

Fitness & Wellness

The Centre offers both a Ladies Only and Coed Fitness Center with new cardio, strength, and flexibility training equipment, including the revolutionary WAVE vibration machine. A variety of fitness classes are offered on a regular basis. Additional services such as personal training, dietitian counseling, and body composition analysis are available to support you with your individual fitness and wellness needs.

For specific fitness information and orientation scheduling contact:

Ladies Only Fitness: Christine at 263-6232 ext. 726
cboote@lenawee.org

Coed Fitness and Wellness: Kevin at 263-6232 ext. 721
khunt@lenawee.org



July Ladies & Coed Fitness Classes

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Pump & Pray	Cardio Mix		Cardio Mix Pump & Pray		
8:05						Stretch & Flow Pump & Pray
8:30	Boot Camp 101 (45m)	Have a Ball	20/20/20	Boot Camp 101 (45m)		
9:00	Step & Strength	Body Sculpt	Pilates	Step Interval	Cardio Mix	Step Xplosion
9:30	Silver Sneakers MS	Texas Line Steppin' 101	Silver Sneakers CC	Silver Sneakers MS	Silver Sneakers CC	
10:00	Power Stretch		Interval Training		Pilates w/ small ball	Fitball
10:30						
11:00						
12:00		Body Xplosion (30m)				
5:00 PM	Step Interval	Step & Strength	Step & Strength			
5:30						
6:00	Kickbox Xplosion	Fitball TKD Karate*	Kickbox Xplosion	Step TKD Karate*		
7:00	Body Xplosion (30m)	Zumba TKD Karate* Pilates	Body Xplosion (30m) Belly Dancing	TKD Karate*		

JOIN ANYTIME!

Check out this great lineup of fitness classes! You can join anytime. For more information about a particular class, pick-up a flyer at the Information Desk or go online: thecentre.info

Key:

- 👉 Ladies Only Class* (Group Fitness B)
- 👉 Coed Class
- 👉 Hybrid Class**

**Hybrid Class - Special offer class open to everyone, including Ladies Only members.

Centre Members: Free

Walk-in: \$7 or prepaid punch card

*Specialty classes are a separate cost.

SilverSneakers MS (Muscular Strength & Range of Motion) and SilverSneakers CC (Cardio Circuit)

Classes are subject to change and are approximately 1 hour unless noted.

Kids Care Babysitting

Ages: 4 months - 9 years

M/W/F 8:15 am - 12:00 pm & 4:00 - 8:00 pm

T/TH 8:15 am - 1:00 pm & 4:00 - 8:00 pm

Saturday 8:30 am - 12:30 pm



Slow Down, You Move Too Fast!

By Barb McClure, R.D., The Centre, 517.263.6232

We've all adapted to the insidious philosophy of fast... everything is faster; faster internet, faster Olympic speeds, and faster food. We've grown up together in a world of fast food, its second nature to us. We do it weekly, if not daily. But let's put on the brakes a minute and ask ourselves, "Is there a better way?" If we don't do fast food, what do we do? Well, the growing movement is to do "Slow Food."

The slow food movement is nothing new, but lately it seems to be gaining more ground. The current economic downturn has forced many of us to make a lot of changes; first of all in our budget. Yet cutting our budget has dominoed into spending changes in our lifestyle and diet as well. Fast food runs a toll on our financial budget, but on our calorie and nutritional budget as well. The slow food ideals are gaining momentum as people find value in buying locally, savoring their daily meals, and enjoying the time and people in the moment.

People are turning to local farmers markets and co-ops for fresh food, or they're growing their own. Families are spending more time at home and eating more home-cooked meals, and they are taking the time to savor food instead of hurrying through a meal. With such an increase in cancer, allergies, food sensitivities, diabetes and the number of people who are overweight, there may be some merit to taking a look at what we eat, plus where and how we eat. Slow food embraces basic concepts of good nutrition: variety and balance.

So, how about it? Try it. Slowing your pace not only gives you a chance to savor your food, but you will also notice when you are feeling full. By this alone you may start to notice a slimming of your waistline, in addition to feeling better because you (and your family) are eating healthier. Beyond that, just the reduced stress and anxiety at taking life a little slower are benefits worth adopting. Summer is a great time to start!