

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 from 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 Miami Valley Hospital North 9000 N. Main St. Englewood, 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.



Englewood (70) **MIAMI VALLEY HOSPITAL NORTH** 75 Ñ

Learn More

Visit mvh.org/wellbeing to learn more about the Well-Being Center.



Well-Being Center Miami Valley Hospital North 9000 N. Main St. Englewood, OH 45415

(937) 734-5860

mvh.org/wellbeing



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Well-Being Center Classes

Winter/Spring 2020



A variety of programs and services that combine healthy lifestyle with modern medical science and therapies to restore one's natural balance of mind, body and spirit.



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.

*Ask about multiple class discounts.

Cardio Sculpt

Instructor: Phyllis Waddle Tuesday, January 7 – February 25 Tuesday, March 3 – April 21 5:15 - 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.

Back to Basics

Instructor: Phyllis Waddle Wednesday, January 8 – February 26 Wednesday, March 4 – April 22 5:15 - 6:10 p.m. \$35 per 8-week session*

This upbeat class is great for beginners or anyone looking to jump start an exercise routine. The class will consist of basic aerobics to give you cardiovascular training followed by toning exercises using hand weights.

TBT – Total Body Training

Instructor: Phyllis Waddle Thursday, January 9 – February 27 Thursday, March 5 – April 23 5:15 - 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, January 11 – February 29 Saturday, March 7 – April 25 8:30 - 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.

Body Max Training

Instructor: Kristina Ropos Saturday, January 18 – March 7 Saturday, March 14 – May 2 9:45 - 11:15 a.m. \$42 per 8-week session

This metabolic training class offers 40 minutes dedicated to cardio dance and toning routines, with an additional 40 minutes dedicated to lean sculpting with hand-held weights, exercise balls, bands, and floor mats. Beginning with a warm-up, we will flow seamlessly from cardio to sculpting. This workout will be suitable for any fitness level as routines will be modified to individual needs.

Yoga

Afternoon Stretch Yoga

Instructor: Kim Zehnder, E-RYT 500 Tuesday, January 7 – February 25 Tuesday, March 3 – April 28 (No class March 10) 2:45 - 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.

Yoga and Self-Care

Instructor: Velvet Swartzel, NPCP, E-RYT Monday, January 13 – March 9 (No class January 20 & February 17) Monday, March 16 – May 11 (No class March 30 & April 6) 5:30 - 6:45 p.m. \$75 per 7-week session

Enjoy a blissful yoga practice suitable for beginners, as well as seasoned yogis that will include breathing, movement, relaxation and self-care techniques including the MELT Method[®] and Roll Model Method[®]. Experience how self-care can help to facilitate a more beneficial yoga practice and leave you feeling better. Please bring a water bottle and exercise mat to class. All other equipment needed for class will be provided.

Relaxation

Meditation Class

Instructor: Kim Zehnder, E-RYT 500 Tuesday, January 7 – February 11 Tuesday, March 3 – April 14 (No class March 10) 4:30 - 5:30 p.m. (1st class) 4:30 - 5 p.m. (remaining classes) \$30 per 6-week session

Meditation is an ancient skill that remains an effective way to manage the stressful demands of life. These sessions are open to any level of experience and are designed to provide the beginning student with a simple method of meditation which may be incorporated into

the busiest of lifestyles. Each class includes the actual experience of meditation as well as the opportunity to check-in and ask questions. Please wear comfortable clothing.

Pilates

Pilates Group Reformer

2 - 3 p.m.

9 - 10 a.m.

- Instructor: Velvet Swartzel, NPCP, E-RYT Monday, January 13 – March 9 (No class January 20 & February 17) Monday, March 16 – May 11 (No class March 30 & April 6) \$126 per 7-week session Wednesday, January 22 – March 11 (No class February 19) Wednesday, March 25 – May 13
- (No class April 1)
- \$126 per 7-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. Find out why people love the support the reformer brings to a Pilates practice.

Massage Therapy

Andy Dafler, LMT

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

- Therapeutic Massage One Hour \$65
- Therapeutic Massage Half Hour \$35
- Seniors (60+) One Hour Massage \$59
- Stone Massage One Hour \$80

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