Healthy Columbus Onsite Group Fitness Q2, 2016

Schedule and Class Descriptions

Classes start the week of ***April 4th, 2015*** and end the week of ***June 17th, 2015***

Attend as many classes as you would like!

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.

Sign-up for free Right Start sessions!

Right Start is a new health coaching program for employees who want to improve their fitness levels, offered only at Front Street Fitness. Call x3979 or email plshick@columbus.gov to learn more about the program and free parking at the fitness center! It's the perfect compliment to these group fitness classes!

healthy COLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR
DEPARTMENT OF HUMAN RESOURCES

UnitedHealthcare

Q2, 2016 Class Descriptions

Torch Boot Camp
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.

Tabata
Tabata is a form of high-intensity interval training (HIIT). It involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn a whopping 13.5 calories a minute—and double a person's metabolic rate for 30 minutes afterwards.

Chair Yoga– Get Fit While you Sit!
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.*

Hip-Hop Fitness
Hip-hop dance is a full-body, high energy exercise that is suitable for both beginners and advanced exercise enthusiasts. Hip-hop can be a diverse way for you to get the exercise you need each day. Each class will vary to ensure you receive optimal results.

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 of the exercise are done in a low weight-bearing position allowing for little or no impact on the joints.

Incinerate
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.

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.

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.

Body Weight Strength & Core
This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve your cardiovascular strength and endurance. Performed to motivating music and inspired by Pat's energy. The class incorporates a variety of exercises and smaller free weights to always keep you on your toes and eager to see what is next.

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, 13, 14

Jennifer Wilkinson (Incinerate, Torch Boot Camp, Cardio Kickboxing)

Jennifer is a Certified Personal Trainer who became an advocate for a holistic lifestyle after realizing at the age of 25 that she was at the heaviest and unhealthiest she had ever been. After attending her 1st private session with a personal trainer, her true passion for helping others reach their goals was born. She went on to lose 30 lbs and began teaching others about her journey and believes there is not a "one size fits all" approach to health and fitness. She became certified in personal training, group fitness, and has traveled to Fiji to become certified in yoga. She believes in pushing people to be their personal best. Her motivation comes from showing others their true potential and helping them accomplish at least one thing they "thought" they could not do. Teaches classes 5, 12, 17

Lydia Bowen (Yoga for Strength)

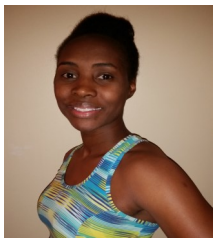
Lydia Bowen is Ohio born and raised and has lived in Columbus since 1987. She received her 200hr yoga teacher certification so she could bring to others the joy she has found in yoga. Yoga has given her a sense of strength and balance in her daily life that she hasn't found anywhere else. She loves the simplicity of yoga because all you need is a mat and a willing attitude. Lydia believes yoga is very versatile and is accessible to everyone. Lydia's passion is teaching yoga to sports teams and athletes, focusing on injury prevention and to increase balance and flexibility. Teaches class 8

Pat Shick (Body Weight Strength & Core)

Currently the wellness support coordinator at Front Street Fitness, Pat has a wealth of experience teaching and guiding city of employees through workouts! Originally from Powell, Ohio, Pat attended Otterbein University where he played soccer and completed his undergraduate degree in Sport Management then going on to complete his Masters Degree in Health & Wellness. Pat currently lives in Uptown Westerville with his wife Kimmie and their 7 year old Boxer Roma. Teaches classes 10 & 18

Meet Your Class Instructors

Melissa Keesing (Hip Hop Fitness)
Melissa has over 4 years of experience in the dance fitness industry. She fell in love with hip hop dance 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 change her life! Teaches class 19



Angel Jones Abernathy (Pilates)
Angel Jones Abernathy feel in love with fitness at an early age. She turned to Yoga/Pilates to relax, strengthen and tone her mind/body. Angel is a devoted wife, retired member of the armed forces and committed friend to many. Attending many form of exercise classes, training and workshops to ensure she stays in touch with what's changed in the fitness world has been a bit part of her success.
Teaches class 7

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, 9, 11 & 20

Juana Williams (Tummy & Tush, Tabata)
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 classes 6, 21

Mindy Foster (Zumba & Hip-Hop Fitness)
Mindy has been teaching Zumba since September 2014. Her favorite rhythm to dance to is Reggaeton. She has always had a passion for dance and music. She says that Zumba has given her the opportunity to share her love and passion with others as well as create some amazing friendships. Teaches class 16

HELPING YOU GET RESULTS YOU WANT

Right Start
EMPLOYEE FITNESS CENTER

healthy COLUMBUS

In four short meetings over the next 30 days, we can take you from an exercise skeptic to a highly-confident individual who is excited about working out. In less than two hours of your time, you will gain the tools and resources that will help you succeed.

