

Group Fitness Schedule

MONDAY

6:00 AM - 6:45 AM **Spinning** w/ Wendy
8:00 AM - 9:00 AM **Morning Jam** w/ Lee
9:05 AM - 10:00 AM **Zumba** w/ Angie
10:15 AM - 11:15 AM **Senior Pilates** w/ Penny
11:20 AM - 11:50 AM **Senior Strength** w/ Penny
12:00 PM - 12:45 PM **Spinning** w/ Wendy
5:00 PM - 6:00 PM **Zumba** w/ Angie

TUESDAY

6:00 AM - 7:00 AM **Running Group** w/ Wendy
6:00 AM - 7:00 AM **Yoga** w/ Diana
8:00 AM - 9:00 AM **Pilates** w/ Lee
9:15 AM - 10:15 AM **Zumba Toning** w/ Melissa
10:30 AM - 11:15 AM **SilverSneakers MSROM** w/ Pat
12:00 PM - 12:45 PM **Functional Athletic Training** w/Jenna
5:00 PM - 5:45 PM **Body Sculpting** w/Jenna
6:00 PM - 7:00 PM **PiYo** w/ Belinda

WEDNESDAY

6:00 AM - 6:45 AM **Spinning** w/ Wendy
8:00 AM - 9:00 AM **Morning Jam** w/ Lee
9:05 AM - 10:10 AM **BODYPUMP** w/ Wendy/Angie
10:15 AM - 11:15 AM **Senior Pilates** w/ Penny
11:20 AM - 11:50 AM **Senior Strength** w/ Penny
12:00 PM - 12:45 PM **Spinning** w/ Wendy
6:15 PM - 7:15 PM **Zumba** w/ Melissa

THURSDAY

6:00 AM - 7:00 AM **Running Group** w/ Wendy
6:00 AM - 7:00 AM **Yoga** w/ Diana
8:00 AM - 9:00 AM **Pilates** w/ Lee
9:15 AM - 10:15 AM **Zumba** w/ Penny
10:30 AM - 11:15 AM **SilverSneakers** w/ Pat
12:00 PM - 12:45 PM **Functional Athletic Training** w/ Jenna
5:15 PM - 6:15 PM **BODYPUMP** w/ Wendy
6:30 PM - 7:30 PM **Zumba Toning** w/ Melissa

FRIDAY

6:00 AM - 7:00 AM **Yoga** w/ Belinda
8:00 AM - 9:00 AM **Body Bar** w/ Lee
9:05 AM - 10:10 AM **Cyclone** (Instructor Rotation)

SATURDAY

8:00 AM - 8:45 AM **Spinning** (Instructor Rotation)
9:00 AM - 10:00 AM **BODYPUMP** (Instructor Rotation)

General Reminder: For the safety and courtesy of all our class participants, please **DO NOT** enter the room until all equipment is picked up and put away from the previous class.

Pool Schedule

MONDAY

5:00 AM - 8:50 AM Open Swim
9:00 AM - 9:45 AM **Hydrocise** w/ Jamie
10:00 AM - 10:50 AM **Aquacise** w/ Angie
11:00 AM - 11:50 AM **Aquacise** w/ Angie
12:00 PM - 1:00 PM Open Swim
1:00 PM - 3:00 PM **CLOSED FOR REHAB**
3:00 PM - 5:20 PM Open Swim
5:30 PM - 6:30 PM **Aqua Power** w/ Jeanne
6:30 PM - 7:30 PM Open Swim

TUESDAY

5:00 AM - 8:50 AM Open Swim
9:00 AM - 10:00 AM **Aqua Power** w/ Jamie
10:00 AM - 6:00 PM Open Swim
6:00 PM - 7:00 PM **Family Swim**
*7:00 PM - 7:45 PM **YMCA Swim Lessons** (8/9-8/25)

