

Xtras

“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! For more information and to register, please call (920) 430-4722.

8-Week Session..... November 2-December 24
Mondays & Wednesdays7-8 p.m.
Mondays & Wednesdays9:30-10:30 a.m.
Tuesdays & Thursdays.....5:30-6:30 p.m.
Members/\$160General Public/\$240

XL for Kids

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. For more information and to register, please call (920) 430-4722.

8-Week Session..... October 30-December 18
Fridays5-5:45 p.m.
Price \$50

Movement Chain Assessments

For all ages and individual abilities, a Movement Assessment is an in depth study of the body’s ability to move efficiently and to determine what your body’s strengths and weaknesses are. All assessments are done by a Performance Enhancement Specialist who will help you to develop an individual corrective exercise plan. During this 90-minute assessment, you will be evaluated on the following:

- *Review of medical history*
- *Standing body posture*
- *Movement patterns (squat, lunge, push-up, and core)*
- *Lower/upper extremity flexibility*
- *Manual muscle testing*
- *Special tests as indicated*

90-minute assessment \$150

XL Athletic Performance (920) 430-4722
1630 Commanche Avenue, Green Bay, WI 54313

Xtras cont...

Facility Rentals

Looking to have an X-tra fun birthday party?
Does your child love to play sports? Well, why not combine the two. XL Athletic Performance has the place and the space for you to do just that. For your child’s next birthday, rent out the XL facility and keep the party busy with soccer, football, basketball, and more. There’s even a room for cake and ice cream and don’t forget...presents! So score two points with your child and call (920) 430-4756 to reserve your date!

Are you a dancer, cheerleader, or in pom poms?
If so, as the old saying goes...practice makes perfect and we have the perfect place for you to practice. Check out our climate-controlled rooms with floor to ceiling mirrors and state-of-the-art sound systems and lead your team to dance the night away. Call for reservations today at (920) 430-4756.

Free Consultations

Nutrition Consultations

Schedule a 20-minute one-on-one nutrition consultation, absolutely FREE! Meet with our nutritionist, and she will answer any questions you may have regarding your diet, recipes, or foods that you should eat to fuel your workout. Call (920) 430-4756 to register in advance.
Wednesdays, 5-7 p.m..... West Side

How to Register

Stop in or call today to sign up for our Workshops, Seminars, Specialty Classes, etc. Payment for Specialty Classes must be made in full prior to the start of first class to guarantee your registration and can be made by cash, check, or credit card (VISA, MasterCard, and Discover are accepted).

Bellin Fitness Center Bellevue (920) 433-6756
3263 Eaton Road, Green Bay WI 54311

Bellin Fitness Center West..... (920) 430-4756
1630 Commanche Avenue, Green Bay WI 54313

Seminars

Osteoporosis Series

The Healthy Back, Better Posture
Utilizing the Meeks method (www.sarameekspt.com), discover guided exercises and aspects of back health along with postural alignment. During this 4-week 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 a floor mat, and one to two pillows as the exercise will be on the floor.
Wednesdays, November 25, December 2, 9, and 16 11 a.m.-12 p.m. Bellevue Wellness Room
Preregistration is required Cost \$35

Active Adult Seminars

Reading Food Labels & Cooking for One
Are you confused by the food label and what it means? Do you wonder how to prepare a nutrition meal for one or two? Come join our nutritional expert for an informational seminar that will leave you feeling “Food Smart.”

Monday, November 2, 11 a.m.-12 p.m..... Bellevue
Wednesday, November 11, 9-10 a.m..... West Side
Seminar Fee \$2

Sleep Disorders

Do you wake up feeling tired, fall asleep in your chair during the day, have trouble sleeping through the night? Sleep disorders are more common than you think. Come join nurse practitioner, Tamara Brown, for an informative session to discuss sleep concerns.
Monday, December 7, 11 a.m.-12 p.m. Bellevue
Monday, December 14, 11 a.m.-12 p.m. West Side
Seminar Fee \$2

Breathing Peace – Yoga

Presented by Sarah Staff, RYT certified Yoga instructor Use you breath to navigate through troubled times easily, gracefully, and masterfully. How we breathe reflects who we are and the manner in which we express ourselves – physically, emotionally, and spiritually. This workshop is a wonderful resource for anyone who wishes to improve his or her health and vitality through breath.
Tuesday, November 3, 6-7:30 p.m. West Side
Preregistration required Cost \$20

(Minimum 7 people/20 maximum)



**Fitness Center
Specialty Classes,
Assessments, Seminars**

**Fall Two Session
November 2-December 19, 2009**

REGISTER TODAY!

Welcome to Bellin Health

Specialty Classes

Body Rolling

Improve flexibility, realign the body, stimulate bone density, help prevent and heal injury, relieve pain, and offset vigorous exercise with this self-help technique using small balls to stretch and relax muscles. Body Rolling is effective on its own or as a compliment to your existing workout. Class is taught on the floor...you should be able to go down and up and support your own body weight.

