Healthy Columbus Onsite Group Fitness Q2, 2014

Schedule and Class Descriptions

Classes start the week of April 14, 2014 and end the week of June 23, 2014

Attend as many classes as you would like!

New for Q2: Pilates!

All City employees are encouraged to participate in Healthy Columbus sponsored programming such as physical activity classes and health fairs. Supervisors are encouraged to consider requests for flexible work schedules for employees who wish to attend these programs.

healthy COLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF HUMAN RESOURCES

UnitedHealthcare

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Body Burn
This class incorporates the basic moves and form for proper exercise technique that can be used in a gym or at home. Free weights, cardio and core will be the focus for an intermediate workout . Nothing is designed to be heavy, but you will feel the burn. Modifications to exercises and pace can be made for all fitness levels.

Cardio & Circuit Challenge
Free weights and cardio exercises will keep the heart rate elevated during timed stations. This allows you to work at your own pace within the timeframe. Modification to exercises and pace can be made for all fitness levels.

Cardio Kickboxing
This class will be a total body fitness experience using punching, kicking, and jabbing. Gloves and pads will be used for all levels to be challenged. Other cardio and core training will be incorporated.

Chair Yoga– Get Fit While you Sit!
The chair becomes your mat just about any pose that can be done standing, sitting, or lying on a mat can be adapted to sitting on a chair. Everyone is welcome-, each pose will be presented in multiple levels of flexibility. The class will include breathing, meditation, stretching, strengthening. Bonus: you can participate in your work clothes! *Yogis who wish to practice on a mat are able to do so.*

LaBlast Dance
A high energy, partner-free dance fitness class that will both challenge and inspire people of all ages and fitness levels. Music ranges from pop, rock, hip-hop, country and everything in between. Dances covered include the Cha Cha, Merengue, Salsa, Quick Step, Samba and more!

Pilates
Pilates is a sequence of exercises performed on a mat using the abs, lower back and tush. Special attention is paid to detail, sequence, alignment and control of each movement. Virtually all of the exercises done are in a low weight-bearing position allowing for little or no impact on the joints.

Stretch and Sculpt
Learn the basic body movements. Class begins and ends with stretching and slowly progress into sculpting muscle groups. Low impact/low intensity– perfect for beginners!

Total Body Blast
Train every part of your body with free-weights, cardio and core exercises. Routines will change weekly, incorporating body resistance, circuit/station training, and high intensity cardio Intermediate to an advanced fitness levels welcome.

TRX Suspension Training and Circuit Challenge
The TRX training system and a circuit of free weights and cardio will provide a total body workout. Core development and every muscle group will be sculpted and toned through suspension training. All fitness levels are welcome.

Tummy and Tush
An incredible isometric workout for your tummy, tush, thighs and more. A blend of cardio and isometrics to ensure maximum results. This fat burning, calorie torching workout will leave you with sleeker thighs, a flatter tummy and a shapelier tush.

Yoga for Stress & Flexibility
Moves at a slower pace focusing basic poses and calming the mind an body. A few minutes of quiet mediation brings the class to an end. The student is revived and energized and ready to continue the work day.

Yoga for Strength:
For students with some yoga experience. Moves at a slightly quicker pace and poses will build strength in the joints and all muscle groups- you might sweat a bit!

Zumba
Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

Meet Your Class Instructors

Bev Campbell (Yoga For Stress & Flexibility, Chair Yoga)
Bev is wife, mother, grandmother and is also employed with a fast paced IT company, so she is always juggling life's demands. Yoga, has helped Bev to find the inner peace & strength that is so necessary to cope with one's life. She is a certified and registered Yoga Alliance Teacher and has been practicing yoga for over 10 years. Her approach to Yoga is centered on calming the fast-paced mind and soothing the effects of stress in the body, an approach which ultimately addresses personal productivity and satisfaction. Classes include breathing exercises and mind-body postures for fitness, appropriate to all levels of flexibility and strength. Teaches classes 1 & 15.

Lori Fannin (Yoga for Stress & Flexibility, Yoga for Strength)
Lori started practicing yoga via video in 1998 as a way to lose weight and really enjoyed it. Soon she was taking classes at her gym and was hooked and began teaching in2004. Over the past decade Lori has taught yoga at local fitness facilities and currently teaches for the Healthy Columbus Program, downtown YMCA, AEP. Lori is consistently staying current with Yoga practices through continuing education and hopes to see you in class!
Teaches classes 4, 12, 14 & 18.

Charles Gibson (Cardio Kickboxing, TRX Suspension)
Charles is a Certified Personal Fitness and Kickboxing Trainer through the Aerobics & Fitness Association of America and the International Sports Conditioning Association. A certified group exercise instructor for over 8 years and a certified personal trainer for 6, Charles learned from the best - developing a love for fitness while in the Marine Reserves. His training emphasis includes core and muscular strength, improved balance and endurance. Teaches classes 12 & 20.

