



Central Maine Medical Center

# WELLNESS CENTER

A medically integrated center for complete health and wellness activity, education, and training

Classes begin the week of **JANUARY 9<sup>th</sup>, 2012**

12 High Street, Lower Level ■ Lewiston, ME 04240 ■ Tel: 207-795-2473 ■ Fax: 207-795-5789



**Starred classes are FREE to members**

## Ballroom Dance

Learn to dance a smooth Tango and review the zesty Cha Cha. This session is for those who have had a previous basic class in Cha Cha. Come with a partner for a fun night out.

Instructor: Diane Williams

Begins: January 13<sup>th</sup>

Time: 6:30-7:30pm

Cost: \$45 per person for 5-week series

Minimum 8 participants required to hold class.

## Bellydancing Aerobics

Fitness made fun! This class is an exhilarating and fun way to trim and tone by utilizing the basic slow and fast Bellydancing movements. It also is a great way to improve your Bellydance basics! No prior dance experience required... Bellydancing Is HIP!

Instructor: "Imari", aka Lisa Cummings

Begins: January 11<sup>th</sup>

Time: Wednesdays, 7:15-8:00 pm

Cost: \$60 for the 6-week series

Minimum 6 participants required to hold class.



## Cardio Sculpt and Sweat

Combinations of low-impact moves with weight training targeting major muscle groups while addressing hard to reach spots.

Instructor: Ian Barclay

Begins: Ongoing

Time: Tuesdays 5:00-6:00pm

Cost: Aerobic punch card; members free

## Core/Circuit



45 minutes of circuit training utilizing weights, machines, and cardio, followed by 15 minutes of intense abdominal and low back "core" work.

Instructor: Sharon Bergeron

Begins: Ongoing

Time: Mondays 5:30-6:30am

Cost: Aerobic punch card; members free

## Core and Sweat



Weight training targeting major muscle groups and core while addressing hard to reach spots. Features extensive floor work.

Instructor: Ian Barclay, Lin Bourque

Begins: Ongoing

Time: Mon, Wed, Fri 8:00-9:00am

Cost: Aerobic punch card; members free

## Energy Boost

This class is geared towards those who are traditionally non-exercisers and/or those who are just starting out. It's for CMMC employees, so bring a coworker with you! You'll feel re-energized and ready for the rest of your day!

Instructor: Jeanne Mathews

Begins: Ongoing

Time: Tues & Thur 12:05-12:25pm

Cost: FREE to all CMMC Employees!

## Fit 'N' Fun

Entertaining exercise for the over-55 crowd! Improve aerobic capacity, strength, flexibility, balance, and coordination!

Instructor: Staff

Begins: Ongoing

Time: Tues & Thurs 9:30-10:30am

Cost: \$25 per month; members free



## Hours

Labor Day to Memorial Day

Mon-Thur: 5am – 9pm

Fri: 5am – 8pm

Saturday: 7am – 1pm

Sunday: 7am – Noon

## Functional Fitness



Increase core and upper body strength and improve stability of abdominal and low back muscles. Learn to prevent injury due to improper body mechanics and repetitive motions.

Instructor: Staff

Begins: Ongoing

Time: Mon, Wed and Fri: Noon-12:30

Cost: Aerobic punch card; members free

## Happy Hearts

A maintenance program for people with a cardiac history. Supervised individual, independent cardiovascular and strength training. Incorporates group weights and self safety skills.

Instructor: Sue Driscoll

Begins: Ongoing

Time: Mon, Wed, Fri; 8:00-9:00am, 9:00 - 10:00am, 10:30-11:30am, 1:00-2:00pm

Cost: \$35 per month

## H.I.I.T. Training



Interval training is one of the best ways to maximize your calorie burn! This class features 3-minute intervals of HIGH intensity cardio, separated by 30-second rest periods. It's a better morning "pick-me-up" than a cup of coffee!

Instructor: Sharon Bergeron

Begins: Ongoing

Time: Thursdays, 5:30 -6:30 am

Cost: Aerobic punch card; members free



Look! There's more!



