

# ~ The Fitness Forum ~

December 2017



## Live to Thrive, Not Survive

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style." – Maya Angelou

The holiday season is upon us. Endless activities, coupled with an increased to do list, can leave us feeling rushed and drained. Of course we are told this is supposed to be a season of joy, family and memory making. For many, it turns into a ramped up version of their everyday life. This isn't thriving – just surviving.

So what does it mean to thrive vs. survive? Thriving is about growth opportunities and development--seeking improvement, rising above, enjoying the present, and focusing on the positives. Surviving, on the other hand, is a term of sole existence, getting by on the minimal. A point A to B philosophy that becomes a check off list of "have to" items.

So how can we change our focus and learn to thrive during the busiest time of the year instead of surviving day to day until the holidays have come and gone? How can we merely apply this approach to each and every day, not just the holidays? Key components for thriving include embracing, balancing and refocusing.

Learning to embrace the moments is the start to thriving. When we take each and every day moment by moment, step by step, we learn to live in the present. We take time to focus on how we feel, learning to reconnect with ourselves by slowing down.

After we have learned to embrace the moments, we then begin to find balance in our lives. To create balance – we must honor our body by eating well, making time to sleep and time for play. When this happens the stressful moments become more tranquil because we can absorb the process versus react.

Once we embrace the moments, find balance in each and every day, a magical thing can happen in life – we start to thrive. We begin to naturally refocus our energy from negative to positive, creating a life we dreamed of living, one to give ourselves a pat on the back for.

What will you do today to thrive tomorrow? Read a book for ten minutes once the kids go to bed, meditate, sit and enjoy the sunshine on a cold day, play fetch with the dogs? Thriving starts with you, start today!

## Mark your Calendars!

**December 1 – 31**  
Adopt a Client

**December 23 thru  
January 1**  
Instructor Break –  
**NO CLASSES!**

**December 24 & 25**  
**CLOSED** for Christmas  
Holiday

**December 26**  
Normal Business Hours  
Resume  
**NO CLASSES**

**January 1**  
**CLOSED** for New Year's  
Holiday

**January 2**  
Normal Business Hours  
Resume  
**CLASSES RESUME**

## **Food Pantry Items for December:**

- ✓ Canned Vegetables
- ✓ Canned Fruit
- ✓ Canned Juices

*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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# DECEMBER 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 - <b>\$22.50</b> unlimited					
General	<b>\$42.50</b>	<b>\$32.50</b>	<b>\$32.50</b>	<b>\$7.00</b>	<b>\$4.00</b>
Over 55	<b>\$32.50</b>	<b>\$22.50</b>	<b>\$22.50</b>		
Student	<b>\$32.50</b>	<b>\$22.50</b>	<b>\$22.50</b>		
80 and OVER	<b>FREE</b>				

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		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	Morning Mixer 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	Kettlebell HIIT EXPRESS 4:30 p.m. A	Yoga with Nobby 4:30 p.m. (90 Minutes) A	AXIS Express 4:30 p.m. B		
Rookie Bootcamp 5:00 p.m. A	Flow Yoga 5:00 p.m. A		Step & Strength 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 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 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: Brandi, Tonya 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 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: Brandi, Tonya 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

**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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