Chauntel Hornarey (LaBlast)
Chauntel has over two and a half years of experience in the dance fitness industry, holding several certifications including Zumba and LaBlast. She is also a competitive Pro-Am American rhythm ballroom dancer. Her classes are upbeat and fun– you'll forget that you're exercising!
Teaches class 22

Melissa Keesing (Zumba)
Melissa has over 4 years of experience in the dance fitness industry. She fell in love with Zumba and could often be found at the head of the class dancing the pounds away. Not only has she changed her look, she has worked hard to changer her life! Teaches class 17.

Deb Messner (Body Burn, Stretch & Sculpt, Total Body Blast)

All-American and professional athletes in Deb's family created an atmosphere where sports and competition were synonymous with life itself. As a Certified Personal Trainer she has been committed to helping people achieve their personal fitness goals for over 16 years. Knowledge and experience, planning, accountability, consistency and motivation are just a few of the important factors involved in staying on track for a healthy lifestyle. Deb's focus is on the total body, both inside and outside of the gym. Teaches classes 5, 6, 19 & 21.

Nick Persichetti (Stretch & Sculpt, Cardio Circuit Challenge)

Nick graduated from Ohio University in 2001 with a BA in exercise physiology and has over ten years of experience in the personal training and fitness industry. Nick's passion is helping each client achieve their fitness goals in their own, unique way. By finding creative ways to train different muscle groups, challenging the body's nervous and muscular systems, Nick's workouts will keep you on your toes! Teaches classes 9, 10, & 16.

Gwen Surratt (Yoga for Stress & Flexibility, Yoga for Strength)

Gwen has studied and taught yoga for over 30 years, brining this practice of mind and body to hundreds of yogis. Aside from the five City of Columbus classes, Gwen also teaches at McConnell Heart Health, State Farm (New Albany), Westerville Community Center and the Yoga Factory in Westerville. Teaches classes 2, 3, 11 &23.

Juana Williams (Tummy & Tush)

Juana is fitness fanatic and is a Certified Personal Trainer. Having lost forty five pounds over 9 years ago, she understands the struggles of losing weight and what it takes to maintain it. She will join you on your journey as a constant source of encouragement/motivation to keep you on track– she's ready to transform your life. Teaches class 7

Q2, 2014 Group Fitness Class Registration Form. Fax to 645-8022

New: There is no limit to the number of classes you may take.

The sign in form at each class will also cover the liability waiver. You will be required to sign in!

Name:_____ Email (required):_____

Phone:_____ Department:_____

Supervisor Signature:_____

Supervisor Signature indicates knowledge that registration form will be submitted for processing. Supervisor signature is not required for evening classes. All City employees are encouraged to participate in Healthy Columbus sponsored programming such as physical activity classes and health fairs . Supervisors are encouraged to consider requests for flexible work schedules for employees who wish to attend these programs.

	"X" your choices			
Mon.	1	Chair Yoga	11:30-12:15	910 Dublin Rd. Auditorium
	2	Yoga for Stress and Flexibility	11:15-12:15	240 Parsons Ave. Fitness Rm.
	3	Yoga for Stress and Flexibility	12:30-1:30	240 Parsons Ave. Fitness Rm.
	4	Yoga for Strength	12:00-1:00	77 N. Front St. Cols. STAT Rm.
	5	Stretch and Sculpt	11:30-11:50	3639 Parsons Ave. Gym
	6	Total Body Blast	11:50-12:30	3639 Parsons Ave. Gym
	7	Tummy and Tush	4:45-5:30	757 Carolyn Ave. Hearing Rm.
Tues.	8	Pilates **NEW!!!!!**	11:30-12:30	1111 E. Broad St. Continental Room
	9	Stretch and Sculpt	11:30-11:50	77 N. Front St. Cols. STAT Rm.
	10	Cardio Circuit Challenge	11:50-12:30	77 N. Front St. Cols. STAT Rm.
	11	Yoga for Strength	1:00-2:00	240 Parsons Ave. Fitness Rm.
	12	Cardio Kickboxing	5:00-6:00	240 Parsons Ave. Auditorium
	13	Yoga for Stress and Flexibility	5:30-6:30	174 E. Long St. Training Rm.
Wed.	14	Yoga for Stress and Flexibility	11:30-12:30	1111 E. Broad St. Continental Rm.
	15	Yoga for Stress and Flexibility	11:30-12:30	77 N. Front St. Cols. STAT Rm.
	16	Stretch and Sculpt	11:30-12:00	910 Dublin Rd. Auditorium
	17	Zumba	5:00-6:00	240 Parsons Ave. Auditorium
Thurs.	18	Yoga for Stress and Flexibility	12:15-1:15	375 S. High St. 18th Fl.
	19	Body Burn	11:30-12:15	240 Parsons Ave. Fitness Rm.
	20	TRX Suspension & Cardio Circuit	12:00-12:30	1000 N. Hague Ave. Boxing Rm.
	21	Body Burn	12:30-1:15	77 N. Front St. Basement
	22	LaBlast Dance	5:15-6:00	77 N. Front St. Basement
Fri.	23	Yoga for Stress and Flexibility	12:00-1:00	1250 Fairwood Ave. Room 0031B

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