

PALOS HEALTH & FITNESS CENTER

CLASSES

WELLNESS

HEART FIT

Heart Fit is for those who have cardiac risk factors, have suffered a heart attack, or have had a bypass or other cardiac procedure. Contact Clinical Exercise.

Mondays, Wednesdays & Fridays, 9 a.m.-noon
Members \$70 for 24 sessions
Nonmembers \$175 for 24 sessions



MULTIPLE SCLEROSIS FITNESS PROGRAM

Participation in a regular fitness routine can improve the quality of life for individuals living with MS. This MS Foundation exercise class takes place both on land and in water. Contact Maria Plotner.

Mondays, Wednesdays & Fridays, 10:15-11 a.m.
Members FREE
Nonmembers \$90 for 12 classes

PULMONARY EXERCISE

Regular participation in an exercise program can help improve the quality of life and respiratory function in individuals suffering from such lung limitations as COPD. Contact Ben Plotner.

Mondays, Wednesdays & Fridays, 1-2:30 p.m.
For pricing information, Contact Anna Molsen at (708) 923-5535.

PARKINSON'S EXERCISE

Balance, coordination, flexibility, range-of-motion, gait, posture and relaxation exercises help to slow disease progression and improve the quality of life for those living with Parkinson's Disease. Contact Ben Plotner.

Mondays & Fridays 11:45 a.m.-12:30 p.m.
Members FREE
Nonmembers \$90 for 12 sessions

YOUR DIABETES GAME PLAN: WHERE DO YOU BEGIN?

Take charge of your diabetes and learn the basics from Palos Community Hospital's Certified Diabetes Educators.

For fee and program information, please call (708) 226-2330.



NUTRITION

MEET THE DIETITIAN

A PHFC registered dietitian will meet informally with members to answer questions and introduce them to Nutrition Services. Stop by the Nutrition office when the dietitian is in and see what's going on in the Nutrition Department!



Members Only FREE

NUTRITION COUNSELING

Have questions about your diet? One-on-one nutrition counseling sessions are available with a PHFC registered dietitian to provide you with a diet plan customized to fit your needs. By appointment. Contact Eileen Conneely.

NUTRITION AND PERSONAL TRAINING PACKAGES

Not getting the results you want from exercise alone? Try combining nutritional counseling with personal training. These sessions are one-hour in length and consist of 30 minutes of personal training and a 30-minute nutrition consultation. By appointment with Jessica and Eileen only.

Sold in packages of 5 or 10.

FITNESS/ RECREATION

COMPETITIVE EDGE TRAINING

Competitive Edge Training is an avenue for athletes to use their off-season time to help increase their speed, agility, power, strength and overall conditioning. Contact Ben Plotner.

PRENATAL YOGA

Under the guidance of a prenatal yoga instructor, participants explore poses selected to open the hips and strengthen muscles for a more comfortable delivery. Physician clearance needed. Pre-registration required. Contact Ellen Papan.

Wednesdays, 7:10 - 8:10 p.m.

Session I

Jan. 12-Feb. 16

Session II

Feb. 23-Apr. 6
(No class March 23)

Members \$45

Nonmembers \$65



GRAVITY

Become part of the latest fitness craze in this 6-week total body strength- and endurance-based fitness class. A variety of class options are available, from core conditioning and pilates to personal training options. Contact Ray Marshalek.

Days and times vary.

Members \$45

Nonmembers \$60

STRENGTH TRAINING FOR RUNNERS

Improve your running without the running! This interactive series will focus on using a variety of different equipment and techniques to strengthen the muscular system for optimal running performance. Contact Ashley Jongsma.

Tuesdays, Jan. 3-Feb. 7, 6 p.m.

Members \$60

Nonmembers \$75



BOOTCAMP

Need to get into shape for something special or just want a really great workout? Give Bootcamp a try. All fitness levels welcome. Contact Ashley Jongsma.