Full payment in advance is required. We accept cash/check/credit payment in person; payment by credit card is also available by phone. Sorry, due to program popularity and limited class size, we do not take payment by mail. Classes are subject to cancellation. Transactions are final.



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## Classes (continued)



Starred classes are **FREE** to members



### Mom's Power Hour

New and expecting moms can get and stay fit with this cardio, resistance, and stretching routine specially designed for muscular conditioning and endurance in preparation for labor, delivery, and post-partum recovery.

Instructor: Brandi Richards  
Begins: January 11<sup>th</sup>  
Time: Wednesdays 6:00-7:00pm  
Cost: \$30 for 6 weeks; free to members

### Pump "H.I.I.T"

High-Intensity Interval Training! This new class mixes intense cardio intervals with resistance training. You'll burn calories (up to 800!), improve heart health, and sculpt your muscles!  
Instructor: Sharon Bergeron  
Begins: Ongoing  
Time: Fridays, 5:30-6:30am  
Cost: Aerobic punch card; members free

### Tai Chi for Peace of Mind

Come experience the many advantages of this ancient Chinese exercise, including improved balance, focus, stress relief, and blood pressure. A great way to start your day, leaving you feeling whole and relaxed! This class is for all ability levels.  
Instructor: Katy Taylor  
Begins: January 12<sup>th</sup>  
Time: Thursdays 7:00-7:45 AM  
Cost: \$45 for the 6-week series



### Personal Fitness

Begins with a one-on-one evaluation and program development to meet your specific goals by a Personal Health Counselor. Progresses to a structured group exercise plan. **Special focus on flexibility, balance, and fall prevention offered in this class.**

Instructor: Staff  
Begins: Ongoing  
Time: Tuesday and Thursday; 8:00-9:00am; 9:30-10:30am  
Cost: \$25 per month; free to members

### Step Aerobics

Get your heart pumping and those muscles moving! Alternates step with muscle work. Get an awesome cardio workout to strengthen the entire body, head to toe.

Instructor: Sue Driscoll  
Begins: Ongoing  
Time: Mon & Wed 3:45-4:45pm  
Cost: Aerobic punch card; members free

### Yoga

Welcome to the world of relaxation and rejuvenation through yoga! Center and balance yourself through breathing, poses, meditation, and relaxation.

Instructor: Marcy Covey  
Begins: January 10<sup>th</sup>  
Time: Tues 4:45-6:00pm; Tues 6:30-8:00pm; Thurs 5:00-6:30pm  
Cost: \$50 for 10-pass "Yoga Punch Card." Free for members.

### Pilates Plus

Challenge the trouble areas we all focus on: the hips, thighs, and triceps, as well as the abdominal and back "core" areas. Most exercises are performed on a mat. Mats and light weights are provided.

Instructor: Jen Swift  
Begins: Ongoing  
Time: Thur 4:45-5:45pm  
Cost: Aerobic punch card; members free

### Tap Into Fun!

Basic tap steps and combinations will be taught to some familiar tunes while burning calories and having fun! Tap shoes are required and can be easily purchased online or ordered through the instructor.

Instructor: Beth Gaudet  
Begins: January 10<sup>th</sup>  
Time: Tuesdays, 1:00-1:45pm  
Cost: \$30 for 4 week series  
Minimum 6 participants required to hold class.

### Zumba

Zumba is an exciting and effective workout! Come dance and have fun while getting fit with this Latin-inspired dance exercise program using a variety of dance styles set to basic rhythms like merengue, salsa, cumbia, reggaeton, bellydance, flamenco, tango, and samba.

Instructor: Cynthia Nicholas  
Begins: January 9<sup>th</sup>  
Time: Monday 5:00-6:00pm  
Cost: \$48 for the 6-week series  
Minimum 13 participants required to hold class.

### Power Plus

Weight training and simple cardio moves to elevate metabolism and burn fat. The results are lean muscles, not bulk. Incorporates every muscle group. Gentle cool down with yoga stretch.

