

WHAT IS WELLNESS: Wellness is an active process of becoming aware and making choices toward a healthy and fulfilling life. The Wellness Center at Lutheran Homes & Health Services provides the resources and motivational assistance needed to reach your health and fitness goals.

JOIN THE WELLNESS CENTER: The Wellness Center provides you with a wide variety of exercise equipment and fitness classes. FreeMotion™ equipment is widely recognized as the most versatile, innovative equipment to train your body. Equipment allows members to train the way they move and changes their lives through fitness innovation.

The Wellness Center team includes a variety of qualified Wellness Coaches including:

- Karla Wolff (Fitness / Exercise Instructor)
- Amy Zimmerman (Fitness / Exercise Instructor)
- Gina Wilson (Strength / Cardio Instructor)
- Lenore Gerhartz (Wellness / Yoga Instructor)
- Mary Jo Neumann (Fitness / Wellness Instructor)
- Vangie Tam (Fitness / Exercise Instructor)

As a member, you will be motivated to improve your overall well-being through increased physical activity and healthier lifestyle choices. Once you begin your fitness program, you will realize increased energy, higher self-esteem, and an overall improvement in your quality of life.

HOURS OF OPERATION:

Monday – Friday 6:30 a.m. – 8:00 p.m.
Saturday – Sunday 7:30 a.m. – 8:00 p.m.

MEMBERSHIP:

Community Membership Options:

55 + \$18 per month
Under 55 \$23 per month

Membership Activation:

A \$30.00 joining / reactivation fee will be applied per individual membership activation. This fee will be applied if you have a break in service and reactivate your membership.

PAYMENT OPTIONS:

Monthly automatic checking withdrawal
Monthly or Annual payment with cash/check
Wellness Membership Agreement required

Fall

Sept. 11, 2017
through
Dec. 22, 2017
Update



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920.921.9520

www.lutheranhomesfonddulac.org

CLASS OFFERINGS:

Updated 8/22/17

Monday

6:30 – 7:30 a.m. Yoga Flex
9:00 -9:30 a.m. 55 + Fitness Mix
4:15-4:45 p.m. Basic Tae-Bo (video)
5:45-6:45 p.m. Yoga

Tuesday

6:30 – 7:00 a.m. Circuit Class*
9:00 – 9:30 a.m. Zumba Gold
4:15-5:00 p.m. Body Shock

Wednesday

6:30 – 7:30 a.m. Yoga Flex
9:00 - 9:30 a.m. 55+ Fitness Mix
4:15-4:45 p.m. Stability Ball

Thursday

6:30 – 7:00 a.m. Circuit Class*
8:30 – 9:00 a.m. 10/10/10
4:30-5:15 p.m. Zumba Toning

Friday

4:15-4:45 p.m. Basic Tae-Bo (video)

Saturday

8:30-9:30 a.m. Cardio Boot Camp

Please note there is a minimum of 4 participants needed to hold a class.

Classes are subject to cancellation based on room availability, instructor availability or inclement weather.

Videos may be substituted in the absence of an instructor led class

**Held in the Wellness Center Gym – Fitness Equipment Center; independent, self-led class (not instructor-led)*

55 + Fitness Mix: 30-minute exercise session which includes mobility and balance routines utilizing light hand weights and the resistance ball. A chair is offered for support, stretching, and relaxation exercises.

Yoga Flex: Combines several methods of flexibility training including traditional Yoga poses with an emphasis on back and abdominal strengthening.

Circuit Class: Step up to the 45-minute challenge of improving your strength, agility, balance, etc. as you work your way through the circuit of exercises timed in specific intervals. Follow the session with stretching incorporating a combination of core strengthening, Yoga poses, and flexibility training. Circuit held in the Wellness Center machine room.

Zumba Gold: The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart

10/10/10: A balanced mix of cardio resistance training and stretching. The class provides a variety of movements to help shape, restore and tone the body. The class will strengthen the heart, tone the body and restore your muscles.

Zumba Toning: Latin-inspired, dance fitness class that incorporates international music and dance movements, creating a fun and effective fitness class. This cardio-based class combines fast and slow rhythms that tone and sculpt the body. Light hand weights utilized during class at times.

Body Shock: High intensity, calorie burning workout that will challenge and help reform your body.

Stability Ball: Combination of stability ball and/or resistant bands-helps to tone and build lean muscle while focusing on balance and posture. Cardio Boot Camp: Get

Yoga: A practice that calms & focuses the mind. As the mind quiets, the body releases tension. We relax deeply into postures, stress correct alignment, increase balanced strength & flexibility. Focus is not on achieving perfection but only to explore & enjoy. Consideration will be given to every individual requirement.

Basic Tae-Bo (Billy Blanks video): Boxing punches and martial arts kicks, Tae-Bo is fun and easy. Includes a 27-min. workout (5 min. warm-up, 18 min. Tae-Bo, 4 min. cool-down) that will have your heart pounding and your body sweating.

244 North Macy St. Fond du Lac, WI 54935
Office Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.