Wednesdays, Jan. 4-Feb. 8, 5:15 p.m. or 6:15 p.m.

Fridays, Jan. 6-Feb. 10, 9:30 a.m.

Members \$60

Nonmembers \$75

BELLY DANCE

Belly Dance, as a form of recreation and exercise, is an enjoyable way to tone the body and lift your spirits. This class will focus on isolated movements, proper posture, and expression of music. Instructor Magda comes to us with more than 20 years of experience. Contact Maria Plotner.

Winter Session I

Mondays, Jan. 16-Feb. 20, 7-8 p.m.

All levels welcome.

Session II

Mondays, Mar. 12-Apr. 16, 7-8 p.m.

All levels welcome.

Members \$45

Nonmembers \$65



WEIGHTWISE WITH EXERCISE

Offered in conjunction with Palos Community Hospital Outpatient Nutrition, this 8-week program combines guided exercise with proven weight-control techniques and nutrition counseling to create a highly effective weight-management program. Contact Nicole Fritz.

Free informational meeting, Tuesday, Jan. 10, 7-8 p.m.

Classes meet Tuesdays & Thursdays, Jan. 17-Mar. 8, 7-8 p.m.



JANUARY							FEBRUARY							MARCH						
1	2	3	4	5	6	7	1	2	3	4	1	2	3							
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24
29	30	31	26	27	28	29	25	26	27	28	29	30	31							

SHAPEDOWN

This family-oriented program promotes safe, short- and long-term weight loss for overweight children ages 9-17. Contact Ellen Papan or Palos Outpatient Nutrition at (708) 226-2330.

Free informational meeting Wednesday, Jan. 4, 7-8 p.m.

Classes Meet Wednesday evenings, Jan. 18-Apr. 4.



AQUATICS

WATER THERAPY

Water therapy is ideal for those with arthritis or fibromyalgia, persons recovering from joint replacement, or people dealing with chronic pain. Contact Maria Plotner.

Members FREE

Nonmembers \$60 for 6 trial classes (first-time visitors only)

AQUATIC EXERCISE

Group exercise in the water can be an excellent way to reach your personal fitness goals. High-, moderate- and low-intensity classes are available. Contact Maria Plotner.

Members FREE

Nonmembers \$60 for 6 trial classes (first-time visitors only)

PARENT & TOT AQUA

Parents help children ages 6 months to 4 years develop comfort in the water. Through music, games and drills, parents work with children to develop knowledge and confidence in the water. **Swim diapers mandatory for infants.** Contact Maria Plotner.

Tuesdays, 11-11:40 a.m.

Session I: Jan. 10-Feb. 21 (No class Jan. 31)

Session II: Mar. 6-Apr. 10

OR

Thursdays, 4:30-5:10 p.m. or 6-6:40 p.m.

Session I: Jan. 12-Feb. 23 (No class Feb. 2)

Session II: Mar. 8-Apr. 12

PRIVATE SWIM LESSONS

Our instructors work with all ages and skill levels to help improve stroke efficiency, learn new power and endurance drills, and teach the beginner how to move through the water with ease. A variety of package options are available. Contact Scott Byrdak.

FAMILY SWIM

Spend more time with the family in our indoor pool. Lifeguards are present, and pool toys and equipment are available. Parents must accompany children at all times, and **swim diapers are mandatory for infants.** Contact Scott Byrdak.

Sundays, Noon-3 p.m.

Members FREE

Nonmember children \$6 with member adult



NEW BREAST CANCER RECOVERY

Starting or maintaining an exercise program after breast cancer results in improved mental and physical strength. Newly diagnosed patients and survivors of all fitness levels are welcome. Contact Ellen Papan.

Thursdays, Feb. 2-Mar. 8 1-2:15 p.m.

Thursdays, Mar. 15-Apr. 26 1-2:15 p.m.

Members \$60

Nonmembers: \$75

