



News & Upcoming Events:

- **BIG Loser Continues** – Don't forget to come in and have your second set of measurements taken sometime this month. Please ask a staff member for help if you are unsure how to reach your goals.
- **The Hermann Health Challenge!** Starts Feb 28th and goes through April 24th. It is a competition between Hermann, Montgomery City, and Owensville competing to be the healthiest city. Citizens in each town are encouraged to log their minutes of physical activity for eight weeks. Also, on Saturday, May 1, 2010, there is a 5K run and 1 mile fun walk. The monies raised go to the local food pantries. A trophy is awarded to the town with the most physical activity minutes. Last year we raised \$2,700! To get ready for the challenge, you can try the Lunch Express or take a few classes like Walk and Tone, Simply Fit, or 5K Walk/Run. There is also a Couch Potato to 5K workout at the gym. To join the challenge, you can pick up an activity log at Hermann Fitness Source beginning on Saturday February 20th.
- **Winter Weather** – Ice and snow are here. In inclement weather, please call ahead to make sure the Fitness Source is open. Walk & Tone and Boot Camp classes will meet outside unless the weather forecast is below 35 degrees. Call 486-2251 if you are unsure where to meet.
- **SilverSneakers® exercise program is here!** If you are 65 or older, please check with the front desk to see if you qualify for a free membership and classes. Even if you don't qualify for the free program, you can still participate. It is open to everyone. Please check the class schedule for dates and times.
- **Heart Healthy Fair** is Saturday Feb 6th 8-12pm at the hospital. There will be a cholesterol screening, snacks, and health screenings such as blood pressure and BMI. Please pre-register for the event and check www.hadh.org for more info.
- **Red Heart Walk** – Takes place February 12th at the Fitness Source. It is a short walk (0.6 miles) around downtown with heart healthy education along the way. Lunch will be served following the walk and donations for lunch will be collected for the food pantry. Come walk anytime between 11:30-12:30pm.

Lunch Express Here's another 20-minute workout that can be done anytime. Complete the following workout 2-3 times per week on non-consecutive days. If you do not know these exercises, just ask the fitness staff to show you. Start with a 5-minute cardio warm up followed by 1 minute of each of the following stations:

1. Squat jumps (optional weights in hands to make it harder; eliminate the jump to make it easier)
2. Dumbbell rows – left arm for 30 seconds, right arm 30 seconds
3. Jumping jacks
4. Walk the plank in front plank position. Get into the plank position on your hands. Go down to your elbows and then push back up to your hands. Repeat for 1 minute. Do this on your knees to make it easier – toes to make it harder.

Repeat stations 1-4 three times. If you are looking for a longer workout, then add 20 more minutes of cardio at the end. Don't forget to stretch, too.

Health Tips for You! February is "Heart Health" month. Please check our bulletin board and find all the Heart Smarts around the gym to learn nutrition & fitness tips to help your heart stay healthy in 2010.



FOCUS on: FITNESS EVALUATIONS... Fitness evaluations are a great way to assess your health and fitness and then make sure that your workout routine is the best one for you. Fitness Evaluations usually consist of 2 appointments. The first appointment includes fitness testing such as strength, cardiovascular fitness, and body fat. At the second appointment, you receive a report of your results and a program that is customized to your needs. We recommend getting a fitness evaluation and program design every 3-4 months. Please contact Stevyn Guinnip for more information or to schedule your evaluation.

CLASS SCHEDULE

124 E. 4th Street ~ Hermann, MO 65041 ~ phone 486-2251

MEMBERSHIPS	Unlimited Gym & Classes	Gym Only	1 Day Gym	Single Class	Single Arthritis	10 Punch Class	10 Punch Arthritis
General	\$35	\$25	\$8	\$3.50	\$2.50	\$35	\$25
Over 55	\$30	\$20					
Cardiac Rehab	n/a	\$30 (includes cardiac rehab classes & gym)	n/a	n/a	n/a	n/a	n/a

Try the 1st class FREE!

