

# Upcoming Classes & Events

UNLESS OTHERWISE NOTED, CALL (708) 226-0555 FOR MORE INFORMATION OR TO REGISTER. REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

## WELLNESS

### HEART FIT

Heart Fit is for those who have cardiac risk factors, have suffered a heart attack, or have had a bypass or other cardiac procedure. Contact Clinical Exercise.

Mondays, Wednesdays & Fridays, 9 a.m.-noon

**Members \$70 for 24 sessions**  
**Nonmembers \$175 for 24 sessions**

### MULTIPLE SCLEROSIS FITNESS PROGRAM

Participation in a regular fitness routine can improve the quality of life for individuals living with MS. This MS Foundation exercise class takes place both in water and on land. Contact Maria Plotner.

Mondays, Wednesdays & Fridays, 10:15-11 a.m.

**Members FREE**  
**Nonmembers \$90 for 12 classes**

### PULMONARY EXERCISE

Regular participation in an exercise program can help to improve quality of life and respiratory function in individuals suffering from such lung limitations as COPD. Contact Amy DeRuiter.

Mondays, Wednesdays & Fridays, 1-2:30 p.m.

**Contact PHFC for pricing information.**

### PARKINSON'S EXERCISE

Balance, coordination, flexibility, range-of-motion, gait, posture and relaxation exercises take place both on land and in water to help slow disease progression and improve the quality of life for those living with Parkinson's Disease. Contact Amy DeRuiter.

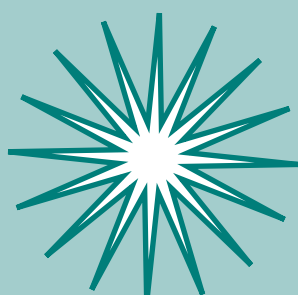
Wednesdays (pool), 11:30 a.m.-12:30 p.m., and Mondays & Fridays (land), 11:45 a.m.-12:45 p.m.

**Members FREE**  
**Nonmembers \$90 for 12 classes**

### INTRODUCTORY DIABETES CLASS

Take charge of your diabetes and learn the basics from Palos Community Hospital's certified diabetes educators. For fee and program information, please call (708) 226-2330.

Every other Thursday, 8:30-10:30 a.m., and the third Monday of each month, 5:30-7:30 p.m.



### STRONG BONES

This class is designed to strengthen bones and improve bone density through strength, range-of-motion and flexibility exercises. Safe for those with osteoporosis and osteopenia, as well as anyone looking to keep their bones strong. Contact Linda Gurak for more information.

Thursdays, Mar. 18-Apr. 8, 9:45-10:45 a.m.

**Members \$30**  
**Nonmembers \$45**

## NUTRITION

### NEW MEMBER HEALTH REVIEWS

New members meet with a PCH registered dietitian and fitness specialist to review the results of their personal fitness assessments and talk about healthy eating. Participants gain insight into their health risk appraisal and learn practical nutrition tips to reach their fitness goals. Call the Fitness Desk for dates and times.

**Members Only FREE**

### MEET THE DIETITIAN

A PHFC registered dietitian will meet with members to answer questions and introduce them to nutrition services. Stop by the Nutrition office when the *Dietitian Is In* and see what's going on in the Nutrition department!

Tuesday mornings and Wednesday evenings

### DIET: DEVELOP INTELLIGENT EATING TECHNIQUES

Whether you are planning your goals for 2010 or are struggling to get out of the starting gate, DIET is what you need! Target your most difficult eating habits, identify behaviors that you want to change and receive step-by-step coaching to get you on the right course.

Wednesday, Mar. 10, 7-8:30 p.m.

**Members and Nonmembers FREE**

## FITNESS/RECREATION

### COMPETITIVE EDGE TRAINING

Competitive Edge Training is an avenue for athletes to use their off-season time to help increase their speed, agility, power, strength and overall conditioning. Contact Scott Byrdak.

### PRENATAL YOGA

Under the guidance of a prenatal yoga instructor, participants explore poses selected to open the hips and strengthen muscles for a more comfortable delivery. Physician clearance needed. Pre-registration required. Contact Ellen Papan.

Wednesdays, Dec. 2-Jan. 20 (no class 12/23 & 12/30), 7:10 - 8:10 p.m.

**Members \$45**  
**Nonmembers \$65**

### GRAVITY

Become part of the latest fitness craze in this 6-week total body strength- and endurance-based fitness class. A variety of class options are available, from core conditioning to pilates. Personal training options also are available. Contact Marybeth Anderson.

Days and times vary.

**Members \$45**  
**Nonmembers \$60**

### STRENGTH TRAINING FOR RUNNERS

Improve your running without the running! This interactive series focuses on using a variety of different equipment and techniques to strengthen the muscular system for optimal running performance. Contact Ashley Jongsma.

Tuesdays, 7 p.m.  
Session I: Dec. 15-Jan. 19  
Session II: Feb. 2-Mar. 9

**Members \$60**  
**Nonmembers \$75**

### BELLY DANCE

Belly Dance is a great way to have fun, tone the body and lift the spirit, and is suitable for all ages. Classes will focus on isolated and toned movements, proper posture, and interpretation and expression of the music. Level I and II options available! Contact Maria Plotner.

Level I: Mondays, 7-8 p.m.  
Level II: Mondays, 8:15-9:15 p.m.  
Session I: Jan. 11-Feb. 15  
Session II: Mar. 1-Apr. 5

**Members \$45**  
**Nonmembers \$65**

### WEIGHTWISE WITH EXERCISE

Offered in conjunction with Palos Community Hospital Outpatient Nutrition Counseling and Diabetes Education, this 8-week program combines guided exercise with proven weight-control techniques and nutrition counseling to create a highly effective weight-management program. Contact Nicole Fritz.

