



KEEP YOUR SUMMER SIZZLING!

Does anyone remember the song, "Those Lazy-Hazy-Crazy Days of Summer"? It speaks of relaxing picnics and time on the beach. However, for many of us, summer has become anything but lazy! Between work and sports schedules, summer school, swimming lessons, and family/community events, we seem to meet ourselves coming and going. And, of course, don't forget navigating the heat as you scurry around! Before we know it, our summer is gone and we are preparing for school and college to start! Where does it go? At the Fitness Source, we want to help you keep the healthy sizzle in your summer! Follow these tips to more fully enjoy each day of your summer.

HYDRATE, HYDRATE, HYDRATE!

Did we mention staying hydrated? Water is a vital part of maintaining a healthy body so sweating removes that necessary water from your system. You need extra water, especially if you are active in the sun (working, exercising, gardening, etc.) Don't wait until you are thirsty—help keep your body's water level normal by having that water bottle with you at all times for a refreshing sip. Heads up—Sugary drinks (soda, punch, etc.) and alcoholic beverages do not contribute to hydration. In fact, they contribute to the problem!

SUN SAFETY

- Try to complete outdoor tasks before or after the peak UV ray hours—11:00 a.m. to 3:00 p.m.
- If you plan to be outside, wear loose fitting, light colored clothing to help reflect the rays and allow sweat to leave the skin.
- Wear a hat or cap and sunglasses to protect your head and your eyes!
- Apply a sunscreen with an SPF of 15+ every 2 hours and lip balm too.
- SHORT SHADOW, SEEK SHADE! When the sun is high in the sky, take time to seek natural shade or portable shades (canopies, umbrellas, etc.).
- Be aware of the signs of heat exhaustion and/or dehydration and how to proceed if you or another individual begins to feel ill.

EXPERIENCE EACH DAY

In the midst of your many activities, take time to pause and relax each day. Try to take 10-15 minute vacations wherever you may be. Close your eyes, breath slowly, and think of a relaxing place or scene for a few minutes. Then take a moment to reflect on what you are doing—watching the kids swim, working in the garden, or sitting in the air conditioning! Allow yourself to enjoy the present, regardless of the to do list that waits for you. Slowing down can refresh you and renew your energy and your attitude for the rest of the day.

PAMPER YOURSELF

Take advantage of our summer programs before they slip away!

July 9-Aug. 2—Session #2 Summer Aquatics Program

July 1-Aug. 31—Summer Self-Care Program—4 Private sessions—\$99.00

**Be smart, respect the sun's rays and high temperatures, and
HAVE FUN IN THE SUN!**

Mark your Calendars!

July 2 – 6

**Instructor Break Week
NO CLASSES!**

July 4

Fitness Source Closed

July 4

**Hermann Firecracker
5K FUN Run-2018**

July 9

Classes Resume

July 9

**Swim Classes
Session #2 Begins**

August 3

**Bike Rodeo
Details to follow!**

Food Pantry Items for July:

- ✓ **Bar Soap**
- ✓ **Cleaning Supplies**
- ✓ **Personal Hygiene Items**

*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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JULY 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
Morning Mixer 5:00 a.m. A		Dawn-Breakers Bootcamp 5:00 a.m. (Bridge Parking Lot)		Dawn-Breakers Bootcamp 5:00 a.m. (High School Track)
Morning Mixer 6:00 a.m. A	Master Swim 6:00 a.m. (City Pool)	Dawn-Breakers Bootcamp 6:00 a.m. (HS Track)	Master Swim 6:00 a.m. (City Pool)	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
Silver Sneakers Splash® 10:00 a.m. (City Pool)	Silver Sneakers Splash® 10:00 a.m. (City Pool)		Silver Sneakers Splash® 10:00 a.m. (City Pool)	
	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	Yoga Flow 5:00 p.m. A		Ultimate Intervals 5:00 p.m. A	
Grasskickers 6:00 p.m. (HS Track)		Grasskickers 6:00 p.m. (HS Track)		
			Aqua Circuit 8:00 p.m. (City Pool)	

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Hermann Fitness Source Class Descriptions

Aqua Circuit: A combination of beginner swim skills and water boot camp exercises to develop strength and increase your comfort level in the water. No prior swim experience necessary. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to advanced

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

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

Master Swim: A swim workout combining technique and speed drills to build strength and endurance. Class participants must have knowledge of basic swim strokes - front, back, side, breast and butterfly strokes. Participants must also be able to swim 100 meters continuously. INSTRUCTOR: Michelle 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 and Suzie WORKOUT LEVEL: Beginner to intermediate

Silver Sneakers Splash®: A swim class that offers fun shallow-water movement to improve agility and flexibility while incorporating 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 advanced

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

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