

Penrose-St. Francis Extended Fitness Classes: All employees, volunteers, and community members welcome! **Penrose Main Hospital Locations**

Classes held at: 2222 N Nevada Ave, E-Tower Basement Wellness Center

Bootcamp:

Join Margaret Sabin, our PSF CEO/President and ACE Certified group fitness instructor, for a cardiovascular and strength workout to give you day the perfect ending! Prepare to laugh, sweat- maybe sing, but above all, feel great when you focus on your body. She is a very busy lady but she makes it a PRIORITY to exercise and start the day off right – join her! Bootcamp is a non-choreographed work-out that incorporates gym exercises with core strengthening and stretching moves. This session look forward to more Core exercises that will incorporate the fitness ball and BOSU Ball. This will help to enhance your flexibility and strength.

Accelerated lunch time hour - Body Toning:

This is a quick 30-minute class you can do during your lunch break and help you look fabulous! Nicole Miller is an A.C.E. (American Council on Exercise) certified group fitness instructor and personal trainer with 10 years of experience in the fitness field. Nicole will teach you how to use the body bars, weights, balls, jump ropes, mats, and much more! Learn how to use all of the apparatus we offer in the aerobics room while toning up!

Nia:

Nia is a body-mind-spirit fitness and lifestyle practice. The Nia philosophy "Through Movement We Find Health," means we believe in the power of self-discovery through movement. Nia is done barefoot to music and delivers cardiovascular and whole-body conditioning. Nia addresses the whole person, using a comprehensive, holistic exercise approach designed with a combination of nine classic movement forms; Marital Arts, Tai Chi, Tae Kwon Do, Aikido, Healing Arts, Yoga, the work of Moshe Feldenkrais, and the Alexander Technique, and Dance Arts, Jazz Dance, Duncan Dance, and Modern Dance.



Pilates:

This is a beginner class consisting of very gentle exercises done on a mat in either a sitting or lying down position. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.



Yoga:

Beth Mccarthy, RYT E500, is a Yoga Therapist and viniyoga teacher. As Colorado Springs' only Structural Yoga Therapist, Beth works with individuals helping them to recover from past health issues and current health conditions. Beth has a private therapy practice here in Colorado Springs and specializes in women's health issues and back care. Viniyoga is a therapeutic, breath inspired style of yoga that adapts yoga postures to meet the needs of the individual within a classroom setting. This class is suitable for all!

Yoga for a Healthy Back:

Join Beth McCarthy who is a certified structural therapist in this NEW class! It has shown that thirty-one million Americans have back pain at some point in their life. This class will progress throughout the six weeks and cover topics such as: settling the mind, ways to improve posture, how proper gait and biomechanics of movement prevent/support back health, stress reduction/relaxation techniques, reducing inflammation and increasing circulation to bring about healing naturally, opening through the shoulder and hip girdles to free the spine, and developing core strength and stability. The first class of these sessions is mandatory with the rest being highly recommended.



The pre-registration cost of each five or six-week session will be \$35 for PSF employees, \$40 for PSF volunteers, and \$45 for all community members/family/friends! (Belly Dancing, Nia, Pilates, Yoga **only**) If you sign up at the class or less than 24 hours before the class begins there will be an additional charge of \$5.

Bootcamp:

Session 1: Mondays 5:00-6:00pm, Jan 11, 18, 25, Feb 1, 8, 15
Session 2: Mondays 5:00-6:00pm, March 1, 8, 15, 22, 29, April 5

Nia:

Session 4: Tuesdays 5:00-6:00pm, March 9, 16, 23, 30, April 6, 13

Pilates:

Session 5: Wednesdays 5:00-6:00 pm, Jan 6, 13, 20, 27, Feb 3
Session 6: Wednesdays 5:00-6:00 pm, Feb 10, 17, 24, March 10, 17 (Skip Mar 3)
Session 7: Wednesdays 5:00-6:00 pm, March 31, April 7, 14, 21, 28

Yoga:

Session 4: Thursdays 5:15-6:30pm, Jan 7, 14, 21, 28, Feb 4, 11
Session 5: Thursdays 5:15-6:30pm, Feb 18, 25, March 11, 18, 25, April 1 (Skip March 4)

Yoga for a Healthy Back only: The pre-registration cost of each six-week session will be \$40 for PSF employees, \$45 for volunteers, and \$50 for all community members/family/friends!

Yoga for a Healthy Back:

Session 3: Tuesdays 5:15-6:45pm, Jan 12, 19, 26, Feb 2, 9, 16
*Please note 1st class is mandatory, call for class availability before registering

Body Toning only: The pre-registration cost of the 30-minute 6 - week session will be \$20/PSF employees & \$25/volunteers and community members (30 minute session) or \$30/PSF employees & \$35/volunteers and community members (1 hour session). If you sign up at the class or less than 24 hours before the class begins there will be an additional charge of \$5.

Accelerated lunch time hour - Body Toning:

Session 4a: Mondays 11:45-12:15pm, Jan 11, 18, 25, Feb 1, 8, 15
Session 4b: Mondays 12:20-12:50pm, Jan 11, 18, 25, Feb 1, 8, 15
Session 5a: Mondays 11:45-12:15pm, March 1, 8, 15, 29, April 5, 12 (skip March 22)
Session 5b: Mondays 12:20-12:50pm, March 1, 8, 15, 29, April 5, 12 (skip March 22)

Winter 2009 Registration Form for PH: Send or bring check/cash & registration form to the HIIP Office ASAP to reserve your space in these fast-filling classes! Call Liz at 776-7393 for more info, class space availability, and/or to inform me you're sending in your paperwork.

Mailing address: Club HIIP @ PSF, Attn: Liz Berardi, 2222 N. Nevada Avenue, Colorado Springs, CO 80907

Classes are held at Penrose Main (2222 N. Nevada) in the E-Tower Basement/Aerobics Room unless noted otherwise.

Name: _____ Community Member or Dept: _____

Phone: _____ Class/Session Attending (please specify) _____

Email address (please print clearly): _____

Make checks payable to "PSF Wellness" Paid by cash ___ OR check # _____

*****Payment is due 24 hours before class. There is an additional \$5 charge if you sign up at the first class!**

If paying by check, please pay for each class/session with a separate check, which can be post-dated for each session. Thank you. ☺

I want a receipt! YES or NO

Brought to you by:

