

## XL Athletic Performance: Do You XL?

### All Sport (high school, middle school and college)

Designed for athletes in all sports to focus on linear speed and acceleration development to gain that extra step; Explosive plyometric drills to help you get off the ground faster and elevate higher; Footwork and agility training for quick and controlled change of direction; Core stability and strength development required to maintain proper body position and prevent injury; Resistance training with an intro to explosive Olympic lifting techniques to create strength and power.

### Movement Chain Assessment

Get started on achieving the results you want with this in-depth assessment of your body's ability to move efficiently and to determine what your body's strengths, weaknesses and instabilities are. What will a Movement Chain Assessment do for you?

- Reduce your risk of injury
- Improve your flexibility and hip strength
- Correct your muscular imbalance or weakness
- Educate on optimal posture and body movement patterns
- Provide a personalized corrective exercise program

### Team Training

A discounted training opportunity for teams of 5-15 athletes or small groups of 2-4 athletes. Specific programs will be designed to prepare the athletes for an up-coming season or event. Programs run 2 or 3 days per week, for 8 weeks, with 60-90 minute sessions available. If you and your teammates are looking to improve your athletic ability in a program structured specifically to meet the physical demands of your sport, we'll help you work towards reaching your full athletic potential.

### Endurance Athlete

Planning to compete in cross-country skiing this winter, run a marathon in the fall; want to become faster, stronger or less injury prone? If so, this is the class for you. Our certified Performance Specialists will enhance your flexibility, through dynamic warm up and static stretching; improve your balance, core stability and overall strength as well as teach you the fundamentals of endurance training that will translate to skiing, running, biking, etc.

**September 8** ..... **8-week program Mon/Wed, 6:30-7:30pm** ..... **XL Athletic Performance Center**  
Members / \$160.00 ..... Non-Members / \$240.00

**For more information on XL Athletic Performance programs or services, please call (920) 430-4722.**

## Specialty Classes

### Boot Camp - Small Group Training

You know the drill... anything goes in Boot Camp! Prepare to work hard and reap the expertise and benefits of personal training in a Small Group setting. Take advantage of more support and motivation from your instructor while they maintain the quality and safety of personal training. It's a dynamic varied workout that is challenging while allowing individuals to work at their own pace. Limited to 6 participants

**Tuesdays, 5:30-6:15 a.m.** ..... **West Side**  
**Starting September 14** ..... **7-Week Session**  
Members \$56.00 ..... General Public \$112.00

### Pilates

Pilates is a safe and effective way to stretch, strengthen, and streamline your body. The perfect complement to cardiovascular exercise, sports, and life, it will leave you looking toned, feeling revitalized, and moving with ease.

**Starting September 13** ..... **7-Week Session**  
**{Experienced} Mondays, 9:00-10:00 a.m.** ..... **West Side**  
**{Beginner} Thursdays, 5:30-6:30 p.m.** ..... **West Side**  
Members \$56.00 ..... General Public \$112.00

### Free Pilates Assessments!

**This 15-minute assessment is an education for everyone! Many types of people, at many levels of fitness, who have begun doing Pilates exercises say they've seen improvements in range of motion, flexibility, circulation, posture, and abdominal strength – and decreases in back, neck and joint pain. This assessment will teach you correct alignment and how to isolate the core muscles effectively, which will give you a greater understanding of your body and how it works. For more information about assessment days and times, please call 430-4756.**

## Locations

### West

1630 Commanche Avenue  
Green Bay, WI 54313  
(920) 430-4756

### Bellevue

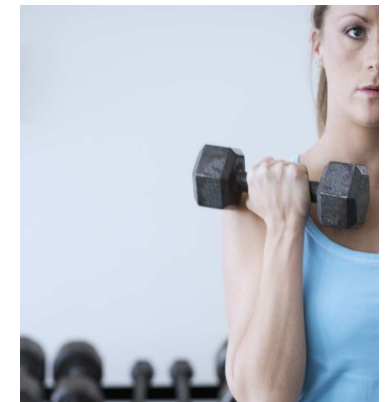
3263 Eaton Road  
Green Bay, WI 54311  
(920) 433-6756

