

Hermann Fitness Source

~ Messmer – Eitmann Foundation ~

October 2018 Newsletter

New Ownership, Same Great Place!

Dear past, present and future members of the Hermann Fitness Source:

As most of our members are aware, the Fitness Source is excited to announce they will be under new ownership of the Messmer-Eitmann Foundation beginning October 1, 2018. For the past 14 years, the Hermann Fitness Source has been a division of the Hermann Area District Hospital. In May of 2012, the Hospital began an affiliation with the Messmer-Eitmann Foundation with the intentions of the foundation to one day fully own and operate the Fitness Source. "It was always Clara's desire to offer a Health and Wellness facility to the seniors of Gasconade County. We were fortunate that the Hermann Hospital already had the Fitness Source up and running so that the Foundation could learn to walk before we ran. Now that the Messmer Foundation has found its footing, we are excited to give the Fitness Source a permanent home literally under our roof," states Trish Turner, Wealth Manager of the Messmer-Eitmann Foundation.

With any changes in management there are often questions and new procedures. What will happen to my membership rates? What will be the new hours? Will my class still be offered? What changes will affect me directly as a member?

First and foremost, membership fees will remain the same. We will still be offering the same price structures with senior and student discounts, along with class and gym options for the same great price. Cash, check and credit cards will also continue to be offered. If you have been a member who utilizes our automatic credit card withdrawal, this too will still be available. Attending therapy at the Hermann Hospital? We are pleased to continue a great working relationship with the therapy department. The Fitness Source will continue to honor free memberships while attending therapy and 30 days after discharge.

Next, we would like to inform you of our new hours of operation. We are pleased to offer a facility with the opportunity for our members to be flexible with their individual schedule needs. With minimal changes, our new hours of operation, effective October 1, 2018, will be as follows:

Monday – Thursday: 5 a.m. – 8 p.m.
Friday: 5 a.m. – 5 p.m.
Saturday: 8 a.m. – 12 p.m.
Sunday: CLOSED

We are excited to continue to offer a wide variety and jammed packed group fitness schedule like we always have. While we will continue to offer a great class line-up, there will be one minimal change in that we will be adopting a new policy. Effective October 1, 2018, group fitness instructors will no longer be instructing classes that have less than 3 participants in attendance at the start of class time. Please, if you are currently attending a class that routinely has less than 3 participants, we need your help in recruiting additional participants. By stepping in to recruit a friend or two, we can ensure in the coming months that we can continue to offer your favorite classes. Although class may be cancelled once you arrive, please do not feel the need cancel your workout! We welcome you to use any of the equipment on the main floor with the instructor helping you get started.

Mark your Calendars!

October 1

CLOSED

for
Business Transition

October 2

New Hours of Operation Begin
(See schedule for details)

October 31

Happy Halloween
NO EVENING CLASSES

Food Pantry Items For October:

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

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

OVER ->

Hermann Fitness Source ~ Messmer - Eitmann Foundation

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

Hours: Mon-Thursday: 5 am-8:00 pm ~Friday: 5 am-5 pm ~ Saturday: 8 am-12 pm ~ Sunday: CLOSED

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As the staff has been working hard and diligently to make this a seamless transition for our members, there are a few things we need our members to assist us in accomplishing when we are fully under new management October 1, 2018. Beginning October 2, whether you've been with us from day one or one week, new paperwork will need to be filled out by every member. Staff will have packets ready to go upon your arrival for your workout to be completed to make this process as easy as can be. Please, if attending class arrive to your workout 10 minutes early to ensure all paperwork is filled out prior to the start of your workout. Please also note, we will not be able to send paperwork home to be filled out.

The staff at the Fitness Source looks forward to continuing to provide top notch wellness services within the great community of Hermann. We cannot thank you enough for your continued support over the years and we look forward to the opportunity to continue to serve you.

Sincerely,

Abbey Timmerberg
Manager, Hermann Fitness Source

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MEMBERSHIPS	Unlimited Gym & Classes	Gym Only	Classes Only	Single Day Pass	Arthritis Class Day Pass
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-8:00p	5:00a-8:00p	5:00a-8:00p	5:00a-8:00p	5:00a-5:00p
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Mixer 5:00 a.m. A		Dawn-Breakers Bootcamp 5:00 a.m. A		Dawn-Breakers Bootcamp 5:00 a.m. A
Morning Mixer 6:00 a.m. A		Dawn-Breakers Bootcamp 6:00 a.m. A		Yoga Flow 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 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
	Kettlebell HIIT EXPRESS 4:30 p.m. A	Yoga with Nobby 4:30 p.m. (90 Minutes) A		
Cardio Fusion 5:00 p.m. A	Yoga Flow 5:30 p.m. A		Ultimate Intervals 5:00 p.m. A	
Grasskickers 6:00 p.m. (Meet at Gym)		Grasskickers 6:00 p.m. (Meet at Gym)		

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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 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

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

Dawn-Breakers (A.M.) & GrassKickers Bootcamps (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: Abbey and Michelle 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 and Michelle WORKOUT LEVEL: Beginner to advanced

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 and Suzie 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

Yoga Flow: 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

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 allow for less stress in sustained positions. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

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Hermann Fitness Source~a division of Hermann Area District Hospital ~

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

Hours: Mon-Thursday: 5am-9pm ~Friday: 5am-5pm ~ Saturday: 7am-2pm ~ Sunday: 10 am- 2pm

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