootcamp 6:00 p.m. <i>City Park</i> | | |
| | | | Adult Swim Lessons 8:00 p.m. <i>City Pool</i> Ends August 5 | |

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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, Manda, Brandi and Susan

WORKOUT LEVEL: Beginner to intermediate

Core Camp Express: The core of our body is our physical foundation for everything we do in life. In this class, you not only work towards rock hard abs, but set yourself up for overall health and injury prevention for the long run. The focus will be on upper and lower abs, obliques, back muscles, functional movements, as well as hips and glutes to develop better balance.

INSTRUCTOR: Abbey 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

Community Yoga at the Amphitheatre: An opportunity to enjoy a yoga class in an outdoor atmosphere. Be sure to bring your own mat, towel, and water bottle.

INSTRUCTOR: Colleen WORKOUT LEVEL: Beginner to advanced

Crossfire Bootcamp: A diverse, cross training workout combining cardio, strength and core work with all the elements the great outdoors has to offer – hills, steps, bleachers, picnic tables, and trees along with strength and conditioning equipment.

INSTRUCTOR: Michelle WORKOUT LEVEL: Intermediate to advanced

Flow Yoga: An eclectic blend of yoga styles, hatha to vinyasa and many in between. Every class focuses on building strength, increasing flexibility and promoting stress reduction.

INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to advanced

Forever Fit: Forever Fit combines low impact cardio strength training and stretching for a total body workout that increases vitality, builds strength and improves flexibility. Targeted toward active, aging exercisers, beginners and those recovering from injury or illness. Monday the focus is on balance and flexibility, Wednesday is strength and core training and Friday focuses on cardio.

INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

Indoor Cycling: A fun, low/no-impact cardio class, utilizing the indoor stationary bikes, which is designed for ALL levels of exercisers. Beat the treadmill boredom by trying this exciting, 45-minute class! Bring your water bottle.

INSTRUCTOR: Colleen WORKOUT LEVEL: Beginner to advanced

Just for Men: Just for Men combines strength training and stretching to increase flexibility in the major muscle groups, improve balance and build strength. Monday the focus is on strength training while on Thursday, balance and flexibility are the main focus.

INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

Kickboxing Express: 30 minutes of high energy kickboxing moves consisting of kicks and punches to build stamina and strength.

INSTRUCTOR: Tonya

WORKOUT LEVEL: Beginner to advanced

RIPPED: An enhanced sculpt class that will take your strength training to the next level. Barbells, dumbbells, bands and anything else your instructor can find will be used to introduce you to muscles begging to be challenged.

INSTRUCTOR: Peter WORKOUT LEVEL: Intermediate to advanced

Silver Sneakers®: If you're a member of a sponsoring health insurance plan, your classes are free! 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: Manda, Brandi, Tonya, Suzie, and Susan WORKOUT LEVEL: Beginner to intermediate

Silver Sneakers® Splash: A swim class that offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and aquatic equipment will be used to improve strength, balance, and coordination.

INSTRUCTOR: Susan WORKOUT LEVEL: Beginner to intermediate

Staying Strong: See improvements in your cardiovascular fitness, strength, flexibility, balance, and posture. This class focuses on maintaining and improving life skills such as walking up stairs, fall prevention, and getting up and down off the floor.

INSTRUCTOR: Manda WORKOUT LEVEL: Beginner to intermediate

Step Aerobics: Step into shape with this old time favorite class with fun, easy to follow step moves. Experience an intense cardiovascular workout while learning basic step movements at your comfort level. Whether using a step riser for a challenging workout or following along on the floor, this class will be sure to get your legs and heart in tiptop shape.

INSTRUCTOR: Manda WORKOUT LEVEL: Beginner to advanced

Stretch n' Flex: Mat-based, zero-impact, total-body stretching class designed to improve flexibility and range of motion. All ages and fitness levels welcome for this 45-minute class.

INSTRUCTOR: Colleen WORKOUT LEVEL: Beginner to intermediate

Tai Chi: Improves flexibility, muscle strength, and balance; integrating the mind and body. Tai Chi includes Qi Gong, and Sun 73 Style Tai Chi. All ages and levels are welcome.

INSTRUCTOR: Susan WORKOUT LEVEL: Beginner to advanced

Walk 'n' Tone: A 60 minute outdoor walking class combined with toning exercises for a balanced whole body workout. Class will be moved indoors in case of inclement weather.

INSTRUCTOR: Tonya WORKOUT LEVEL: Beginner to intermediate

Yoga: Be guided through stretching, strengthening, and balancing with a gentle approach. All ages and levels of yoga experience welcome.

INSTRUCTORS: Nobby and Adelyn WORKOUT LEVEL: Beginner to advanced

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