



Sign up for Classes at Marianjoy's Center for Emerging Fitness

Next Session Starts December 5, 2016

Wednesdays
10 – 10:45 a.m.

OR Fridays
11 – 11:45 a.m.

Tuesdays
11 – 11:45 a.m.

OR Fridays
2 – 2:45 p.m.

Tuesdays
1 – 1:45 p.m.

OR Thursdays
1 – 1:45 p.m.

Body Basics – Improving Your Posture and Core

Strengthen your core muscles to improve posture, walking, standing, balance, cardiovascular health, and back pain with guided exercises targeting various muscles of the core and upper back. **Cost: \$20 for 3-weeks**

Total Body Workout

This circuit training class targets the main muscle groups, with a cardio workout built in using a variety of equipment including resistance machines, weights, exercise balls, and cardio machines. **Cost: \$20 for 3-weeks**

Intro to Fitness

This class is perfect for those who have little to no experience with fitness equipment. A basic, full-body workout will be taught based on each participant's abilities. **Cost: \$20 for 3-weeks**



Classes are led by Ashley Davis, Marianjoy's personal trainer who will help you achieve your goals by working at your fitness level. Ashley has years of experience in working with children, teens, adults, and seniors of all ability levels. Exercises and equipment can be tailored to your particular needs.

For more information on these fitness classes or personal training, please contact Ashley Davis, Marianjoy Personal Trainer, at 630-909-8626 or at adavis2@marianjoy.org.



Get Fit for the Holidays

Special 3-Week Session to help work off those extra holiday pounds!

Session Starts December 5, 2016

3-WEEK SCHEDULE

Monday through Friday,
December 5 - 23, 2016

Each class is \$20 for 3-weeks

To register, please call
630-909-7150.

One-On-One Personal Training

Formulate, meet, and reach beyond your specific fitness goals with a Personal Trainer. Use various equipment and stretches to better understand your body, how it responds to exercise, and the positive impact it has on your health. Ask Ashley about personal training options.



MARIANJOY

Center for Emerging Fitness

Marianjoy Rehabilitation Hospital
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Wheaton, Illinois 60187
630-909-7150
www.Marianjoy.org