



CELEBRATE & APPRECIATE!

May is definitely a month of honoring individuals and celebrating milestones! Graduations—from kindergarten to college—mark important transitions for families. Mother's Day and Memorial Day allow us to pause and reflect on the dedication and sacrifice of individuals we have connected with throughout our lives. We, at the Fitness Source, celebrate the achievements and commitment of our members and their families. As you come through our doors, know that we value your presence and the great stories that are shared with the gym family. WE APPRECIATE YOU!

THANK YOU

April included a variety of activities—Bikes and Burgers, Build-A-Salad Workshop, and the continuance of the Weight Is Over program. We want to thank all of you who participated and made these programs the best!

Looking for a great Mother's Day gift idea? How about a Hermann Fitness Source gift certificate?
Fitness-Fun-Friendship—Right here at Hermann Fitness Source!

CALENDAR NOTES

MEMORIAL DAY WEEKEND—The Fitness Source will be closed on Sunday and Monday, May 28 & 29, in observance of Memorial Day. Have a safe holiday weekend!

The Fitness Source will be open during regularly scheduled hours (8:00 a.m.—1:00 p.m.) on Mother's Day.

Gear up for **FITNESS BINGO**—A fun way to work out and win prizes starts **June 5th**!

CLASS SCHEDULE

The class schedule set in place in April will continue through May 26. The Weight Is Over-Phase 3 will be ongoing and Athletic Conditioning for students will start on May 16 (see information below).

TUESDAY, MAY 30th, WILL KICK OFF OUR NEW OUTDOOR SUMMER PROGRAMMING!

Several **fitness classes** will be moving outdoors for their summer programming so keep on the lookout for upcoming information on outdoor class schedules and locations.

FITNESS SOURCE SUMMER AQUATIC PROGRAM!

Hermann Fitness Source, in coordination with Hermann Area District Hospital, City of Hermann Parks and Recreation, and the Messmer-Eitmann Senior Center are excited to offer the following aquatic classes at the Hermann City Pool this summer!

Silver Sneakers Splash@--A shallow water movement class for improving agility and flexibility as well as cardiovascular, strength, and endurance conditioning.

Adult Swim Lessons—Swimmers will focus on proper stroke and breathing techniques to improve swimming skills.

Master Swim--A swim workout for building strength and endurance.

COMPLETE AQUATICS PROGRAM DETAILS WILL BE AVAILABLE SOON AT THE FITNESS SOURCE FRONT DESK.

ATHLETIC CONDITIONING---AGES 12-18

ATHLETIC CONDITIONING : MISSED THE INFORMATION MEETING? Stop by the front desk and pick up a packet. There is still time to sign up. Conditioning classes will be held on Tuesdays at 6:00 p.m. from May 16—August 15, with an alternate time available on Wednesdays @ 11:00 a.m.

COMING SOON!

Always forgetting your water bottle? Worry no more. The Fitness Source will soon provide a beverage cooler with healthy drinks at a minimal fee to help you stay hydrated.

SAVE THE DATE
VINEYARD TRAIL RUN—SATURDAY, AUGUST 12, 2017
ADAM PUCHTA WINERY
More information to come.

SUMMER IS JUST AROUND THE CORNER!

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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INQUIRE ABOUT THESE RESOURCES TO GET A HEALTHY START.

Personal Growth Opportunities		
Equipment Tutorials	Guidance Sessions--Nutrition	Guidance Sessions-Exercise
Nutrition Counseling	Personal Training Packages	Bearcat Pass—3 Sessions of Personal Training

CONNECT & SHARE					
<p><u>Facebook—Like & Share</u> Looking for the latest at the Fitness Source? Follow us on Facebook and “like” and share the Fitness Source page.</p>	<p><u>Email for Newsletter</u> Let us know if you would like to have our monthly newsletter sent to your home! We just need your email address.</p>	<p><u>Bulletin Board</u> Spend some time enjoying the Brag Board posts. Feel free to share your accomplishments and goals.</p>	<p><u>Star Cards</u> Want to recognize one of our staff member’s efforts? Complete a Star Card and make their day!</p>	<p><u>Share Your Thoughts</u> Take a moment to tell us some things that you like about the Fitness source as well as your ideas about how we can make our services even better.</p>	<p><u>Food Pantry</u> Canned meats, pasta, and dry staple pantry items</p>



MAY 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		
Over 55	\$32.50	\$22.50	\$22.50		

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Student	\$32.50	\$22.50	\$22.50	\$7.00	\$4.00
80 and OVER	FREE				

Try the 1st class FREE! Check it out at www.hadh.org

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
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday Mixer 5:00 a.m. A		Crossfire 5:00 a.m. A		Spinning 5:00 a.m. A
Monday Mixer 6:00 a.m. A		Crossfire 6:00 a.m. A		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	
	Arthritis Exercise 10:00 a.m. A	Yoga RX 10:00 a.m. A	Arthritis Exercise 10:00 a.m. B	Silver Sneakers® 10:00 a.m. <i>Free for sponsoring insurance plans!</i> A
		ATHLETIC CONDITIONING 11:00 A.M. (Beginning May 15 th) Ages-12-18		
Core & More Express 4:30 p.m. A		Yoga with Nobby 4:30 p.m. (90 Minutes) A		
Cardio Fusion 5:00 p.m. A	Yoga Sweat 5:00 p.m. B	Indoor Cycling 5:00 p.m. B	Stride Strength 5:00 p.m. A	
Crossfire 6:00 p.m. A	ATHLETIC CONDITIONING 7:00 P.M. (Beginning May 15 th) Ages-12-18	Crossfire 6:00 p.m. A		

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, Brandi, and Susan **WORKOUT LEVEL:** Beginner to intermediate

BOOM®: A new Silver Sneakers class for actively aging exercisers geared toward all intensity levels, focusing on the 3 major components of fitness—Movement, muscle, and the mind.

INSTRUCTOR: Michelle **WORKOUT LEVEL:** Beginner to intermediate

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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 WORKOUT LEVEL: Beginner to advanced

Crossfire: A cross training workout combining all of the core elements of fitness: high intensity cardio, strength training, core work and stretching. INSTRUCTOR: Michelle WORKOUT LEVEL: Intermediate to advanced

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

Monday Mixer: Instructor’s choice on how to get your heart pumping and muscles working. You are guaranteed to have a variety of formats in this class. INSTRUCTORS: Abbey, Colleen, Manda, and Michelle WORKOUT LEVEL: Beginner 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: Brandi, Tonya, Suzie, and Susan WORKOUT LEVEL: Beginner to intermediate

Spinning: A high intensity aerobic workout utilizing indoor stationary bikes. Participants ride bikes at varying intensities, from hills to plateaus, with an energetic instructor sure to get your day started right!
INSTRUCTOR: Colleen WORKOUT LEVEL: Intermediate 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.
INSTRUCTORS: Colleen and Michelle WORKOUT LEVEL: Beginner to intermediate

Stride Strength: Combine a rhythmic cardio routine with strength training for a complete body workout. This is a great class for those who find it difficult to fit a variety of workouts into their schedules.
INSTRUCTOR: Tonya 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

Yoga Sweat: For those who think Yoga is not a workout! Increase flexibility like never before by adding a little heat to your practice. A great compliment to the colder weather, we will practice in 80-85 degree temperatures to warm the muscles up and make the body more pliable, in addition to generating enough heat to make you sweat.
INSTRUCTOR: Michelle WORKOUT LEVEL: Intermediate to advance

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