

NOVEMBER-DECEMBER 2010

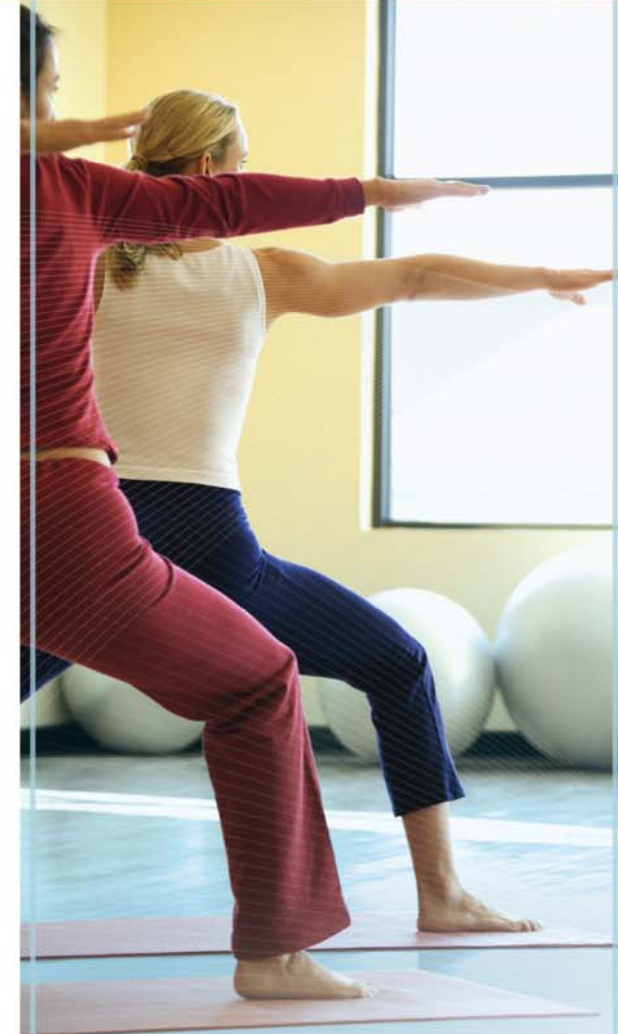
	Monday	Tuesday	Wednesday	Thursday
5 am		5:15 – 6:00 Step & Tone		5:15 – 6:00 Step & Tone
6 am		6:00 – 6:45 Water Exercise		6:00 – 6:45 Water Exercise
7 am				
8 am	8:00 – 9:00 Yoga	8:30 – 9:15 Water Exercise	8:00 – 9:00 Yoga	8:30 – 9:15 Water Exercise
9 am	9:00 – 9:45 Water Exercise	9:30 – 10:15 Water Yoga	9:00 – 9:45 Water Exercise	9:30 – 10:15 Water Yoga
10 am	10:00 – 11:00 Aqua Motion	10:30 – 11:15 Arthritis Water Exercise	10:00 – 11:00 Aqua Motion	10:30 – 11:15 Arthritis Water Exercise
11 am	11:15 – 12:00 Arthritis Water Exercise 11:30 – 12:15 Mother/Baby Yoga		11:15 – 12:00 Arthritis Water Exercise	
12 pm		12:00 – 12:45 Beginning Yoga		12:00 – 12:45 Beginning Yoga
4 pm		4:45- 5:30 Body Toning		4:45- 5:30 Body Toning
5 pm	5:00 – 5:45 Water Exercise	5:45 – 6:30 Cardio Tone	5:00 – 5:45 Water Exercise	5:45 – 6:30 Cardio Tone
6 pm	6:00 – 6:45 Water Exercise		6:00 – 6:45 Water Exercise	
	6:00 – 6:45 Zumba		6:00 – 6:45 Zumba	
7 pm	7:00 – 8:00 Yoga			

FOR MORE INFORMATION, CALL 608-643-7572

EXERCISE CLASS SCHEDULE

November-December 2010

EXERCISE CLASS SCHEDULE



Sauk Prairie Memorial Hospital & Clinics
80 First Street, Prairie du Sac 53578



Sports Medicine • Personal Performance • Wellness

www.spmh.org

WELLSPRING PLUS EXERCISE CLASS SCHEDULE

M = Wellness Center Member NM = Non-member

Registration for Nov.-Dec. 2010 session begins Saturday, October 16 at 7:00 am. Classes run Nov. 1 – Dec. 16, 2010. No classes Thanksgiving.

