Healthy Columbus Onsite Group Fitness Q3, 2015

Schedule and Class Descriptions

Classes start the week of ***July 6th, 2015*** and end the week of ***September 14th, 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
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF HUMAN RESOURCES

UnitedHealthcare

Q3, 2015 Class Descriptions

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.

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.

Stretch and Sculpt

Learn the basic body movements. Class begins and ends with stretching and slowly progresses 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.

Core & Cardio Blast

This class will focus on interval cardio work, combined with an emphasis on the core. You will experience a different workout each week and your own body weight will become the resistance factor. Some of the movement will be traditional while other intervals will be new to you. If you do not like the interval at the time, no problem. Things will soon change and you will be on to the next thing. An intermediate and advanced level of fitness will find the class challenging yet manageable.

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.

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 & 16

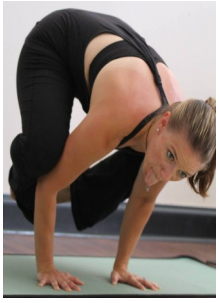
Lori Fannin (Yoga for Stress & Flexibility, Yoga for Strength)

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, 14, 15

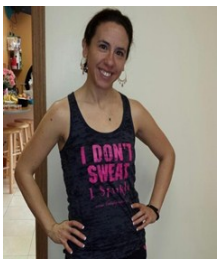
Charles Gibson (Body Burn)

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 class 11



Tammy Gretz (Yoga for Strength)

Tammy Comes from 20 years of teaching group fitness. She welcomed the change and the challenge that she found in yoga. She believes that people can accomplish amazing things when given the right tools. Teaching yoga is a tool to unlock one's potential. She gets really excited about helping others find their outer edge and challenging people to dig a little deeper and maybe discover something about themselves along the way. She practices yoga because it makes her feel awesome. Teaches class 9



Melissa Keesing (Hip Hop Fitness, Zumba)

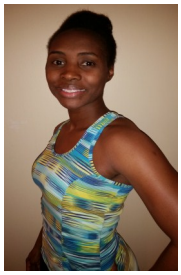
Melissa has over 4 years of experience in the dance fitness industry. She fell in love with hip hop dance and could often be found at the head of the class dancing the pounds away. Not only has she changed her look, she has worked hard to change her life! Teaches class 18, 21

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 & 20

Dimitrious Stanley (Core & Cardio Blast)

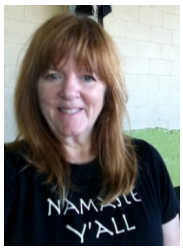
As a former athlete, Dimitrious' knowledge and teaching style is driven from the discipline he learned through years of coaching and hard work. His love for athletics and people is a winning combination to enable anyone to achieve a higher level of physical fitness and optimal health. Dimitrious has been teaching group classes and training clients for the past 10 years. One thing you can count on…you will have fun in his class. Teaches classes 17



Angel Jones Abernathy (Pilates)

Angel Jones Abernathy feel in love with fitness at an early age. Through the stresses of everyday life, 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 8 *Some weeks will be Angel, others will be Jill*

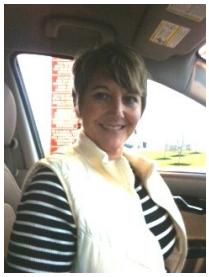


Gwen Surratt (Yoga for Stress & Flexibility, Yoga for Strength)

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, 10, 12 & 22

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 7, 23



Jill Wilson (Pilates)

Jill is certified in Pilates, Yoga, Spinning, and Silver Sneakers. She is a mom of four and enjoys promoting good health, healthy lifestyle and exercise. Jill has also been teaching fitness classes in the YMCA and Jewish Center for several years. She challenges herself to make sure that everyone participating in her classes get the results they are looking for. Teaches class 8 *Some weeks will be Jill, others will be Angel*

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

Patrick Shick, MS

Front Street Fitness - Wellness Support Coordinator

B.A. Sport Management – Otterbein University
M.S. Health & Wellness – Otterbein University
AFAA Primary Group Fitness Instructor Certification

Pat grew up in Powell, Ohio and attended Olentangy high school where he played soccer and wrestled. After graduating from Olentangy, Pat attended Otterbein University where he played soccer and completed his undergraduate degree in Sport Management. Upon graduation, Pat spent 3 years in the marketing industry before returned to the Otterbein University Men's Soccer Program as the Graduate Assistant. While working as the graduate assistant he completed his Masters Degree in Health & Wellness.