### Bond Community Center

1201 Park Avenue  
Oconto, WI 54153  
(920) 834-5585

### Cornerstone Community Center

1640 Fernando Drive  
De Pere, WI 54115  
(920) 339-0743



## Wellness and Performance Center

workshops | specialty classes | assessments

{fall 2010}  
September – December

**Register Today!**

{your view}

### Take Our Wellness Program Survey

**Your Opinion Matters!**

Bellin is working on some changes to our program of wellness workshops and classes and would like your feedback! What topics would you like to learn about and try?

<http://www.surveymonkey.com/s/BX8L97G>

## Healthy Families

### Kid Shape

*Presented by Roxanne Denneau*

#### Eat healthy, Move more, Feel good about yourself

Kidshape has helped more than 10,000 overweight and obese children and their families lose weight and become more healthy. KidShape is a 9-week program that builds healthy families. Physician referral required. **Call 445-7220 for more information or to sign up.**

**Starts September 14** ..... **9-week program**  
**Tuesdays, 5:30-7:30pm** ..... **Bellevue**

### XL for Kids

*Presented by XL Athletic Performance*

A highly energetic and enthusiastic class that is geared towards 7-11 year olds to enhance their flexibility through dynamic warm up and static stretching techniques, improve their balance and coordination, core stability, and overall functional strength. Your child will also learn the fundamentals for speed, agility, footwork, and not to mention games to challenge them and bring out their competitive side. To register for class, please call (920) 430-4722.

**September 17** ..... **8-week program**  
**Fridays, 5:00-5:45pm** ..... **XL Athletic Performance Center**  
Program Cost ..... \$70.00

### Performance for Life Adult Class

*Presented by XL Athletic Performance*

A comprehensive training program geared towards enhancing your flexibility through dynamic warm up and static stretching techniques, improve your balance and coordination, core stability, and overall functional strength. To register for class, please call (920) 430-4722.

**Sign Up Anytime Runs Continuously**

**Mondays & Wednesdays** ..... **7:00-8:00 p.m.**  
**Mondays & Wednesdays** ..... **9:30-10:30 a.m.**

Members \$10.00 per class  
General Public \$15.00 per class

Welcome to

**bellinhealth**

8/15/06 Revised 4/2/10  
10-615.f

bellin.org/fitness | 920-430-4756 • west | 920-433-6756 • bellevue

# Wellness Workshops & Classes {fall 2010}

registration is easy... call 920-430-4756 • west | 920-433-6756 • bellevue | bellin.org/fitness

## Senior Health

### Pack Your Bag: Medication Checkup

Presented by Bellin Health pharmacist

Learn how to manage your medications and save money! Attend a brief presentation on the ABCs of medication management, followed by a confidential one-on-one consultation with a trained pharmacist, Pharmacist will review prescription and non-prescription medications, offer advice on best practices and answer any questions.

One-on-one consultations will be available after the presentation and will be on a first come, first served basis. Please bring your prescription bottles and non-prescription medicines to review with pharmacist.

**Wednesday, September 8, 11:00 a.m.** ..... West  
**Friday, September 10, 11:00 a.m.** ..... Bellevue

## Health Education

### Gain Control of Your Diabetes

Presented by Roxanne Denneau & Jan Mayer

Learn how to gain control of your health through good nutrition, increased physical activity, balancing emotional challenges, and managing your A1C, blood pressure, and cholesterol numbers.

**Monday, October 11, 6:00–7:00 p.m.** ..... Bellevue  
**Wednesday, October 20, 11:00–12:00 p.m.** ..... West  
Workshop Cost ..... \$5.00

### What's the Price of Not Sleeping?

An extra cup of coffee in the morning to get going? An occasional night on the couch to give your spouse a break from the snoring? Wrong.

The price of not sleeping is an increased risk of:

- Heart disease
- Headaches and forgetfulness
- Weight gain
- Diabetes
- Mood changes
- Decreased interest in sex
- Daytime drowsiness

And what is the price of a sleep study that takes place in your own home that sheds light on why you don't sleep? **Free.** If you want to take the next step in determining the cause of your sleep problems, consider Bellin Health Sleep Center's sleep apnea study that takes place in your home. We provide the equipment, the training and the results. You get information that is priceless... absolutely free. Call 920-433-7451



## Awareness, Education & Empowerment:

### “Pass the Word”

October is National Breast Cancer Awareness Month!

Join our Wellness team for a jammed pack morning of fitness fun with Zumba, Yoga, Spinning, Pilates and more. Support the cause of breast cancer and all other cancers by helping to raise vital funds that will educate the public, provide awareness and support to those suffering from cancer as well as provide funds to the Cancer Team Wellness program. **It will be great fun and great exercise for a great cause!**

**Saturday, October 16, 8:00–11:00 a.m.** ..... West  
Fundraiser Donation ..... \$10.00 minimum  
Open to the General Public

“When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.”

Maya Angelou

## Wellness

### Feldenkrais

Presented by Sherri Kelley, Physical Therapist Assistant

Discover the benefits of Feldenkrais... it helps to minimize or eliminate pain, enhances flexibility, balance and coordination, reduces stress and fatigue, and improves cognitive abilities, such as thinking and problem solving. Anyone regardless of age, gender, physical condition, or limitations, can benefit from the Feldenkrais method.

**Starting September 15** ..... **7-Week Session**  
**Wednesdays, 9:00–10:00 a.m.** ..... West  
Members \$56.00 ..... General Public \$112.00

### Exercise for Bone Health...

Presented By: Jill Wentworth, Physical Therapist Assistant

You may think that bones are solid but they're actually living tissue that is constantly changing. To maintain bone health it is important to get enough exercise.

- Bone is living tissue sensitive to exercise and mechanical loading. Bone loss can be reversed.
- Find out what type of exercise is right for the stage of life you are in.
- Learn weight-bearing activities and strength training that promotes optimal skeletal growth.
- Discover the risk factors for developing osteoporosis.
- Learn the role of exercise in prevention and treatment of osteoporosis.
- Proper posture and body mechanics can reduce the stress on the spine.

**Tuesday, September 28, 12:00–1:00 p.m.** ..... West Side  
Workshop Cost ..... \$5.00

## Registration is easy... call today!

920-430-4756 • west | 920-433-6756

## Corrective Exercise - Improve Your Quality of Life

Presented by Christian Jensen, NASM, PES and

Mark McCartney, BS, NASM-PES, CES

Do you have nagging and reoccurring aches or pains in your joints? Are you interested in improving your functional strength, flexibility, balance & coordination, and core stability? You will learn exercise strategies that are proven safe and effective in promoting proper body mechanics and will improve your efficiency with daily activity and overall quality of life.

**Tuesday, October 12, 6:30–7:30 p.m.** ..... Bellevue  
**Monday, October 18, 6:00–7:00 p.m.** ..... West Side  
Workshop Cost ..... \$5.00

## Nutrition

Presented by Ces Dawson, MS, LAT, RD, Sports & Wellness Nutritionist

### Nutrition for Fighting Cancer!

Proper nutrition is an important component of cancer prevention and treatment. Eating the right kinds of foods before, during, and after treatment can help one feel better, stay stronger, aid healing, and has been linked to better prognosis. Come share your experiences and learn more as we discuss topics that will help you win the battle.

**Wednesday, September 22, 6:00-7:30 p.m.** ..... West Studio  
Workshop Cost ..... \$5.00

### Eat Your Vegetables!

Challenge the way you think about vegetables by trying different preparation techniques. Learn the best time to buy vegetables for the best flavor, and find out how to incorporate more vegetables into your day, without even noticing!

