





SUMMER FITNESS & FUN

June is here and the Fitness Source is ready for the challenge! From athletic conditioning to aquatic programs and outdoor classes, there are opportunities for everyone to enjoy their summer while getting more fit. There is no denying the benefits of staying active so lace up your shoes, invite a friend, and join us at the gym.

	Don't forget--Closed toe shoes are required during gym workouts. Leave your sandals and flip flops at home!	
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SUMMER HOURS

Monday-Thursday	5:00 a.m.—8:30 p.m.	Saturday	8:00 a.m.—1:00 p.m.
Friday	5:00 a.m.—5:00 p.m.	Sunday	8:00 a.m.—1:00 p.m.

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

SEVERAL FITNESS CLASSES WILL BE MOVING OUTDOORS

Dawn-Breakers Bootcamp (A.M.) and Grasskickers Bootcamp (P.M.) are outdoor classes similar to Crossfire Bootcamp. See the attached class schedule and class descriptions for detailed information.

Walk n' Talk (60 minutes) and Walk n' Talk EXPRESS (30 minutes) will take your summer walking program to a new level.

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!

Session # 1 June 5--29

Session #2 July 10--Aug 3

RATES		
Fitness Source Member \$10.00 per session pool fee	Non-Fitness Source Member \$60.00 per session	Single Class \$7.00

Silver Sneakers Splash@--3 days per week--12 classes per session

Adult Swim Lessons--1 class per week--4 classes per session

Master Swim--2 classes per week--8 classes per session

COMPLETE AQUATICS PROGRAM DETAILS ARE AVAILABLE AT THE FITNESS SOURCE FRONT DESK.

ATHLETIC CONDITIONING---AGES 12-18

It's not too late to join! Interested students can still sign up for the complete athletic conditioning program or attend individual sessions of interest. 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. Request a session sheet or check out the Fitness Source Facebook page for a session listing.

SUMMER FUN

FITNESS BINGO IS BACK! June 5th--August 5th- -Join us in a variety of gym activities to win prizes! Pick up your Bingo card from the front desk staff beginning June 5th.

HADH 19TH ANNUAL 3 PERSON SCRAMBLE GOLF TOURNAMENT--Friday, June 9, at the Loutre Shore Country Club. Individuals can choose to golf, eat dinner, purchase raffle tickets, or do all 3! To sign up for the golf tournament contact Shanna Landolt, or see Abbey Timmerberg for raffle tickets.

FIRECRACKER 5K--JULY 4TH--Be on the lookout at our front desk for more information on the 5K run.

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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HYDRATE AND REFRESH

To help you stay hydrated, visit the Fitness Source front desk and purchase one of these healthy drinks:

Water--\$1.00 Flavored water--\$2.00 Gatorade--\$2.00

LOOKING INTO JULY

The Fitness Source will be closed on **Tuesday, July 4th, ONLY**, in observance of Independence Day. Regular hours will be observed on Monday, July 3, and Wednesday, July 5.

INSTRUCTOR BREAK JULY 3-8--We will **NOT** be offering classes at the Fitness Source July 3-8. Classes will resume on Monday, July 10, with our regular class schedule.

SAVE THE DATE

VINEYARD TRAIL RUN—SATURDAY, AUGUST 12, 2017
ADAM PUCHTA WINERY

**Check out our event on Facebook for all the details
and learn how to register.**

SUMMER SERVICES

Fire up your summer workouts by scheduling one of the Fitness Source services provided to improve your skills!

Equipment Tutorials	Nutrition Counseling	Guidance Sessions--Exercise
Guidance Sessions--Nutrition	Bearcat Pass—3, 45 minute sessions	Personal Training Packages

SUMMER CONNECTIONS

Facebook—Like & Share—Check out our class schedule and events on the Facebook page.

Email for Newsletter—If you would like to have our newsletter mailed directly to you, contact our front desk staff with your email address.

Bulletin Board--Spend some time enjoying the Brag Board posts. Feel free to share your accomplishments and goals.

Star Cards--Want to recognize one of our staff member's efforts? Complete a Star Card and make their day!

Share Your Thoughts—We continue to receive great feedback and invite you to share your ideas with us too.

Food Pantry—This month we are collecting canned vegetables, fruits, and juices. Please drop off your donated items at the Fitness Source. THANK YOU!

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JUNE 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	\$7.00	\$4.00
Student	\$32.50	\$22.50	\$22.50		
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		Spinning 5:00 a.m. B		Dawn-Breakers Bootcamp 5:00 a.m. <i>High School Track</i>
Monday Mixer 6:00 a.m. A	Master Swim 6:00 a.m. <i>City Pool</i>	Dawn-Breakers Bootcamp 6:00 a.m. <i>High School Track</i>	Master Swim 6:00 a.m. <i>City Pool</i>	Yoga Sweat 6:00 a.m. A
				Walk 'n' Talk 7:30 a.m. <i>City Park</i>
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	
Silver Sneakers Splash® 10:00 a.m. <i>City Pool</i>	Arthritis Exercise 10:00 a.m. A Silver Sneakers Splash® 10:00 a.m. <i>City Pool</i>	Yoga RX 10:00 a.m. A	Arthritis Exercise 10:00 a.m. B Silver Sneakers Splash® 10:00 a.m. <i>City Pool</i>	Silver Sneakers® 10:00 a.m. <i>Free for sponsoring insurance plans!</i> A
		ATHLETIC CONDITIONING 11:00 a.m. Ages-12-18		
Core & More Express 4:30 p.m. A	Walk 'n' Talk EXPRESS 4:30 p.m. <i>Meet at Gym</i>	Yoga with Nobby 4:30 p.m. (90 Minutes) A		
Indoor Cycling 5:00 p.m. B	Yoga Sweat 5:00 p.m. B		Stride Strength 5:00 p.m. A	
Grasskickers Bootcamp 6:00 p.m. <i>High School Track</i>	ATHLETIC CONDITIONING 6:00 p.m. Ages-12-18	Grasskickers Bootcamp 6:00 p.m. <i>City Park</i>		
			Adult Swim Lessons 8:00 p.m. <i>City Pool</i>	

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Hermann Fitness Source Class Descriptions

Adult Swim Lessons: A swim class that focuses on proper stroke and breathing techniques, thus improving participants' skills for swimming exercise. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to intermediate

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

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

Dawn-Breakers & Grasskickers Bootcamps: (A.M. & 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: Michelle, Abbey WORKOUT LEVEL: Beginner 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! 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

Master Swim: A swim workout combining technique and speed drills to build strength and endurance. Class participants must have a 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: Intermediate to advanced

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®: 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

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

Walk n' Talk: (A. M.) A 60 minute outdoor walking class combined with toning exercises for a balanced whole body workout. Bad weather cancels. INSTRUCTOR: Michelle WORKOUT LEVEL: Beginner to advanced

Walk n' Talk EXPRESS: (P.M.) Reach your daily step goal with this 30 minute class! We will meet at the gym and take an outdoor walk that will really get your heart pumping! Bad weather cancels. All fitness levels.
INSTRUCTOR: Tonya WORKOUT LEVEL: Beginner to advanced

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