1 EXPLORE
To help you achieve your wellness goals and get the most out of your Y investment, it's important for us to spend some time getting to know you.

2 PLAN
You've begun exercising and you're starting to get comfortable. After spending some time on your own, it's natural to have some questions.

3 ACT
You've gained important knowledge and begun to implement a solid wellness strategy. This critical meeting will help you recognize and overcome the most common obstacles to healthy living.

4 SUSTAIN
You've made progress, now it's all about sustaining your improved, healthier lifestyle. This meeting is about maintaining your new habits and keeping up with success over time.

Schedule your FREE Right Start appointment today!
Call: 614-645-3979 Email: plshick@columbus.gov

THE CITY OF COLUMBUS
DEPARTMENT OF HUMAN RESOURCES

Don't forget to sign up for the Cap City events before the price jump!

Price jump for each race occurs at the start of each month leading up the race

Entry Fees

$45: **5K**
$80: **Quarter Marathon**
$100: **Half Marathon**
Coupon Code:*COC16*

To register, go to:

www.capitalcityhalfmarathon.com

Enter ***COC16*** in the coupon code box to get $10 off your registration fee.

Email plshick@columbus.gov to confirm your registration and place your t-shirt order for the City of Columbus team.

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Lynn Pattin's group led distance training sessions have moved back outdoors, two days a week **!**

Thursday evenings – 5:15pm – Wolfe Park (meet near the shelterhouse)

Saturday mornings – 8:00am – Antrim Park (meet by the lake by going under the freeway)

These sessions are suitable for all ages and skill levels! Lynn will help you put create a plan whether you're walking your first 5k or running your 10th marathon! Plus the support from this group is extremely strong! Don't miss out on this free opportunity!

Email BTKimbro@columbus.gov if you are interested in signing up– it's quick and easy!

Coach Lynn Pattin with club members Ginny Dorsey, Kirsten Fluellen, Elizabeth Jones, and Jen Morel

Lynn Pattin has been running competitively since the 7th grade. She attended The Ohio State University graduating with a BA in Journalism & Communication and has over 8 years of experience as a Corporate Wellness Program Coordinator. Lynn regularly attends workshops on sports nutrition, injury prevention, and other running related topics. She has participated in local running groups, corporate running clubs, and coached individual runners to help them achieve their running goals, whether it is completing their first 5K or tackling the longer distances. Lynn also enjoys Piloxing, strength-training, and a regular yoga practice. She lives in Lewis Center with her hubby, Josh, and her favorite student of all - her young son, Ryan, who already has five 5Ks under his belt!

Q2, 2016 Group Fitness Class Registration Form

Fax to 645-8022 or Email HealthyColumbus@columbus.gov

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

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

Classes begin the week of April 4th and end the week of June 17th.

Questions? Call 645-3892

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 . 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**	11:30-12:30	77 N. Front St. Cols. STAT Rm.
	_____	5	**Torch Boot Camp**	11:30-12:30	3639 Parsons Ave. Gym
	_____	6	**Tummy and Tush**	4:45-5:30	757 Carolyn Ave. Hearing Rm.
	_____	7	**Pilates**	11:30-12:30	1111 East Broad Exercise Rm
Tues.	_____	8	**Yoga for Strength**	11:00-12:00	757 Carolyn Ave. Hearing Rm.
	_____	9	**Yoga for Stress and Flexibility**	11:30-12:30	3639 Parsons. Rm. 101
	_____	10	**Bodyweight Strength & Core**	12:00-12:45	77 N. Front St. Cols. STAT Rm.
	_____	11	**Yoga for Strength**	1:00-2:00	240 Parsons Ave. Fitness Rm.
	_____	12	**Cardio Kickboxing**	5:15-6:15	240 Parsons Ave. Auditorium
	_____	13	**Yoga for Stress and Flexibility**	5:30-6:30	750 Piedmont Rd. Main Lobby
Wed.	_____	14	**Yoga for Stress and Flexibility**	11:30-12:30	1111 East Broad Exercise Rm
	_____	15	**Yoga for Stress and Flexibility**	11:30-12:30	77 N. Front St. Cols. STAT Rm.
	_____	16	**Zumba**	5:00-6:00	240 Parsons Ave. Fitness Rm.
Thurs.	_____	17	**Incinerate**	11:30-12:30	240 Parsons Ave. Fitness Rm.
	_____	18	**Bodyweight Strength & Core**	12:00-12:45	77 N. Front St. Basement
	_____	19	**Hip-Hop Fitness**	5:00-6:00	77 N. Front St. Basement
Fri.	_____	20	**Yoga for Stress and Flexibility**	12:00-1:00	1250 Fairwood Ave. Rm 0031B
	_____	21	**Tabata**	11:30-12:00	240 Parsons Ave. Fitness Rm.

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