**Wednesday, October 6, 5:30-6:30 p.m.** ..... West Studio  
Workshop Cost ..... \$5.00

### Cooking on a Budget

Can you afford to eat health foods? Can you be a good cook for your family and frugal at the same time? Yes, you can! Learn how to put some money-saving tips and healthy recipes to work for your family. Hands on food preparation and sampling included.

**Wednesday, November 3, 5:30–6:30 p.m.** ..... West Studio  
Workshop Cost ..... \$5.00

## Mind, Body, Spirit

### Advance Your Yoga Practice Series:

Presented by Mary Kay Marquart, RYT Yoga Instructor

This series will take you to the next level. Classes will include... Balance and standing postures; inversions and arm balances; backbends and heart openers; twist and core strengthening; and breath and meditation. This series offers Continuing Education Credits.

**Starting September 14** ..... **5 Week Session**  
**Tuesdays, 6:30–7:30 p.m.** ..... West Studio  
Series Cost ..... \$50.00

### Revitalizing Energy:

#### Revitalizing the Body's Energetic Field

Presented by Phil Chaudoir

- Rediscover your energetic field
- Work and play with the life force energy (Chi or Prana)
- Discover the essence of Yoga, Tai Chi and Chi Gong
- Integrate body, mind, spirit
- Center and balance yourself
- Recover aliveness

**Wednesday, September 22, 6:00–7:15 p.m.** ..... Bellevue  
Workshop Cost ..... \$5.00

## Living in the Now:

### Topic: Personal Growth & Inspiration

Presented by Sarah Starr, RYT Yoga Instructor

These classes help you to create presence in your everyday life. Exploring the miracle that happens when you say "Yes" to what is. The focus is on meditation techniques, breathing practices and group mindfulness experiments to bring awareness to your mind, body and breath. She teaches to allow yourself to bring joy and acceptance to all that you do, as you immerse yourself in the moment.

**Thursday, September 30, 6:00- 7:15 p.m.** ..... Bellevue  
Workshop Cost ..... \$20.00

## The Yin & Yang of the Body's Energy: Essential principles of Chi Gong & Tai Chi

Presented by Phil Chaudoir & Linda Watkins

- Reduce stress and increase calmness and awareness
- Improve coordination, flexibility, and balance
- Gently massage the internal organs
- Support, unblock, a body's vital energy
- Connect heaven and earth

**Wednesday, September 22, 6:00-7:30 p.m.** ..... West Studio  
Workshop Cost ..... \$5.00

### Chi Gong for Clearing

Presented by Phil Chaudoir

- Revitalize key organs
- Soothe the nervous system
- Restore mental clarity
- Eliminate anxiety and stress
- Circulate the life-force

**Wednesday, October 13, 6:00-7:30 p.m.** ..... West Studio  
Workshop Cost ..... \$5.00

## “Loving Yourself”

### Topic: Personal & Professional

Presented by Sarah Starr

Gain a new body mind - power that comes from within, leaving you recharged and ready for life off the mat as well. In this practice, you will be gently guided through a series of stretches and basic yoga poses designed to increase stamina and blood flow, as well as to cultivate the practice of compassion and kindness for oneself. Yoga tones the body and clears the mind. Sarah's goal is to remind people to have fun, enjoy the practice and not take one's thoughts too seriously. \*This class is also offered in an optional seated version, a modified yoga practice from a chair.

**Thursday, October 21, 6:00–7:15 p.m.** ..... Bellevue  
Workshop Cost ..... \$20.00

## You. Healthier!

### Personal Health Assessment

When it comes to your health, a Personal Health Assessment (PHA) is the first step in treating yourself to a better way of life.

A PHA is a plan of care that identifies your specific needs. Based on your assessment results, your trainer will guide you to the best course of action to improve your health. Being part of our Medical Fitness family, we can connect you with one of our trainers, physicians, physical therapists, or athletic trainer, providing you with the best continuum of care. Your PHA includes personal communication between you and your trainer via e-mail or direct contact to keep you connected during the first three months of your membership.

For more information, please contact our Welcome Desk.