POOL CLASSES (warm water)

ARTHRITIS WATER EXERCISE

Warm water exercises to stretch muscles around joints and gently strengthen those muscles.

M/W 11:15am – 12:00pm

14 classes for NM \$63, M \$49

T/Th 10:30 – 11:15am

13 classes for NM \$58.50, M \$45.50

WATER EXERCISE

Warm water exercises using water resistance and resistance equipment to strengthen muscles; stretching and water walking/jogging included.

M/W 9:00 – 9:45am

14 classes for NM \$63, M \$49

M/W 5:00 – 5:45pm

14 classes for NM \$63, M \$49

M/W 6:00 – 6:45pm

14 classes for NM \$63, M \$49

Early Bird T/Th 6:00 – 6:45am

13 classes for NM \$58.50, M \$45.50

T/Th 8:30 – 9:15am

13 classes for NM \$58.50, M \$45.50

AQUA MOTION

Ai Chi, Yoga & Pilates using water's support and resistance. Focuses on breathing and body awareness.

M 10:00 – 11:00am

7 classes for NM \$56, M \$46.50

W 10:00 – 11:00am

7 classes for NM \$56, M \$46.50

WATER YOGA

Warm water provides comfort, support and resistance to movement. Improve flexibility, strength, balance and breathing while calming and centering the mind.

T/Th 9:30 – 10:15am

13 classes for NM \$78, M \$65

EXERCISE ROOM CLASSES

NEW MOTHER/BABY YOGA

Open to parents and infants from 7 weeks old to crawling age. Designed to help new moms recover from pregnancy and the birthing process. Paired movements, in modified yoga poses, are a great way to connect. Good for baby also. Crying & feeding allowed.

M 11:30am – 12:15pm

6 classes for NM \$36, M \$30 (no class Nov. 8)

NEW BEGINNERS YOGA

Thought of learning yoga or haven't done it in years? Relax & stretch; no complicated poses.

T/Th 12:00 – 12:45pm

13 classes for NM \$58.50, M \$48.75

ZUMBA - Ditch the workout; join the party!™

Latin dance-based fitness to burn maximum calories and provide total body toning. All ages and fitness levels welcome. Dance expertise not needed.

M/W 6:00 – 6:45pm

14 classes for NM \$56, M \$42

EARLY BIRD STEP & TONE

Use the platform "step" for an eye-wakening cardio and body sculpting workout. A great way to start the day!

T/Th 5:15 – 6:00am

13 classes for NM \$52, M \$39

BODY TONING

Stretching, abdominal work, arm and leg exercises along with use of steps and light weights. Not an aerobic class.

T/Th 4:45 – 5:30pm

13 classes for NM \$52, M \$39

CARDIO TONE

Cardiovascular workout with toning exercises. Get the best of both worlds!

T/Th 5:45 – 6:30pm

13 classes for NM \$52, M \$39

YOGA IN THE IYENGAR TRADITION

This yoga uses precise body alignment, movement, and breathing to improve posture and flexibility. Strength is increased by holding physical postures (asanas).

M 8:00 – 9:00am (class ends Dec. 6)

6 classes for NM \$36, M \$30

M 7:00 – 8:00pm (class ends Dec. 6)

6 classes for NM \$36, M \$30

W 8:00 – 9:00am (class ends Dec. 8)

6 classes for NM \$36, M \$30

Fitness Assessment Available!

*Free to Wellspring members
\$90 for non-members*

- Assess your current fitness level
- Establish realistic goals
- Individualize your exercise program
- Evaluate your progress

Call 643-7572 for more information!

Stop in to register. Open Mon-Thurs 5 am-9 pm; Fri 5 am-7 pm; Sat & Sun 7 am-1 pm