WEDNESDAY

5:00 AM - 8:50 AM Open Swim
9:00 AM - 9:45 AM **Hydrocise** w/ Jamie
10:00 AM - 10:50 AM **Aquacise** w/ Jamie/Angie
11:00 AM - 11:50 AM **Aquacise** w/ Angie
12:00 PM - 1:00 PM Open Swim
1:00 PM - 3:00 PM **CLOSED FOR REHAB**
3:00 PM - 7:30 PM Open Swim

THURSDAY

5:00 AM - 1:00 PM Open Swim
1:00 PM - 3:00 PM **CLOSED FOR REHAB**
3:00 PM - 5:20 PM Open Swim
5:30 PM - 6:30 PM **H2O Squared** (Instructor Rotation)
6:30 PM - 7:00 PM Open Swim
*7:00 PM - 7:45 PM **YMCA Swim Lessons** (8/9-8/25)

FRIDAY

5:00 AM - 8:50 AM Open Swim
9:00 AM - 9:45 AM **Hydrocise** (Instructor Rotation)
10:00 AM - 10:50 AM **Aquacise** (Instructor Rotation)
11:00 AM - 11:50 AM **Aquacise** (Instructor Rotation)
12:00 PM - 1:00 PM Open Swim
1:00 PM - 3:00 PM **CLOSED FOR REHAB**
3:00 PM - 5:15 PM Open Swim
5:30 PM - 6:30 PM **Family Swim**

SATURDAY

7:00 AM - 8:50 AM Open Swim
9:00 AM - 10:00 AM **Aqua Power** (Instructor Rotation)
10:00 AM - 12:30 PM Open Swim

SUNDAY

9:00 AM - 11:30 PM Open Swim
11:30 AM - 12:30 PM **Family Swim**

*Swim lessons are a fee-based class with instruction provided by the YMCA of Barry County. Register at: www.ymcaofbarrycounty.org

Pennock Health & Wellness Center

August 2011 Group Fitness & Pool Schedule



Hours of Operation

Monday - Thursday: 5:00 am - 8:00 pm

Friday: 5:00 am - 7:00 pm

Saturday: 7:00 am - 1:00 pm

Sunday: 9:00 am - 1:00 pm

(Pool closes ½-hour before facility closes)

Contact us at:

Phone: (269) 948-3139

Email: wellness@pennockhealth.com

Visit us online at: www.pennockhealth.com



Join us on Facebook! Check out our Facebook page for the latest news and events!



Pool Fitness Class Descriptions:

Aquacise: A low to moderate level aqua class designed for the senior person or a person who has recently completed physical therapy. The class gives a low level cardiovascular workout as well as strengthens various muscle groups.

Aqua Power: This action packed class will give you numerous exercises and innovative ideas to utilize the fantastic power of the water.

H2O Squared: Want a new way to train in the water? Maximize the cross-training benefits of deep water exercise. Utilizing core muscles, cardiovascular endurance and balance for an advanced and challenging new water workout! *Aquatic fitness shoes are required for this class.*

Hydrocise: This is a moderate level class that is full of variety. A complete workout in a short period of time utilizing noodles, medicine balls, wave belts, and hand buoys! This class helps to maintain cardiovascular fitness utilizing the methods of circuit training.

Open Swim: During this time, our pool is open to lap swim and water exercise only. The first lane, with the steps, is designated for water exercise, unless other lanes are occupied. Please share lanes accordingly. Children 8-14 years must be under the direct supervision of an adult.

Family Swim: The pool is reserved for members who wish to participate in non-lap swim activities during this time. It is a great place to have family time in the pool! A member may bring their children or grandchildren for family swim at no additional cost. A consent form must be signed for each child and turned in at the front desk before pool entry. Children attending family swim must be at least 3 years of age and potty trained (sorry, no infants or toddlers in swim diapers are allowed in the pool). Children age 3-14 years must be under the direct supervision of an adult at all times in the pool. **Please adhere to our facility rules regarding swim caps for shoulder length hair, and no jumping or diving into the pool.**

If there is a violation of pool rules during family swim, you will be asked by a staff member to leave the pool area.

