



Aerobics Programs

Aerobics provide a cardiovascular workout to help burn fat and calories while toning and shaping the major muscle groups. Each class will consist of a warm-up, cardiovascular training, cool-down, abdominal and stretching exercises. Participants should bring a water bottle and an exercise mat.

Cost per 8-week session:

| | |
|-----------|------|
| 1 class | \$35 |
| 2 classes | \$60 |
| 3 classes | \$85 |

Cardio Sculpt

Instructor: Phyllis Waddle

Tuesday, April 30 – June 25 (no class June 4)

Tuesday, July 9 – August 27

5:15 to 6:10 p.m.

\$35 per 8-week session

One stop fitness: a class that provides different types of cardio as well as a variety of muscle strengthening and endurance work. This class is for every fitness level and will introduce the participant to a variety of cardio workouts.

TBT – Total Body Training

Instructor: Phyllis Waddle

Thursday, May 2 – June 27 (no class June 6)

Thursday, July 11 – August 29

5:15 to 6:10 p.m.

\$35 per 8-week session

The name says it all! Give us 55 minutes and we'll work your whole body. This class will use a variety of equipment to work your muscles, get your heart rate up and provide a good stretch. The class is geared to all fitness levels.

Cardio Dance Fit

Instructor: Phyllis Waddle

Saturday, May 4 – June 29 (no class June 8)

Saturday, July 13 – August 31

8:30 to 9:30 a.m.

\$35 per 8-week session

This energetic, interval-based class will have you moving to the latest dance soundtracks. Work your entire body while having a blast on the dance floor.

Yoga

Afternoon Stretch Yoga

Instructor: Kim Zehnder, E-RYT

Tuesday, May 14 – July 9 (no class June 4)

Tuesday, July 16 – September 3

2:45 to 4:15 p.m.

\$60 per 8-week session

A gentle stretching yoga class to maintain and increase flexibility. This class is suitable for seniors or anyone wanting a gentle exercise class. Dress comfortably and bring an exercise mat.

Massage Therapy

Massage therapy provides many physiological benefits while promoting an overall sense of relaxation and well-being. Therapeutic massage and stone massage appointments are performed by licensed massage therapists. Gift certificates are available.

Call 937-734-5860 to schedule an appointment.

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|--------------------------------|---------|
| Therapeutic Massage One Hour | \$65.00 |
| Therapeutic Massage Half Hour | \$35.00 |
| Seniors (60+) One Hour Massage | \$59.00 |
| Stone Massage One Hour | \$80.00 |

Pilates Group Reformer

Instructor: Velvet Swartzel, PMA®-CPT, E-RYT

\$108 per 6-week session

Call 937-734-5935 to schedule your 6-week session

Join us in the Pilates Studio for work on the reformer. Use springs, leverage and body weight as resistance, while utilizing controlled movements through a full range of motion. Pilates is an intelligent system of exercise that works to address common issues including alignment, hip and shoulder stability, core strength, flexibility and rotation.



Well-Being Center is located at Miami Valley Hospital North.

To register by phone call

(937) 734-5860 Monday – Friday 7:30 a.m. to 3:45 p.m.

Registration Card

Please Print

| | |
|---|-----------------|
| NAME | EMAIL |
| PHONE (DAY) | (EVENING) |
| ADDRESS | |
| CITY | STATE |
| | ZIP |
| Program Title | Date(s) |
| | Amount |
| <p>Payment Method (for faster registration, credit card holders please call (937) 734-5860)</p> <p><input type="checkbox"/> Check (please make payable to Miami Valley Hospital)</p> <p><input type="checkbox"/> Visa</p> <p><input type="checkbox"/> MasterCard</p> | |
| ACCOUNT NUMBER | EXPIRATION DATE |
| SIGNATURE | |



Wellness isn't just the absence of health problems. It's a balance of mind, body and spirit and part of living a healthy lifestyle. The Well-Being Center supports this balance with a variety of classes and services to help you develop and maintain your fitness and improve the quality of life.

Helping You Focus on Balance and Wellness

An important part of wellness can be simply slowing down and focusing on you. To improve your physical health, we can also offer fitness programs like Pilates, aerobics and Zumba. We are committed to helping you de-stress and build your awareness of the natural balance you need for wellness.

Classes and Programs by Experienced Professionals

The Well-Being Center delivers quality programs you expect from Premier Health. Experienced, credentialed professionals lead classes and fitness programs, and our schedule is built around your wellness needs. Private instruction is also available.

A Facility that Enhances Your Wellness Experience

We built the Well-Being Center with your needs and preferences in mind. Our education center and aerobics room are fully equipped and up to date. We offer massage therapy and Pilates in surroundings that support your wellness journey.

How To Register for Programs

Early registration is suggested. Please register at least 24 hours prior to the start of each session. Payment must accompany registration to reserve space in class.

Telephone Registration

To register by phone call (937) 734-5860 Monday – Friday 7:30 a.m. to 3:45 p.m. You will be asked for a credit card number to cover program fees.

Mail-in Registration

Please mail the enclosed registration for with your check or credit card information to:

Well-Being Center

9000 N. Main Street
Dayton, OH 45415

Please make checks payable to Miami Valley Hospital.

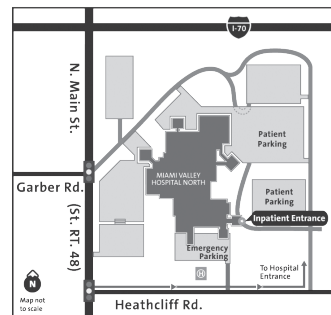
Refunds/Cancellations

The Well-Being Center reserves the right to cancel any program due to insufficient registration or unforeseen circumstances. Full refund for any class will be given if request is made five working days or more prior to the start of the class. No refunds will be issued after that deadline.

Well-Being Center

9000 N. Main St.
Dayton, Ohio 45415

mvh.org/wellbeing



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Miami Valley Hospital North
9000 N. Main St.
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Well-Being Center Classes

Summer 2019



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