



# Member Education Calendar 2012

Call today to reserve your spot!

920-433-6756 (bellevue) 920-430-4756 (west)

*Child Care Available*

## Tue., Jan. 3 / 6:30 pm/ Bellevue **Belly Dancing**

Did you know your Belly can move, it might jiggle, but move in a sleek, sexy dance move? This Belly dancing class is a sampler class of rib cage isolations, hip moves, and combinations. Let's Shimmy! Amazing what your Belly can do! **A BUCK per person.**

*Presenter: Brenda Hartstern, Dance Instructor*

## Wed., Jan. 4 / 11:15 am / Bellevue and 6:30 pm / West

### **Pockets of Peace**

Learn and practice simple, time-tested ways that may lead to less stress, improved memory, and better overall well-being. This presentation will focus on practices that are relaxing and easy to work into your daily life: breath work, instruction, guided relaxation, discussion. Give yourself the gift of peace!

*Presenter: Wendy Fahrbach, Chopra Center Certified*

## Tue., Jan. 24 / 6:00 pm / West **Progression of a Running/Walking Program**

Running a marathon, Bellin Run or any other road races this year? Want to become faster, stronger, or less injury prone? If so, this is the class for you. Program Description: Nate our Certified Performance Specialist and Running Coach will help you to enhance your endurance training. Nate will present fundamentals of endurance training and progressions that will translate to your race. Sign up today to improve your next endurance event!

*Presented by: Nate Vandervest*

## Wed., Jan. 25 / 6:00 pm / Bellevue **Wellness Coaching: The Latest Trend in Fitness**

Health coaches work with individuals to help them improve all areas of wellness including fitness, nutrition, weight, stress, health, and management of the life issues that impact wellness. This presentation will discuss: Why is it beneficial to have a health coach? Also, What is a health coach? Are you ready to learn about the new trend for 2012? *Presented by Alexandre Duran & Sandra Treichel Personal Health Coaches from Bellin.*

## Tue., Feb. 7 / 6:30 pm / Bellevue **Romance Night...Time to treat your "loved one".**

Romance—the dance of the heart—the Waltz, is forever timeless. Learn to waltz and take your Love dancing for Valentine's Day! **A BUCK per person.**

*Presenter: Brenda Hartstern, Dance Instructor*

## Thu., Feb. 9 / 6:00 pm / West **Facts on Fat**

"Of all the nutritional strategies that protect your health and improve your vitality, learning how to do your fats right is the single most powerful" Dr Ann Kulze, Eat Right for Life. Join us to learn how "do your fats right" and leave with your personal plan for improving your nutrition.

*Presented by: Jesse Stukenberg RN, BSN*

## Mon., Feb. 13 / 6:00 pm / East **"Obese yet Starving"**

A discussion about how your body can be in starvation mode (fat storage mode) even when you're overweight or obese and the physiology behind it. Taresa will also discuss the impact stress has on our bodies and some tips to get your body out of starvation mode and back into fat burning mode. A good discussion for anyone who feels helpless when it comes to weight loss.

*Presenter by: Taresa Van Asten PA-C, MPAS*

## Tue., Feb. 21 / 6:30 pm / West **Enlighten Me**

Enlighten me or just lighten up: Shedding light on the shorter days. Come and discover a way to get you into a brighter day: To activate the light within to compensate for the light loss outside. To unleash the power of a single breathe.

*Presented by: Phil Chaudoir*

## Tue., March 6 / 6:30 pm / Bellevue **Polka Night**

Polka---Learn the official dance of Wisconsin! We will cover the basic polka and a little bit of the polka-style waltz. **A BUCK per person.**

*Presenter: Brenda Hartstern, Dance Instructor*

**Thu., March 8 / 12:00 pm / Bellevue**  
***Eating Heart Healthy - Are you ready for a behavior change?***

You will learn stages to help you overcome your not-so-good eating habits. Pre-contemplation not thinking about change. Contemplation thinking about change. Preparation getting ready to change and then Maintenance stage. The presentation will also cover cholesterol, saturated fat, Trans fat and diabetes and heart disease. We are here for YOU!

*Presented by Anne Vollrath, RD*

**Thu., March 15 / 10:00 am / Bellevue**  
***"You are what you eat"***

Sugars, carbs, trans-fats, HFCS-what am I suppose to eat? If what you are eating is eating you, this nutritional session will enlighten you! Whether your goal is weight loss, gain, health maintenance or improvement, proper nutrition is essential.

This 60 minute session holds all the answers!

*Presented by: Dulcie Bosi-Schmidt, RN*

**Tue., April 3 / 6:30 pm / Bellevue**  
***70's Night***

70's night—is the hustle the swing or the line dance? Learn the answer along with that Travolta strut and point! **A BUCK per person.**

*Presenter: Brenda Hartstern, Dance Instructor*

**Tue., April 10 / 6:30 pm / Bellevue**  
***The Fountain of Youth Revisited***

The 5 Tibetan Rites and more. Come and see for yourself about a science that unites mind, body and spirit. A yogic system of simple, dynamic and energizing postures and movements. This ancient secret and pathway can help you increase vital energy, healing, rejuvenation, and personal power. Are you ready to see for yourself?

Presented by: Phil Chaudoir

**Tue., May 1 / 6:30 pm / Bellevue**  
***Nifty Fifties***

Fifties—Relive those Nifty Fifties with a little swing and jive! Poodle skirts are optional! Let's make this a night of memories! **A BUCK per person.**

*Presenter: Brenda Hartstern, Dance Instructor*

**Tue., May 18 / 6:30 pm / West**  
***Energy Medicine***

Feeling sluggish? It's time to take charge of your health. This presentation will help you circulate energy to rejuvenate your body, revitalize key organs – lungs, heart, liver, stomach, kidneys, intestines, and gall bladder. Restore mental clarity by harmonizing right and left brain. Let's soothe your nervous system and reduce your anxiety and center yourself.

*Presented by: Phil Chaudoir*

**Tue., June 12 / 6:30 pm / Bellevue**  
***The Healer Within***

The most essential medicine for body, mind, and spirit is already within us and is free. Some call it The elixir of life; others simply call it chi, ki, or prana. To most of us it is simply the life force energy we all possess. Yet it often remains as the untapped healer within. This class will utilize methods and techniques derived from the ancient wellness arts of Chi Gong, Tai Chi Chaun, and Yoga. We will combine gentle movement with meditative postures to draw upon the healer within.

*Presented by: Phil Chaudoir*

**belinhealth**

Fitness & Athletic Performance