

Newton-Wellesley Hospital's

Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Saturday
9:15 am Strength Training Susie	9:15 am Fit & Fabulous Susie	9:15 am Strength Training Pearl	9:15 am Fit & Fabulous Susie	9:00 am Pilates Workout Karin/Eliana
		10:00-11:00 am Gentle Yoga Bill		10:00 am Zumba Colleen
10:45 am Pilates for Everybody Karin	10:30 am Stretch & Strengthen Susie	10:45 am Pilates for Everybody Karin	10:30 am Stretch & Strengthen Susie	
	11:45 am Stretch & Strengthen Susie		11:45 am Stretch & Strengthen Susie	
4:30 pm Strength Training Cheryl		4:30 pm Strength Training Pearl		
5:30 pm Low Impact Aerobics Cheryl	5:30 pm Strength Training Women Susie	5:30 pm Zumba Colleen	5:30 pm Strength Training Women Susie	
6:00-7:00 pm Tai Chi Eddie	6:30 pm 20/20/20 Cardio Combo Susie			
	6:30-7:45 pm Kundalini Yoga Bill	7:15-8:30 pm Kundalini Yoga Bill		

Winter Session: February 6- April 29, 2017

Registration: 617-243-6221 • Information: www.nwh.org/classes

Name: _____	Phone: _____	Email: _____
Address: _____	City: _____	State: _____ Zip: _____
Class: _____	Day: _____	Price: _____
Card Number: _____	Expiration: _____	Code: _____

Return Registration Form to: Newton-Wellesley Hospital's Wellness Center, 2014 Washington Street, Newton, MA 02462, or call 617-243-6221

Group Fitness Classes at Newton-Wellesley Hospital

Winter Session: February 6- April 29, 2017

Cardio Combo 20/20/20

This all-in-one group fitness class will leave you feeling refreshed, invigorated, and revitalized. You will be having fun, as well as helping your body. Enjoy increased cardio endurance, stretched & strengthened muscles with enhanced coordination and increased flexibility. For all ages and abilities.

Fit & Fabulous

Class includes a warm up, aerobics and strength training routine that promotes total body well being. Focus is on building strength and improving balance and posture. For all ages and abilities.

Low Impact Aerobics

Aerobic class based on dance moves, includes arm and core strengthening exercises. Focus is on energy boost, improved heart function and stress reduction. For all ages and abilities, no dance experience required.

Pilates

Pilates mat work and gentle stretching to strengthen the core muscles, tone and increase flexibility in the back and spine. Will help improve balance, breathing, energy level and posture. All levels welcome. For all with the ability to get down to and up from the floor.

Strength Training and Strength Training for Women

Non-aerobic routine of strength building exercises (standing & floor) using repetitions, resistance bands and hand weights. Focus is on using correct form for maximum strength gain and to improve posture, balance and reduce the risk of osteoporosis. For all with the ability to get down to and up from the floor.

Stretch & Strengthen

Non-aerobic routine of stretch and strength building exercises (standing, floor). Focus is on becoming/staying active and increasing muscle strength to improve health, posture, balance and reduce risk of osteoporosis. For all ages and abilities.

Zumba

Zumba is a Latin-inspired cardio-dance workout that uses easy to follow moves with the focus on improving balance, range of motion and coordination. For all ages and abilities, no dance experience required.

Tai Chi

A regular Tai Chi practice of slow and rhythmic movements is said to encourage an increase in circulation, relieve stress, promote flexibility, and increase strength. Over time, you will experience a marked improvement in concentration, range of motion and balance. For all ages and abilities.

Kundalini Yoga

The goal of Kundalini Yoga is to balance body, mind, and soul, and increase mental clarity and physical vitality. Each class is comprised of kriyas - moving combinations of postures and breaths. Class closes with a meditation which brings awareness and control of thoughts. Mantra (repeated sounds aloud or silently) and mudra (hand gestures), are used to clear negative patterns, reduce stress and awaken awareness. For all with the ability to get down to and up from the floor.

Gentle Yoga

This class incorporates gentle (less vigorous) kriyas, mudras and mantra with an emphasis on relaxation, breathing, meditation and gentle exercise. For all ages with the ability to get down to and up from the floor.

Our exercise and fitness classes are designed to accommodate various levels and abilities and our instructors are always able to suggest ways of adapting any class or workout to meet your individual needs.

New students can register for any class at any time during the session and the cost will be prorated.

Class Pricing

1 Class/week: Mondays only	\$105(am)/94(pm)
1 Class/week: Tues or Wed	\$105(tues)/115(wed)
1 Class/week: Thurs & flex	\$125
2 Classes/week: Mon/Wed	\$178(am)/170(pm)
2 Classes/week: Tues/Thurs & flex	\$187
Fit Pass (unlimited classes Mon-Thur)	\$263
Yoga 1 Class/week: Tuesday	\$150
Yoga 1 Class/week: Wednesday	\$165
Tai Chi 1 Class/week:	\$135
Pilates or Zumba Saturday class	\$126

Registration: 617-243-6221

Information: www.nwh.org/classes



NEWTON-WELLESLEY
HOSPITAL

Weekday classes (except Tai Chi) are held at Temple Reyim, 1860 Washington Street, Newton.

Tai Chi classes are held in the Allen Riddle Living Room, on the Newton-Wellesley Hospital campus.

Saturday classes are held at the Newton-Wellesley Ambulatory Care Center, 159 Wells Avenue, Newton.