Land Fitness Class Descriptions:

Body Bar: Develop strength, flexibility, balance, better posture, endurance, and power all in one class! This class will help strengthen your abs and back through the use of a body bar. A body bar is a weighted bar that is easy to handle, but a challenging workout!

BODYPUMP™: BODYPUMP™ is the original barbell workout that strengthens your entire body. This 60-minute program challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast!

Body Sculpting: This class doesn't have fancy choreography or dancing...just pure strength training. Tone, strengthen, and define every part of your body utilizing weights, tubes, bands and body bars.

Cyclone (Cycle + Tone= Cyclone): This fun and unique interval class combines the cardiovascular workout from indoor cycling with the strength components from weight lifting. This class adjusts to all fitness levels and beginners are welcome. Please come to class 10 minutes early if you are new, for bike and equipment set-up.

Functional Athletic Training: Improve overall performance and strength, prevent injuries, and correct muscle imbalances through functional strength training. Condition your entire body to move more efficiently using the stability ball, BOSU, and body weight and core exercises. All fitness levels welcome!

Morning Jam: Enjoy this packed hour of cardiovascular, strength, and flexibility training. This class includes Hi-Low aerobics w/ intensity levels that are easily modified. It's a total body workout!

Pilates: Focus on developing core abdominal and back strength to help you achieve optimal strength, flexibility, endurance, and posture, without building bulk or stressing your joints.

PiYo: The perfect blend of pilates, yoga and stretching! This dynamic blend of movement increases strength, balance and agility, all while being easy on the mind and joints! All fitness levels welcome!

Running Group: This group is for beginners and experienced runners alike. Enjoy the early mornings running in town with a group of runners. Begin training for a 5K or work on improving your 5K pace.

Senior Pilates: Pilates is non-impact exercise known for lengthening & strengthening muscles. The results include reshaping your body no matter how old you are. Pilates restores natural balance and is recommended for senior citizens because it tones muscles & improves posture.

SilverSneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Spinning: Spinning is a non-impact challenging cardiovascular cycling workout in which participants experience outdoor terrain through the use of resistance, music, and the imagination. This class adjusts to all fitness levels. Be sure to bring a towel and water to drink...you'll need it. **Please, no personal iPods/mp3 players in class.**

Senior Strength & Conditioning: Come join a fun filled workout that can be modified for each fitness level. Use weights and bands to increase strength, balance and bone density, all in one class!

Yoga: This class emphasizes stretching, breathing, and relaxation. Come on in and join even if you've never done it before. Just remember to show up at least 10 minutes early to meet the instructor. All fitness levels are welcome!

Zumba@: Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness class! Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. All fitness levels welcome, no previous dance experience needed.

Zumba@ Toning: All the same sweat-producing fun cardio dance moves of a regular Zumba class plus some toning songs. Light weight (1-3lbs) is used to maximize your workout and help develop sleek sexy muscles!

About our Instructors: Our instructors are certified by one or more national certifying agencies. In addition, our instructors attend continuing education workshops, seminars, certifications, and conventions to ensure that we provide the most recent and up to date health and fitness trends and classes. Each instructor brings a variety and excitement to each class they teach. Enjoy the uniqueness of each instructor and have fun!!

Class Cancellation Policy

*Classes may be cancelled due to unforeseen circumstances or severe weather.

*Classes require **at least 3 participants** (not including the instructor) for class to be held.

*Any class not averaging 6 or more participants over a 4-week period is subject to cancellation.

Group Exercise Class Fees

Members- FREE

Non-Members:

Drop-in rate: \$7.00/class

Punch Card- 10 Classes: \$65.00

*Punch cards are valid 1 year from the date of purchase and are non-refundable and non-transferable.

Kid's Kare in Motion Schedule

Monday – Friday: 8:30 AM – 12:00 PM

1st child is \$3.00 and each additional child is \$2.00.

***Save money with punch cards and monthly rates for child care!**

Childcare ages: 3 months – 7 years

2-hour time limit in childcare

Please call to reserve your child a spot: (269) 948-3139