Instructor: Rick Jalbert  
Begins: Ongoing  
Time: Tue 5:30-6:30am, Wed 5:00-6:00 pm  
Cost: Aerobic punch card; members free



### Fall/Winter Hours:

Mon-Thur:	5am - 9pm
Fri:	5am - 8pm
Saturday:	7am - 1pm
Sunday:	7am - Noon

Full class payment in advance is required. We accept cash/check/credit payment in person; payment by credit card is also available by phone. Sorry, due to program popularity and limited class size, we do not take payment by mail. Classes are subject to cancellation. Transactions final.

**Schedule for classes beginning JANUARY 9th 2012**

**CLASSES WITH A STAR ★ ARE FREE TO MEMBERS**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM						5:00 AM
6:00 AM	CORE/ CIRCUIT ★ 5:30-6:30 (aero/gym)	POWER PLUS ★ 5:30-6:30 (Aero)		H.I.I.T. Training ★ 5:30-6:30 (Aero)	PUMP "H.I.I.T" ★ 5:30-6:30 (Aero)	6:00 AM
7:00 AM				<b>NEW CLASS!</b> TAI CHI 7:00-7:45 (Aero)		7:00 AM
8:00 AM	HAPPY HEARTS 8:00-9:00	PERSONAL FIT 8:00-9:00 (MP Rm) ★	HAPPY HEARTS 8:00-9:00	PERSONAL FIT 8:00-9:00 (MP Rm) ★	HAPPY HEARTS 8:00-9:00	8:00 AM
9:00 AM	CORE & SWEAT ★ 8:00-9:00 (Aero)		CORE & SWEAT ★ 8:00-9:00 (aero)		CORE & SWEAT ★ 8:00-9:00 (Aero)	9:00 AM
10:00 AM	HAPPY HEARTS 9:00-10:00	PERSONAL FIT ★ 9:30-10:30 (MP)	HAPPY HEARTS 9:00-10:00	PERSONAL FIT ★ 9:30-10:30 (MP)	HAPPY HEARTS 9:00-10:00	10:00 AM
11:00 AM	HAPPY HEARTS 10:30-11:30	FIT-N-FUN ★ 9:30-10:30(Aero)		FIT-N-FUN ★ 9:30-10:30 (Aero)		11:00 AM
12:00 PM	FUNCT'L FIT ★ 12:00-12:30 (Aero)	ENERGY BOOST ★ EE only (Aero) 12:05-12:25	FUNCT'L FIT ★ 12:00-12:30 (Aero)	ENERGY BOOST ★ EE only (Aero) 12:05-12:25	FUNCT'L FIT ★ 12:00-12:30 (Aero)	12:00 PM
1:00 PM	HAPPY HEARTS 1:00-2:00	TAP INTO FUN 1:00-1:45 (Aerobic Rm)	HAPPY HEARTS 1:00-2:00		HAPPY HEARTS 1:00-2:00	1:00 PM
2:00 PM						2:00 PM
3:00 PM						3:00 PM
4:00 PM	STEP AEROBICS ★ 3:45-4:45 (Aero)		STEP AEROBICS ★ 3:45-4:45 (Aero)			4:00 PM
5:00 PM	ZUMBA 5:00-6:00	YOGA ★ 4:45-6:00 (Conf. Rm.)	POWER PLUS ★ 5:00-6:00 (Aerobic Rm)	PILATES PLUS ★ 4:45-5:45 (MP Rm)	YOGA ★ 5:00-6:30 (Aerobic Rm)	5:00 PM
6:00 PM		CARDIO SCULPT ★ 5:00-6:00 (Aero)	MOM'S POWER HOUR ★ 6:00-7:00 (Aerobic Rm)			6:00 PM
7:00 PM		YOGA ★ 6:30-8:00 (Aerobic Rm)	BELLYDANCE AEROBICS 7:15-8:00		BALLROOM DANCE 6:30-7:30	7:00 PM
8:00 PM						8:00 PM