

HENRY FORD ALLEGIANCE WOMEN'S HEALTH CENTER

2019 Fitness Classes

All classes take place at 3333 Spring Arbor Road, Suite 500, unless indicated otherwise.

Please see the reverse side for individual class starting dates.

RETURNING CLASSES

AEROBICS: Classes use a variety of lively music for a great aerobic workout. | *All levels are welcome, work at your own pace.*

BUTTS AND GUTS: The ultimate glute and leg workout! This exercise routine uses plates to facilitate lunges, without putting undue stress on the knees or other joints. Learn to lunge and squat properly while strengthening your core muscles. A diverse abdominal workout included. | *Level: Intermediate*

CONSUMERS PILATES: Pilates teaches body awareness to improve equilibrium, proper breathing to reduce stress and facilitate movement, and core work to strengthen your powerhouse and improve posture, flexibility and alignment. In the Downtown Consumers Energy Library for CE employees and retirees only. | *Level: Beginner/Intermediate*

NIA: A cardio-dance group fitness class that incorporates martial arts, dance arts and healing arts, supported by captivating world music. NIA promotes mindfulness, holistic fitness and well-being. NIA empowers people of all shapes and sizes to connect to their body, mind, emotions and spirit by paying attention to sensation in the body. | *All levels welcome, work at your own pace.*

PILATES CORE: A perfect blend of Pilates with additional abdominal exercises to increase strength, stability and endurance, while maintaining a relaxing mood throughout the class. Pilates theory taught. All mat work. | *Level: Beginner/Intermediate*

POWER PUMP: Combines lively music and lifting your choice of weights, using weighted bars and/or dumbbells. Strengthen your whole body in one hour: legs, chest, back, arms, shoulders and abs. Learn to lift weights safely. | *Level: Beginner/Intermediate*

POWER PUMP/PILATES BLEND: Begins with invigorating weight-lifting exercises, focusing on three to four muscle groups, then segues into Pilates theory and abdominal work, including stretching. A different routine each week. | *Level: Beginner*

STABILITY BALL/LIGHT DRUMMING: A series of exercises designed to increase flexibility, strength and balance, while sitting on a large fitness ball or chair. Gentle aerobics and arm strengthening exercises are included, using drumsticks and fitness balls as drums. | *Level: Beginner/Intermediate*

STRENGTH, STRETCH AND BALANCE: Class uses a variety of exercises, weights and equipment to improve strength, flexibility and balance. | *All levels welcome, work at your own pace.*

STRENGTH TRAINING: A variety of exercises, weights and equipment to improve strength, flexibility and balance. *All levels welcome, work at your own pace.*

ZUMBA GOLD: Exciting dance-fitness aerobic workout featuring upbeat Latin and world rhythms designed specifically for the Baby Boomer generation. Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented class that feels fresh and, most of all, exhilarating! | *All levels welcome, work at your own pace.*

CHAIR YOGA: Includes gentle yoga and focuses on stretching, strengthening and flexibility exercises while seated in a chair. *All levels welcome, work at your own pace.*

GENTLE YOGA: Includes basic gentle yoga exercises on a mat, focusing on stretching, flexibility and balance, with emphasis on strengthening the neck, wrists/hands and feet. | *Level: Beginner.*

YOGA BALANCE: Focuses on yoga exercises designed to improve balance. | *All levels welcome, work at your own pace.*



HENRY FORD ALLEGIANCE WOMEN'S HEALTH CENTER FITNESS SCHEDULE

3333 Spring Arbor Road, Suite 500 | 2018-2019 classes are ongoing, join us at any time.

- **To register, please call the instructor.** Instructor initials are listed after each class and phone numbers are listed below the schedule. If you are dropping in, please call to assure space availability and confirm class is being held.
- Most classes require four or more prepaid participants to be held.
- First class is free for first-time participants. Pay for a full 12-week session and receive \$5 off. Pay instructor before class.
- Please enter using the farthest door to your right. Classes run back-to-back, so arrive a few minutes before class and wait until the previous class is dismissed before entering. Additional parking is located behind the building with an elevator to take you to Level 1.
- **Perks Rewards offers discounts on classes, products and services. Yearly cost is \$25.**

MONDAYS		TUESDAYS		WEDNESDAYS	
9:15 AM	Gentle Yoga (IS)	8:00 AM	Pilates (KC)	8:00 AM	Zumba Gold® (SS)
10:30 AM	Stability Ball Workout/Light Drumming (IS)	9:00 AM	Strength, Stretch & Balance (KC)	9:05 AM	Gentle Yoga (IS)
3:00 PM	Chair Yoga (TM)	10:00 AM	Strength, Stretch & Balance (KC)	10:15 AM	NIA (SL)
4:15 PM	NIA (MY)	Noon	Power Pump (AH) <i>(Co-ed, men welcome)</i>	5:30 PM	Moderate Impact Aerobics w/ Strength & Toning (KS)
5:30 PM	Strength Training (KS)	5:30 PM	Pilates Core w/Breathing (AH)		
THURSDAYS		FRIDAYS		PERSONAL CLASS SESSIONS	
8:00 AM	Low to Moderate Aerobics w/Strength and Balance (KC)	8:15 AM	Pilates (KC)	PERSONAL CLASS SESSIONS	
9:00 AM	Strength, Stretch & Balance (KC) <i>(Full at this time)</i>	9:30 AM	Yoga Balance (TM) <i>(Co-ed, men welcome)</i>	<ul style="list-style-type: none"> • We can design a class to meet the needs of your group. • A minimum of four or more participants is required. • To schedule, call Ida at (517) 740-7156. 	
10:00 AM	Strength, Stretch & Balance (KC)	10:45 AM	Gentle Chair Yoga (TM)	PERSONAL TRAINING SESSIONS ARE AVAILABLE FOR:	
NOON	Pilates (AH) <i>(Consumers Library, Consumers employees/retirees)</i>	NOON	Power Pump/Pilates Blend (AH) <i>(Co-ed, men welcome)</i>	<ul style="list-style-type: none"> • Fitness • Yoga • Pre/Postnatal fitness 	
4:45 PM	Butts & Guts (AH)	SATURDAYS			
6:00 PM	NIA (MY)	8:30 AM	Gentle Mat Yoga (TM) class begins January 5. <i>Pre-registration required by calling (517) 205-2684.</i>		

CERTIFIED INSTRUCTORS & PHONE NUMBERS

Katie Crowley (KC) (517) 945-4843	Jeanette Lamphere (JL) (517) 206-2531	Ida Smith (IS) (517) 740-7156	Marlene Young (MY) (517) 796-9293
Amy Hernandez (AH) (517) 917-1903	Tami Makohn (TM) (517) 250-0126	Kit Spoelstra (KS) (517) 914-7702	
Suzanne Long (SL) (517) 914-1436	Sally Shock (SS) (517) 936-8530	Michelle Woods (MW) (517) 206-1974	

12-WEEK SESSIONS

Cost: \$78 Perks: \$60
DROP-INS <i>(If space available)</i>
Cost: \$6.50 Perks: \$5 <i>Most classes run for 12 weeks. Cost adjusted for classes less than 12 weeks.</i>

PERSONAL TRAINER SESSIONS & CONSULTS

3 sessions: \$90 Perks: \$75
1 session: \$35 Perks: \$30
Trainers: Ida, Katie, Michelle, Amy H. Yoga (RYT): Jeanette