

## XL Athletic Performance: | Do You XL?

**What are your Summer plans to improve as an Athlete?** Join XL Athletic Performance for an 8-week session and reach your full potential. **Summer programs start June 14.** Call 430-4722 for more information and to **sign up today!**

### Middle School All-Sport

Mon/Wed or Tues/Thurs.....11:00 am - 12:00 pm  
Tues/Thurs..... 1:00 pm - 2:00 pm

### High School All-Sport

Mon/Wed or Tues/Thurs..... 9:00 am - 10:30 am  
Mon/Wed or Tues/Thurs..... 2:00 pm - 3:30 pm

### College All-Sport

Mon/Wed or Tues/Thurs..... 4:30 pm - 5:30 pm  
Tues/Thurs..... 6:30 pm - 7:30 pm

### Middle School Football

Mon/Wed ..... 1:00 pm - 2:00 pm

### High School Football

Mon/Wed ..... 10:30 am - 12:00 pm

### College Football

Mon/Tues/Thurs.....5:30 pm - 6:30 pm

### Cross Country

Mon/Wed/Fri ..... 1:00 pm - 2:00 pm

### Volleyball

Tues/Thurs..... 10:30 am - 12:00 pm

### Soccer

Tues/Thurs.....8:00 am - 9:30 am

### Speed Development

Tues/Thurs.....2:00 pm - 3:00 pm

### XL for Kids (ages 7-11)

Tues and/or Thurs ..... 10:00 am - 10:45 am

### Endurance Athlete Adult Class

Mon/Wed ..... 6:30-7:30 a.m.

### Performance for Life Adult Class

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.

### Sign Up Anytime.....Runs Continuously

Mondays & Wednesdays..... 6:30-7:30 p.m.

Tuesdays & Thursdays ..... 10-11 a.m.

Member \$10 per class

General Public \$15 per class

## 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

## How to Register |

Call today to sign up for our Workshops and Specialty Classes, or send in our new registration form. Payment must be made prior to start of class to guarantee your spot and can be made by cash, check, or credit card (VISA, MasterCard, and Discover are accepted).



## Registration Form |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

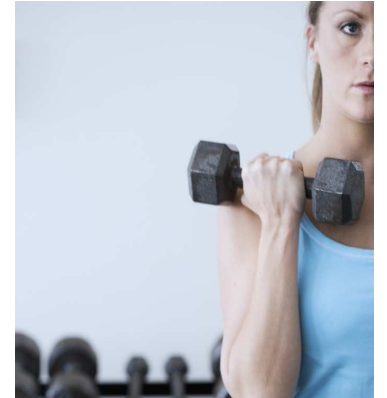
Class/Workshop: \_\_\_\_\_

Date & Time: \_\_\_\_\_

- Please call to reserve your spot.
- Check Enclosed  
(Please make check payable to Bellin Health)

### Please Mail to:

Bellin Health Wellness & Performance Center  
1630 Commanche Avenue  
Green Bay, WI 54311



## Wellness and Performance Center Specialty Classes | Assessments | Workshops

### Summer Session

Session One June 7 – July 16  
Session Two July 19 – August 27

Welcome to  
**bellinhealth**

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

register today |

bellin.org/fitness  
(920) 430-4756

## 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 each individual to work at their own pace. Class is limited to 6 participants.

**Tuesdays, 5:30-6:15 a.m.** ..... **West Side**  
**6-Week Session One**..... **June 8 - July 13**  
**6-Week Session Two** ..... **July 20 - Aug 24**  
 Members \$48 ..... General Public \$96

### Pilates for Golf - Small Group Training

This class will show you how to build strength and flexibility simultaneously, develop core strength, improve posture and alignment, and create stability... all the elements needed for a great swing!

**Mondays, 9-10 a.m.** ..... **West Side**  
**6-Week Session**..... June 7 - July 12  
 Members \$48 ..... General Public \$96

## Mind, Body & Spirit |

### Feldenkrais

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 guided Feldenkrais method.

**Wednesdays, 9-10 a.m.** ..... **West Side**  
**4-Week Session One**..... **June 9, 16, 23, 30**  
**4-Week Session Two** ..... **August 4, 11, 18, 25**  
 Members \$28 ..... General Public \$56

### Osteoporosis Series

#### **The Healthy Back, Better Posture**

Utilizing the Meeks method ([www.sarameekspt.com](http://www.sarameekspt.com)), discover guided exercises and aspects of back health along with postural alignment. During this series, find out that all exercise is not the same – this workshop is an effective approach that is safe for people with osteoporosis. Wear comfortable clothing, bring a blanket or floor mat, and one to two pillows as the exercises will be on the floor.

**Tuesdays** ..... **12-1 p.m.**  
**6-Week Session** ..... **July 13, 20, 27 & Aug 3, 10, 17**  
 Series Cost \$42

## 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.

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 Personal Health Assessment consists of the steps listed below, along with 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.

#### Step One

- Health History
- Movement Assessment
- Nutrition Assessment
- Workout Plan
- Fitness Pre Assessment
  - Vo2 Max
  - Measurements
  - Body Mass Index (BMI)



#### Step Two

- Progress Consultation  
Review of fitness and nutrition goals

#### Step Three

- Post Assessments
  - Fitness Assessment
  - Movement Assessment
  - Analysis
  - Future Exercise Prescription

For more assessment details, including pricing, contact our Fitness Welcome Desk at either location.

## Workshops |

### Yoga 101 – Taking the Mystery out of Yoga Classes

Presented by Mary Kay Marquart, RYT Yoga Instructor  
 What is Sanskrit, Bandhas, Mudras, Ujjayi, Pranayama, Savasana, Dishtri, Utkatasana, Baddha Konasana, Mantras, etc? We will explore questions on terms used in yoga and also any questions on proper alignment in the postures you may have. Appropriate for all levels.

**Tuesday, June 22, 6:30-7:45 p.m.** ..... **West Side**  
 Workshop Cost .....\$5

### Yin Yoga

Presented by Mary Kay Marquart, RYT Yoga Instructor  
 This class begins with a fluid sun salutation practice in order to warm the body and align breath with movement. The main body of the practice will be in the Yin Yoga tradition: long, deep holds of postures fro 2-5 minutes allow the body to move beyond a muscular level and get into deep tissue work. This is a great practice to help you increase your range of motion. This class is challenging physically and mentally, but appropriate for all levels.

**Thursday, July 15, 6:30-7:45 p.m.**..... **West Side**  
 Workshop Cost .....\$5

### What are the Chakras?

Presented by Mary Kay Marquart, RYT Yoga Instructor  
 We see people wearing their symbols on sweaters and talking about them in yoga classes and over coffee, but we don't get the full picture of where they are and what they do. In this workshop we will explore the chakras and give you a sense of where each chakra is located, and learn how the seven main chakras function in your life. An understanding of the charka system leads to an understanding of the self. This is a introduction to the chakras and their power to bring harmony and balance into your life.

**Thursday, August 13, 6:30-7:45 p.m.** ..... **West Side**  
 Workshop Cost .....\$5



### Breathing Peace – Navigating Through Stress Gracefully

Presented by Sarah Starr, RYT Yoga Instructor  
 Conscious regulation of the breath is the single most effective relaxation technique to flow through stress. This workshop focuses on mindful breathing practices that are calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders. Breathing Peace is a wonderful resource for anyone who wishes to improve his or her health and vitality through conscious breathing. Take time to experience the master key to health and longevity as we use the breath to navigate through troubled times easily and gracefully.

**Thursday, July 22, 6-7:15 p.m.**..... **Bellevue**  
 Workshop Cost .....\$20

### Consciously Creating Your Life

Presented by Sarah Starr, RYT Yoga Instructor  
 Open to the possibility of creating the most fulfilling and on purpose life you can imagine. This innovative process combines conversation, meditation and journaling to gain a new perspective and momentum for change. Learn practical and life changing tools to get clear on habits and goals that would be truly fulfilling as we set ourselves up to be powerful and effective in our lives. Have fun visualizing the changes that you want to create in the world, beginning with you! Sarah focuses on IN JOYing oneself... so there is always laughter involved!

**Thursday, August 26, 6-7:15 p.m.** ..... **Bellevue**  
 Workshop Cost .....\$20