Free informational meeting Tuesday, Jan. 5, 7-8 p.m.  
Classes meet Tuesdays & Thursdays, Jan. 12-Mar. 4, 7-8 p.m.

Fees discussed at informational meeting.

### SHAPEDOWN

This family-oriented program promotes safe, short- and long-term weight loss for overweight children ages 9-17. Contact PCH Outpatient Nutrition at (708) 226-2330, or Ellen Papan at (708) 226-0555.

Free informational meeting Wednesday, Jan. 6, 7-8 p.m.  
Classes meet Wednesday evenings, Jan. 20-Apr. 7

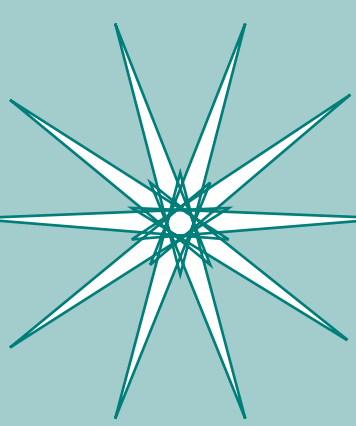
**Fees discussed at informational meeting.**

### NEW YEAR, NEW YOU

Start the year off right, and let us help you stay motivated and stick to those New Year's Resolutions! This group training class will give you a full body workout that promotes general fitness and strength. Contact Donna Lakinger.

Tuesdays, Jan. 12-Mar. 2, 5:45-6:45 p.m.

**Members \$60**  
**Nonmembers \$80**



## AQUATICS

### WATER THERAPY PROGRAMS

Water therapy is ideal for those with arthritis or fibromyalgia, persons recovering from joint replacement, or people dealing with chronic pain. Contact Maria Plotner.

**Members FREE**  
**Nonmembers \$60 for 6 trial classes**

### AQUATIC EXERCISE CLASSES

Group exercise in the water can be an excellent way to reach your personal fitness goals. High-, moderate- and low-intensity classes are available. Contact Maria Plotner.

**Members FREE**  
**Nonmembers \$60 for 6 trial classes**

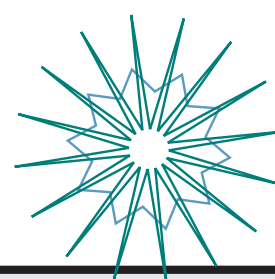
### PARENT & TOT AQUA CLASS

Parents help children ages 6 months to 4 years develop comfort in the water. **Swim diapers mandatory for infants.** Contact Maria Plotner.

Tuesdays, 11-11:40 a.m.  
Session I: Jan. 5-Feb. 9  
Session II: Feb. 23-Mar. 30

OR  
Thursdays, 6-6:40 p.m.  
Session I: Jan. 7-Feb. 11  
Session II: Feb. 25-Apr. 1

**Members \$45**  
**Nonmembers \$65**



### PRIVATE SWIM LESSONS

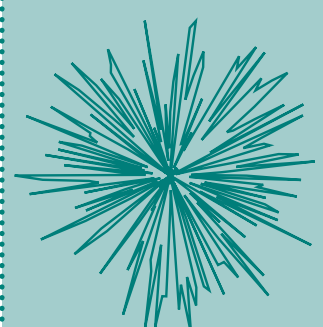
Our instructors work with all ages and skill levels to help improve stroke efficiency, learn new power and endurance drills, and teach the beginner how to move through the water with ease. A variety of package options are available. Contact Scott Byrdak.

### FAMILY SWIM

Spend more time with the family in our indoor pool. Lifeguards are present and pool toys/equipment are available. Parents must accompany children at all times, and swim diapers are mandatory for infants. Contact Scott Byrdak.

Sundays, noon-3 p.m.

**Members FREE**  
**Nonmember children \$6 with member adult**



## Special Events

### FITNESS SCHOOL

Learn what the pros know through this FREE lecture/workshop series, brought to you by the PHFC Fitness and Personal Training staff. Classes are held on the third Monday of each month. Register at the Member Services Desk.

Balance & Stability Training  
Monday, Dec. 14, 6 p.m.

Step off the Training Plateau  
Monday, Jan. 18, 6 p.m.

Stretching for Performance  
Monday, Feb. 15, 6 p.m.

Strength for Stamina  
Monday, Mar. 15, 6 p.m.

**Members & Nonmembers FREE**

### GOLD RUSH OBSTACLE CHALLENGE

Take the ultimate fitness challenge during PHFC's first Obstacle Challenge! Participants will race through a variety of physical obstacles that will focus on all aspects of fitness – endurance, strength, agility, speed and brain power! Individuals and teams are invited to race and have fun! Prizes awarded to top finishers.

Sunday, Mar. 14

### ALL ABOUT YOU: PRETEEN SELF ESTEEM WORKSHOP

Calling all junior high girls! This one-day workshop will focus on taking care of you! Join us for fitness classes, nutrition and skin care sessions, confidence building exercises, and much more! Lunch and goody bags provided. Contact Ellen Papan.

Saturday, Feb. 6, noon-4:30 p.m.

**Members \$49**  
**Nonmembers \$59**

### KNOCK IT OFF!

Knock off the extra pounds before summer with PHFC's first ever "Biggest Loser" style program. Participants will be placed in teams of 5 and will be paired up with a PHFC personal trainer. Groups will meet once a week for personal training sessions. Homework assignments will be given, and prizes will be awarded to the top finishing teams and individuals. Contact Ben Plotner.

Feb. 8-Apr. 30  
Individual team workout times vary.

**Members \$195**  
**Nonmembers \$245**