

Penrose-St. Francis Extended Fitness Classes:

All employees, volunteers, and community members welcome!

St. Francis Medical Center Locations

Classes are held in the North Care Building, 2nd Floor, Julie Penrose Center

The cost of this 45-minute 6 - week session will be:

\$35/PSF employees & \$40/PSF volunteers and \$45/community members/family/friends

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!

Session 2: Mondays 5-6:15pm, Jan 11, 18, 25, Feb 1, 8, 15

Bootcamp:

Join Margaret Sabin, our PSF CEO/President and ACE Certified group fitness instructor in this practical yet inventive class, as she maneuvers around the finest exercise tool ever created-- YOUR BODY!!!! There will be no equipment necessary in this class! Revisit some exercise fundamentals, and yet some innovative and fresh moves to take your fitness to a superior level!! Be prepared to strengthen, streamline, stretch, tighten, balance and tone your entire body!!!! All fitness levels welcome!

Session 1: Thursdays 6:30-7:15am, Jan 14, 21, 28, Feb 4, 11, 18

Session 2: Thursdays 6:30-7:15am, March 4, 11, 18, 25, April 1, 8

Reserve your space by sending in registration form & check to the HIIP office at Penrose Hospital
Classes are held at St. Francis Medical Center, North Care Building, 2nd Floor, Julie Penrose Center

Winter SFMC Classes 2010 Registration Form: Send or bring a check or cash & registration form to the HIIP office ASAP to reserve your space in this fast-filling class! Call Liz at 776-7393 for more information

Mailing address: HIIP @ PSF, Attention: Liz Berardi, 2222 N. Nevada Ave, Colo Springs, CO 80907

Name: _____ Community Member or Dept: _____

Phone: _____ Email Address: _____

Session/class attending: _____

Checks Payable to "PSF Wellness" Paid by cash ___ OR check # ___

I want a receipt YES or NO

Brought to you by:

