

XL Athletic Performance: | Do You XL?

All Sport

Designed for athletes in all sports to gain that extra step, get off the ground faster, be quick, and control change of direction, maintain proper body position, prevent injury, and create strength and power. All Sport programs run continuously throughout the academic year, allowing athletes to begin a program at the beginning of any week.

High School/College

8 Weeks 2x/week=\$265; 4x/week=\$470
12 weeks 2x/week=\$375; 4x/week=\$680

Middle School

8 Weeks 2x/week=\$190; 4x/week=\$265
12 weeks 2x/week=\$265; 4x/week=\$375

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. If you are looking to improve your energy levels, daily stamina, strength, and general quality of life, this is the class for you!

8-Week Session **Starts March 8**
Mondays & Wednesdays 7-8 p.m.
Mondays & Wednesdays 9:30-10 :30 a.m.
Tuesdays & Thursdays.....5:30-6 :30 p.m.
Session FeeMember \$160
Non-Member \$240

XL for Kids

A highly energetic and enthusiastic class for 7-10 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.

8-Week Session **Starts March 8**
Fridays..... 5-5:45 p.m.
Session Fee \$50

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

Spring One Session
March 1 – April 16, 2010

Specialty Classes

Boot Camp

You know the drill... anything goes in Boot Camp! This fun, demanding, and energetic class combines cardio sports drills with strength training and exercises for functional fitness. Prepare to work hard!

Tuesdays, 5:30-6:15 a.m...... **West Side**
Members \$35
General Public \$60

The Ride

Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road. The Ride is great for all levels.

Call for class times and locations.

10-Class CardsMembers \$30
General Public \$60

Drop-In FeeMembers \$5
General Public \$7

Zumba

A Latin-dance inspired fitness class combining the rhythms of the Merengue, Salsa, Cumbia, Reggaeton (Latin Hip-Hop), Flamenco, and featuring aerobic/fitness intervals with combinations of fast and slow rhythms to maximize caloric output, fat burning, and total body toning. No experience necessary.

Call for class times and locations.

10-Class Cards Members Free
General Public \$30

Osteoporosis Series

The Healthy Back, Better Posture

Utilizing the Meeks method (sarameekspt.com), discover guided exercises and aspects of back health, along with postural alignment. During this 4-week series, find out 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.

Bellevue Wellness Room..... **11 a.m.-Noon**
Wednesdays, March 10, 17, 24, 31, April 7, 14

Preregistration Required Series Cost \$42

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.

6-Week Session**March 3-April 7**
Wednesdays, 9-10 a.m...... **West Side**
Members \$42
General Public \$84

Tai Chi & Chi Gong

Discover the art of being calm in the chaos of life. Learn one of the earliest known personal health care plans – *Tai Chi & Chi Gong* – a truly renewable energy source. Become aware, move, and cultivate chi – our internal life force and that of all living beings. Feel energizing benefits of reduced stress, better balance, and greater sense of well being through specific postures and synchronized movement performed in a graceful, yet dynamic manner. Rediscover your body and free flowing energy from the inside out.

Tuesdays, 5:30-6:30 p.m......**Bellevue**
Wednesdays, 11:15 a.m.-12:15 p.m. **West Side**
Once per WeekMembers \$35
General Public \$60



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 Preassessment
 - Vo2 Max
 - Measurements
 - Body Mass Index (BMI)

Step Two

- Progress Consultation
Review of fitness and nutrition goals

Step Three

- Postassessments
 - Fitness Assessment
 - Movement Assessment
 - Analysis
 - Future Exercise Prescription

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

Workshops

Tai Chi & Chi Gong Blend

Discover the art of being calm in the chaos of life. Learn one of the earliest known personal health care plans – *Tai Chi & Chi Gong* – a truly renewable energy source. Become aware, move, and cultivate chi – our internal life force and that of all living beings. Feel the energizing benefits of reduced stress, better balance, and a greater sense of well being through specific postures and synchronized movement performed in a graceful, yet dynamic manner. Rediscover your body and free flowing energy from the inside out.

Tuesday, March 2, 5:30-7 p.m. **Bellevue**
Cost \$5

Pilates for Golf

Both Pilates and golf are mind-body activities that share some of the same basic principles. Golf swing principles are fluid motion, precision, accuracy, and power, whereas Pilates focuses on control, concentration, centering, precision, flow of motion, and proper breathing. This workshop will show you how to build strength and flexibility simultaneously, develop core strength, improve posture alignment, and create stability... all the elements needed for a great swing.

Thursday, March 18, 6:30-7:30 p.m. **West Side**
Cost \$5

Sun Salutations

Presented by Mary Kay Marquart, RYT Yoga Instructor
In this workshop, Mary Kay will take you through different variations of sun salutations, as well as work on correct form of plank, chaturangas, and other parts of the sun salutation.

Tuesday, March 9, 6:30-7:45 p.m. **Bellevue**
Cost \$5

Yoga for Runners

Presented by Mary Kay Marquart, RYT Yoga Instructor
Getting ready to run outdoors again? Join Mary Kay as she takes you through the proper therapeutic techniques of stretches perfect for runners or people who want to start a running program.

Tuesday, April 13, 6:30-7:45 p.m. **Bellevue**
Cost \$5