







# **March 2010**

Mon	Tue	Wed	Thu	Fri
<b>1</b> •TBC 9:00 (S)  •Abs 5:00 (L) •TBC 5:15 (L)	<b>2</b> •Power Yoga 6:30am(L) •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (L)  	<b>3</b> •NO CLASSES	<b>4</b> •Water Exercise 8:30 am (S)  	<b>5</b> • NO TBC  <b>6</b> Bubble Lady Yoga 9-10:15
<b>8</b> •NO CLASSES	<b>9</b> •NO POWER YOGA •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (A)	<b>10</b> •NO CLASSES  	<b>11</b> •Water Exercise 8:30 am (S)	<b>12</b> •TBC 9:00 (S)  <b>13</b> •Bubble Lady Yoga 9-10:15
<b>15</b> •TBC 9:00 (S)  •Abs 5:00 (L) •TBC 5:15 (L)	<b>16</b> •NO POWER YOGA •NO WATER •Gentle Yoga 10:00 (L)  	<b>17</b> •NO CLASSES	<b>18</b> •NO CLASSES	<b>19</b> •NO TBC  <b>20</b> •Bubble Lady Yoga 9-10:15
<b>22</b> •NO AM TBC  •Abs 5:00 (L) •TBC 5:15 (L)	<b>23</b> •Power Yoga 6:30am(L) •Water Exercise 8:30 am (S) •Gentle Yoga 10:00 (A)	<b>24</b> •NO CLASSES	<b>25</b> •Water Exercise 8:30 am (A)  	<b>26</b> •TBC 9:00 (L)  <b>27</b> •Bubble Lady Yoga 9-
<b>29</b> •TBC 9:00 (L) •Abs 5:00 (L) •TBC 5:15 (L)	<b>30</b> •NO CLASSES	<b>31</b> •NO PILATES •Abs 5:00 (L) •TBC 5:15 (L)		

MMC Staff that has considerable vacation time accumulated has been asked to use it when the staffing schedule allows for it. As you know, the Fitness Staff has been limited on its opportunities to do so with a staff member on Maternity leave. Student Interns allow limited schedule opportunities for vacations as they are only available to us based on their school class schedule.

Since that staff member on Maternity leave has since resigned, we are left with a similar situation. We have hired one of our Student Interns, Jeff Prendergast to help cover evening hours. While this has made a significant difference in our ability to meet the needs of our clients, (members, patients and class participants included) it does not really provide for adequate coverage for all facets of our job when one of the Fitness Staff requests vacation time.

While we do not want to trouble anyone with our internal concerns, we do want to remain open and honest with our patrons. We will continue to make every effort to provide coverage for our class schedule, however there are times when we have no choice but to regretfully cancel classes in order to meet needs in other areas. This is not a practice we take lightly and staff has done everything possible in the past few months to maintain a regular class schedule.

We appreciate your understanding and continued patronage. We all need time away to re-charge the batteries and spend time with friends and family. Thank you for these periodic possibilities. –Marty Soat

# CLASS DESCRIPTIONS

## **Abs Class**

Work on the waistline! This 15 minute class emphasizes isolating and strengthening the abdominal muscles while safely protecting the lower back. **15 Min. FREE!**

## **Gentle Yoga**

Gentle Yoga specializes in helping everyday people learn the basics of yoga and meditation. The technique combines breathing with stretches and bodywork to release tension and to re-learn relaxation, thereby reducing pain and stress. The goal is to restore balance and inner peace. **45 Min.**

## **Pilates**

The ultimate mind-body method to tone, streamline and realign your body. Emphasizes building core strength to improve posture, flexibility and balance. **60 Min.**

## **Power Yoga**

A dynamic combination of strength, sweat and spirituality. Sculpt and tone the muscles of your body and your mind. **45 Min.**

## **Total Body Challenge (TBC)**

We aim to strengthen each and every muscle in your body, using either your own body weight or rubberized tubing as resistance. Not only will you increase your muscular strength and endurance, but your balance and coordination will improve as well. Don't let the name scare you; this class can be modified by the participant to increase or decrease the amount of intensity. **45 Min.**

## **Water Exercise**

An energized class for all levels using the water as resistance. This low-impact class allows one to exercise with reduced stress on the joints. This class will help you improve your stamina, strength and flexibility. **60 Min.**

**Yoga With The "Bubble Lady" of Galena,**  
Marian Roberts Lubinski  
Saturday mornings.

### **Individual Class Cost:**

Fitness Members: \$8 Non-Members \$10

### **Class Card (purchase 12, 13th is free):**

Fitness Members: \$96

Non Members: \$120

## **Cost per class**

\$5.00 Midwest Health & Fitness Members

\$7.00 Non-Members





For your convenience, you may purchase a "Class Punch Card" that is worth 10 classes for the price of 8! These cards are available to members and non-members for \$40 and \$56 respectively. We will keep the card and punch for every class you attend. You will not lose out if you miss a class.

## **Additional Info:**

All water exercise classes will meet at the Stoney Creek Inn pool, located right off Hwy 20, across from McDonalds.

Upon entering the hotel, tell the front desk that you will be attending the water exercise class and they will issue you a key. Please arrive 5-10 minutes early for all water classes, as changing facilities are limited. We ask that you bring you own towel. All other classes will meet in the Studio room located in the Midwest Health & Fitness Center.

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