

~ The Fitness Forum ~

May 2018



Despite the unseasonable temperatures we are having this year, believe it or not it's time to start thinking about jumping back into the pool. The Fitness Source along with the Messmer-Eitmann Foundation and the City of Hermann Parks and Recreation are excited to be offering a full line-up of summer aquatic classes again this year.

Starting the week of June 4th, the first session of classes will begin with four full weeks of program offerings. Instructors will take a break from classes the week of July 2nd through the 6th with the second session of classes beginning July 9th and running until August 2nd.

What does the Fitness Source have planned in the aquatic line-up? The tried and true favorite, Silver Sneakers Splash, is included in the offerings. Splash is 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 is provided. Strength, balance, and coordination will all be improved as they are the focus of this great class. Anyone is welcome to join in on this member favorite, not just Silver Sneakers members! You can find Splash offered from 10 a.m. until 11 a.m. every Monday, Tuesday and Thursday.

Also in the line-up is another member favorite, Master Swim. Master Swim is an aquatic 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. Before signing up for this class, make sure you can swim 100 meters since this is one of the qualifications needed to enroll for the class. You can find the Master Swim class meeting on Tuesday and Thursday mornings at 6 a.m.

For all of those individuals who aren't early risers and daytime isn't an option, we've got you covered! Aqua Circuit, a combination of beginner swim skills and water bootcamp exercises to develop strength and increase your comfort level in the water, will be new to the program offerings this season. No prior swim experience is necessary. However, some optional equipment can be used if you desire – goggles, a swim cap, and swim fins. Be sure to contact Michelle Montague if you have questions about any of these optional equipment pieces. Aqua Circuit will be on Thursday nights from 8 p.m. until 9 p.m.

How much are the swim classes? For just \$10 per four week session plus a general membership at the Fitness Source you can gain access to the summer aquatic classes. Have vacation plans and can't attend as much as you desire? Single day passes are also available for \$7 per day gaining access not only to the aquatics class that day, but the Fitness Source too.

Whether you're interested in one, two or all three of these class offerings, you can stop by the Fitness Source to register and request more information. The Fitness Source Staff hopes you are as excited about Summer and the return of swim classes as they are!

Mark your Calendars!

May 11

National Foam Rolling Day
(Check out our specials)

May 13

Happy Mother's Day!
We're **OPEN**

May 14

Discounted Registration
ends for the
Vineyard Trail Run

May 27 & 28

CLOSED for
Memorial Day Holiday

Food Pantry Items for May:

- ✓ Soup
- ✓ Jelly
- ✓ Flour
- ✓ Crackers
- ✓ Peanut Butter

*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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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-7:00p
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		Yin/Yang 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
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	Kettlebell HIIT EXPRESS 4:30 p.m. A	
Rookie Bootcamp 5:00 p.m. A	Yin/Yang Yoga 5:00 p.m. A		Ultimate Intervals 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 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 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

Crossfire: Cross-training that combines weight training, HIIT, Core & Flexibility in one balanced program designed to improve overall fitness, build muscle/reduce body fat, 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: 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, Suzie, and Susan 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

Yin/Yang Yoga: The class will start off in the dynamic and flowing Yang style of yoga which emphasizes internal heat and the lengthening and contracting of the muscles. We will then proceed to the Yin style of yoga which targets the connective tissues – such as the ligaments, bones, and even the joints of the body. Yin is a slow, meditative practice where poses are held for up to three minutes to allow the body to open up and respond to this deep healing practice. 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 allows for less stress in sustained positions. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

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