Pat currently lives in Uptown Westerville with his wife Kimmie and their 6 year old Boxer Roma. Pat has continued to stay involved in the soccer community in Columbus and has just completed his 1st season as the head coach of the Olentangy Boys Soccer Team. When Pat is not with his team or at the Downtown Branch of the YMCA of Central Ohio, he spends his free time making custom wood furniture and has a passion for hunting and the outdoors.

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UnitedHealthcare

Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR

SUMMER CLASS SCHEDULE

CHANGES ARE IN RED

No Class Tuesday, Wednesday or Friday Afternoon

Hours of Operation: 5am-8pm M-F and S/S 8am-4pm

YMCA Staff Availability

Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-2:00pm 3:00pm-6:00pm	11:00am-2:00pm 3:00pm-6:00pm	11:00am-2:00pm 3:00pm-6:00pm	11:00am-2:00pm 3:00pm-6:00pm	10:00am-4:00pm

Orientation Times

Monday	Tuesday	Wednesday	Thursday	Friday
11:30am 4:30pm	11:30am 4:30pm	11:30am 4:30pm	11:30am 4:30pm	11:30am 3:30pm

Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12:00pm-12:30pm	**12:00pm-12:45pm**	**12:00pm-12:45pm**	**12:00pm-12:30pm**	**12:00pm-12:30pm**
Upper Body & Lower Body Strength	Strength, Core & Cardio	Strength, Core & Cardio	Core & Cardio	Upper Body & Lower Body Strength
5:00pm-5:30pm			**5:00pm-5:30pm**	
Core & Cardio			Upper Body & Lower Body Strength	

Would like to Join? Or have Questions?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979

THE CITY OF COLUMBUS
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the YMCA

We are excited to have the Healthy Columbus 5k on June 20th!! However, we wanted to make you all aware of another program we have going on! Walk/Run Club!

Healthy Columbus is offering free, instructor lead group walk or run training sessions twice a week!

- Wednesday sessions starting - **5:15pm @ Wolfe Park**
- Saturday sessions starting - **8:00am @ Antrim Park**

Lynn Pattin is our instructor and she can get you ready for any type of event by creating a tailored training plan, encouragement, and support from fellow City of Columbus employees in the group!

Email BTKimbro@columbus.gov if you are interested and we will get you signed up! All we need is for you to sign a quick waiver and you will be ready to go!

Lynn Pattin

"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' 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 7-year old son, Ryan, who already has five 5Ks under his belt!"

Q3, 2015 Group Fitness Class Registration Form. Fax to 645-8022

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 July 6th and end the week of September 14th.

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.

New classes are highlighted with **BLUE text**

	"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	**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.
	_____	8	**Pilates**	11:30-12:30	1111 East Broad Exercise Rm LL
Tues.	_____	9	**Yoga for Strength**	11:00-12:00	757 Carolyn Ave. Hearing Rm.
	_____	10	**Yoga for Stress and Flexibility**	11:30-12:30	3639 Parsons. Rm. 101
	_____	11	**Body Burn**	11:30-12:15	77 N. Front St. Cols. STAT Rm.
	_____	12	**Yoga for Strength**	1:00-2:00	240 Parsons Ave. Fitness Rm.
	_____	13	**Cardio Kickboxing**	5:15-6:15	240 Parsons Ave. Auditorium
	_____	14	**Yoga for Stress and Flexibility**	5:30-6:30	750 Piedmont Rd. Main Lobby
Wed.	_____	15	**Yoga for Stress and Flexibility**	11:30-12:30	1111 East Broad Exercise Rm LL
	_____	16	**Yoga for Stress and Flexibility**	11:30-12:30	77 N. Front St. Cols. STAT Rm.
	_____	17	**Core & Cardio Blast**	4:30-5:15	910 Dublin Rd. Auditorium
	_____	18	**Zumba**	5:00-6:00	240 Parsons Ave. Fitness Rm.
Thurs.	_____	19	**Body Burn**	11:30-12:15	240 Parsons Ave. Fitness Rm.
	_____	20	**Body Burn**	12:30-1:15	77 N. Front St. Basement
	_____	21	**Hip-Hop Fitness**	5:15-6:00	77 N. Front St. Basement
Fri.	_____	22	**Yoga for Stress and Flexibility**	12:00-1:00	1250 Fairwood Ave. Room 0031B
	_____	23	**Tabata (Juana)**	11:30-12:00	240 Parsons Ave. Fitness Rm.

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