NOW OPEN SUNDAYS 10a-2p through March 28th

5a-1p & 2p-7p	5a-1p & 2p-7p	5a-1p & 2p-7p	5a-1p & 2p-7p	5a-1p & 2p-5:30p	6a-12p
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tone Zone 5-6a		*Boot Camp 5-6a		GO! Cardio 5-5:45a	
Simply Fit 6:15-6:45a		GO! Cardio 6:15-7a		***Fitness Eval 6:15-7a	
***Fitness Eval 7:15-8a		***Fitness Eval 7:15-8a		***Fitness Eval 7:15-8a	
SilverSneakers® MSROM 8:30-9:15a		***Fitness Eval 8:15-9a		STAY STRONG 8:30-9:15a	
Arthritis Exercise ⁽¹⁾ 9:30-10:30a	Arthritis Exercise ⁽²⁾ 9:30-10:30a	STAY STRONG 9:30-10:15a	SilverSneakers® MSROM 9:30-10:30a	Tai Chi (includes Arthritis) 9:30-10:30a	*Rookie Boot Camp 9:30-10:30a
***Fitness Eval 9:30-10:15a	Cardio-Tap 10:35-11:05a			***Fitness Eval 9:30-10:15a	
		CARDIAC REHAB/Monitored Exercise 10:30-12:00p		CARDIAC REHAB/Monitored Exercise 10:30-12:00p	NOW OPEN SUNDAYS 10-2pm
Lunch Express 11a-1p	Lunch Express 11a-1p	Lunch Express 11a-1p	Lunch Express 11a-1p	Lunch Express 11a-1p	
CLOSED 1-2pm	CLOSED 1-2pm	CLOSED 1-2pm	CLOSED 1-2pm	CLOSED 1-2pm	
	Walk & Tone 3:30-4:15p	Simply Fit 3:30-4:00p	Walk & Tone 3:30-4:15p		
Core & More 4:15-5p	Core & More 4:15-5p	***Fitness Eval 4-4:45p	Core & More 4:15-5p		
**5K Walk/Run 5-5:45p	Line Dancing 5:15-6:15p	Yoga 4:30-6p	Spinning 5:30-6:15p		
Spinning 5:15-6p	Line Dancing 6:30-7:30p	*Boot Camp 5:00-6:00p			
		***Fitness Eval 6:15-7:00p			

Class sizes are limited. We encourage you to come to class 15 minutes early to change shoes and enroll. Ask about our monthly LUNCH EXPRESS exercise routines – free with gym membership.

*Boot Camps are 6-week sessions and will be held at the High School Track if the forecast is 35 degrees or higher. Otherwise, it will be in the gym.

**5K Walk/Run will be held if temperature forecast is 35 degrees or higher. Call gym to confirm.

***Fitness Evals are by appointment only. Please see separate handout for pricing and descriptions.

Revised 2-4-10/Effective 2-5-10

Hermann Fitness Source ~ a division of **Hermann Area District Hospital** ~ 124 E. 4th Street ~ Hermann, MO 65041 ~ 573-486-2251

Hours: Mon-Thurs: 5am-1pm & 3pm-7pm ~ Fri: 5am-1pm & 3pm-5:30pm ~ Sat: 6am-12pm ~ Sunday: closed

To unsubscribe, go to squinnip@hadh.org and type in **unsubscribe along with your email address.**

Hermann Fitness Source Class Descriptions – Try the 1st class FREE!

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. Three levels of classes: basic, intermediate, and advanced.

Boot Camp – A 6-week higher intensity class using body weight, speed, and endurance drills inspired by sports teams and the military. This class may be held at various locations such as the Hermann Hospital fitness trail, high school track, or city park. Call ahead to find out meeting location. **Rookie Boot Camp** is a lower intensity version of the same class.

Cardiac Rehab: Phase 3/Monitored Exercise – for graduates of HADH Phase 2 Rehab program or those with increased risk for cardiac events with a physician referral. Wednesdays and Fridays.

Cardio Tap – a 30 minute tap dancing class with a focus on cardiovascular fitness.

Core & More – Using key Yoga and Pilate's concepts, this class focuses on core strength, muscle endurance, range of motion/flexibility, balance, coordination, and more by using your own body weight, exercise balls, and resistance bands to tone, strengthen, and lengthen your entire body.

FITNESS EVAL – These sessions are by appointment only and can consist of fitness testing, fitness consultations, nutritional consultations, and cardiac rehab orientations. Please see separate handout for pricing and descriptions.

GO! Cardio – Tired of your cardio program? This class contains a variety of cardio routines to keep your body guessing and keep you from getting bored. With a mix of cardio and toning exercises, this is a great all-in-one class.

Line Dancing – A beginners and an advanced class for country line dancing.

Lunch Express – A time for members to drop in during their lunch hour for a quick circuit training program. The programs will be designed by a personal trainer and will take approximately 30 minutes to complete. The programs will change periodically and be posted for your convenience.

SilverSneakers® Muscular Strength & Range of Movement – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

Simply Fit – Need an effective workout but don't have much time? Simply Fit is a no nonsense class without a lot of complicated choreography. 3 exercises - 3 sets - many variations...this class is for novice or advanced exercisers.

Spinning with Jose – A 45 minute multi-level, cardiovascular indoor cycling class (includes stretching). All fitness levels welcome.

STAY STRONG – This class uses fitness balls to strengthen the core muscles of the abdomen and back. Participants will see improvements in balance, posture, and core strength.

Tai Chi – Improves flexibility, muscle strength, and balance; integrates the mind and body. Based on Arthritis Foundation Tai Chi, Qi Gong, and Sun 73 Style Tai Chi. All ages and levels are welcome.

TONE ZONE – Improves muscular strength and endurance while boosting metabolism and sculpting the body

Walk & Tone – A walking class sprinkled with toning exercises between walking segments. This class is great for intermediate and beginning workouts. We can modify it to meet your needs. Please call the Fitness Source (486-2251) in the event of inclement weather. Class starts at the gym during the winter months and will be held if the temperature forecast is 35 degrees or above.

Yoga – Be guided through stretching, strengthening, and balance with a gentle approach. All ages and levels of yoga experience welcome.

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