

WELLSPRING PLUS EXERCISE CLASS SCHEDULE

M = Wellness Center Member NM = Non-member

Registration for Summer Session I and II begins Saturday, June 5 at 7:30 am.

POOL CLASSES (warm water)

ARTHRITIS WATER EXERCISE

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

Session 1 (June 21 – July 29)

M/W 11:15am – 12:00pm

12 classes for NM \$54, M \$42

T/Th 10:30 – 11:15am

12 classes for NM \$54, M \$42

Session 2 (Aug. 2 – Sept. 2)

M/W 11:15am – 12:00pm

10 classes for NM \$45, M \$35

T/Th 10:30 – 11:15am

10 classes for NM \$45, M \$35

WATER EXERCISE

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

Session 1 (June 21 – July 29)

M/W 9:00 – 9:45am

12 classes for NM \$54, M \$42

T/Th 8:30 – 9:15am

12 classes for NM \$54, M \$42

M/W 5:00 – 5:45pm

12 classes for NM \$54, M \$42

M/W 6:00 – 6:45pm

12 classes for NM \$54, M \$42

WATER EXERCISE (cont'd)

Session 2 (Aug. 2 – Sept. 2)

M/W 9:00 – 9:45am

10 classes for NM \$45, M \$35

T/Th 8:30 – 9:15am

10 classes for NM \$45, M \$35

M/W 5:00 – 5:45pm

10 classes for NM \$45, M \$35

M/W 6:00 – 6:45pm

10 classes for NM \$45, M \$35

EARLY BIRD (Session 2 only) T/Th 6 – 6:45am

10 classes for NM \$45, M \$35

AQUA MOTION

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

(Session 2 only) W 9:45am- 10:45am

10 classes for NM \$70, M \$60

EXERCISE ROOM CLASSES

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.

Session 1 (June 28 - July 29)

M/W 6:00 – 6:45pm

10 classes for NM \$40, M \$30

Session 2 (Aug. 9 - Sept. 1)

M/W 6:00 – 6:45pm

8 classes for NM \$32, M \$24

EARLY BIRD STEP & TONE

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

Session 1 (June 29 - July 29)

T/Th 5:15 – 6:00am

10 classes for NM \$40, M \$30

Session 2 (Aug. 10 - Sept. 2)

T/Th 5:15 – 6:00am

8 classes for NM \$32, M \$24

BODY TONING

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

Session 1 (June 22 - July 22)

T/Th 4:45 – 5:30pm

10 classes for NM \$40, M \$30

Session 2 (Aug. 3 – Sept. 2)

T/Th 4:45 – 5:30pm

10 classes for NM \$40, M \$30

CARDIO TONE

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

Session 1 (June 22 - July 22)

T/Th 5:45 – 6:30pm

10 classes for NM \$40, M \$30

Session 2 (Aug. 3 – Sept. 2)

T/Th 5:45 – 6:30pm

10 classes for NM \$40, M \$30

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).

Session 1 only (June 23 – July 21)

W 8:00 – 9:00am

5 classes for NM \$30, M \$25

**Personal performance services from
Wellspring Plus:**

REACT: Fundamentals for the developing athlete – 6-week summer program for middle school athletes in Sauk Prairie and Lodi.

Personal Training

Massage

Bike Fitting

Running Assessment

Marathon/Half Marathon Training

**See our Website @ www.spmh.org or
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

SUMMER 2010

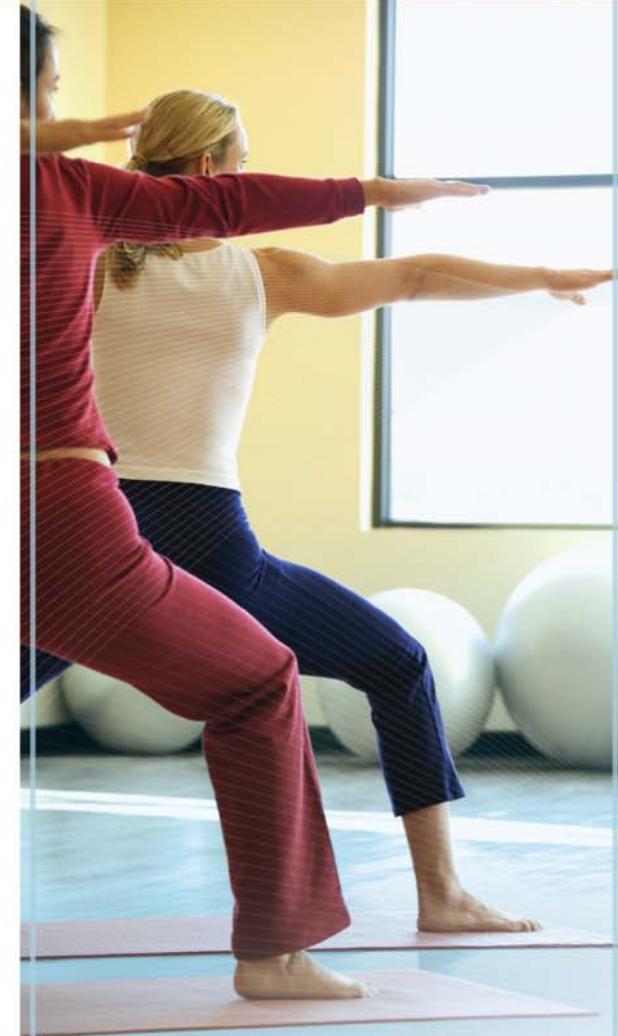
	Monday	Tuesday	Wednesday	Thursday
5 am		5:15 – 6:00 Step & Tone		5:15 – 6:00 Step & Tone
6 am		6:00 – 6:45 Water Ex. (Session 2 only)		6:00 – 6:45 Water Ex. (Session 2 only)
7 am				
8 am		8:30 – 9:15 Water Ex.	8:00 – 9:00 Yoga (Session 1 only)	8:30 – 9:15 Water Ex.
9 am	9:00 – 9:45 Water Ex.		9:00 – 9:45 Water Ex.	
			9:45 – 10:45 Aqua Motion Session 2 only)	
10 am		10:30 – 11:15 Arthritis Water Ex.		10:30 – 11:15 Arthritis Water Ex.
11 am	11:15 – 12:00 Arthritis Water Ex.		11:15 – 12:00 Arthritis Water Ex.	
3 pm				
4 pm		4:45- 5:30 Body Toning		4:45- 5:30 Body Toning
5 pm	5:00 – 5:45 Water Ex.	5:45 – 6:30 Cardio Tone	5:00 – 5:45pm Water Ex.	5:45 – 6:30 Cardio Tone
6 pm	6:00 – 6:45 Zumba		6:00 – 6:45 Zumba	
	6:00 – 6:45 Water Ex.		6:00 – 6:45 Water Ex.	
7 pm				

FOR MORE INFORMATION, CALL 608-643-7572

EXERCISE CLASS SCHEDULE

Summer 2010

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



Sports Medicine • Personal Performance • Wellness

www.spmh.org