Wednesdays, 5:30-6:15 p.m...... **Bellevue**
Members \$35
General Public \$60

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

Core Conditioning

Enhance your core strength and stability, along with your flexibility using medicine balls, resistance bands, foam rollers, and the Resist-a-Balls. This conditioning class burns calories and develops a strong core.

Thursdays, 6:30-7:15 p.m...... **West Side**
Members \$35
General Public \$60

Feldenkrais Classes

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.

Wednesdays, 9-10 a.m...... **West Side**
Members \$45
General Public \$95

Hooked on Hooping

Remember the hula hoop? It is now reemerging as the hottest fitness trend in the country! It is a low-impact, super energizing workout that is fun and feels amazing. Even if you were never able to hoop before, you will experience success using our custom made hoops that fit any size and shape. You will be introduced to the booty bump, limbo, and all sorts of cool tricks that will make this an incredible experience you will never forget.

Tuesdays, 9-9:30 a.m...... **West Side**
Class Fee **\$35**

Specialty Classes

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. Great for all levels.

Call for class times and locations.
10-Class Punch CardsMembers \$30
General Public \$60
Drop-In FeeMembers \$5
General Public \$7

Zumba!

Zumba is a Latin-dance inspired fitness class combining the rhythms of the Merengue, Salsa, Cumbia, Reggaeton (Latin Hip Hop), Flamenco, the routines feature aerobic/fitness interval training with a combination of fast and slow rhythms to maximize caloric output, fat burning, and total body toning. No experience needed.

Call for class times and locations
10-Class Punch Cards Members Free
General Public \$30

Check Out Our Fall Extras!

New Classes Are Coming This Fall!

Fall is here and we are offering you a taste of our cool upcoming Specialty classes...Absolutely Free!

Body Rolling

Tuesday, November 3, 5:30-6:15 p.m..... Bellevue

Nia

Thursday, November 5, 5:30-6:30 p.m. Bellevue

Hooked on Hooping

Tuesday, November 3, 9-9:30 a.m. West Side

Tuesday, November 3, 10-10:30 a.m. West Side

Mind, Body, Spirit cont...

Nia

Improve your strength, balance, and flexibility during this fun and comprehensive workout that not only exercises your body, but also your mind and heart. Burn fat and calories, build muscle, and give your heart a real workout with Nia’s mind-body disciplines, including several forms of yoga, running, aerobics, Tai Chi, Chi Gong, and Feldenkrais exercises.

Thursdays, 5:30-6:30 p.m...... **Bellevue**
Class Fee **\$50**

Pilates

A system of hundreds of exercises, created by Joseph Pilates, that are performed with continuous motion, blending strength and flexibility, while focusing on stabilizing the core. Pilates can be adapted, modified, and customized for individual needs and can change the way your body looks, feels, and performs.

Level One
Thursdays, 5:30-6:30 p.m...... **West Side**
Level Two
Mondays, 9-10 a.m. **West Side**
Once per week.....Members \$45
General Public \$95

Tai Chi

A self-paced series of gentle exercise. Learn to perform defined postures and movements in a slow, graceful manner, benefiting stress reduction, greater balance, and increased flexibility.

Tai Chi is great for everyone, especially active older adults.
Wednesdays, 11:15 a.m.-12:15 p.m...... **Bellevue**
Once per week.....Members \$45
Drop-In FeeMembers \$7
General Public \$10

Personal Health Assessments

What is it and how will it benefit you?

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 personal 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 our physicians, a physical therapist, or athletic trainer...providing you with the best continuum of care. Your PHA includes:

Health History:

A comprehensive check on any existing or past health issues.

Movement Assessment:

An in depth study of the body’s ability to move efficiently and to determine what your body’s strengths and weaknesses are, which will help to develop an individual corrective exercise plan.

Workout Plan:

- *Goal Setting:* Personal goals you want to achieve.
- *Technique Instruction:* Teaching you the proper technique to achieve better results.
- *Class Overviews:* Choose the classes that are the right fit for you.
- *XL Olympic Room Orientation:* Review of equipment and guidelines.
- *Fitlnxx Orientation:* Records your individualized workouts on weight machines, cardiovascular equipment, and free weights. FitLinxx can help you keep accurate records, train safely, and increase your motivation on the way to achieving your goals.

Fitness Assessment (pre and post):

- *V02 Max* is considered the best indicator of cardiorespiratory endurance.
- *Measurements:* Taking your measurements is an excellent way to keep track of your changing shape as you get fit. When you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller.
- *BMI-Body Mass Index* is a relationship between weight and height that is associated with body fat and health risk.

Nutrition Assessment:

Once the data on an individual is collected and organized, the trainer can assess and evaluate the nutritional status of that person. The assessment leads to a plan of care, or intervention, designed to help the individual either maintain the assessed status or attain a healthier status.