



Fitness Classes at Marianjoy

NEW

6-WEEK SCHEDULE

Monday through Friday,
October 30 to
December 15, 2017
(Does not meet the week of
November 20)

To register, please call
630.909.7150.

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

Meets for 6 Weeks: October 30 through December 15, 2017
\$50 per 6-week session (Does not meet the week of November 20)

Mondays

2:00 - 2:45 pm

OR **Thursdays**

11:00 - 11:45 am

Core Fundamentals

With a focus on your mid-section while strengthening the lower back, abdominals and obliques will be developed using floor and mat exercises, fitness machines and exercise balls. **\$50 for 6 classes**

Mondays

11:00 - 11:45 am

OR **Tuesdays**

1:00 - 1:45 pm

Strike a Balance

Engage the muscles needed for balance, with exercises to strengthen them, and improve body awareness with standing balance exercises using equipment such as stability balls, foam balance pads, and dyna discs. **\$50 for 6 classes**

Wednesdays

1:00 - 1:45 pm

OR **Fridays**

10:00 - 10:45 am

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. **\$50 for 6 classes**

Mondays

3:00 - 3:45 pm

OR **Tuesdays**

11:00 - 11:45 am

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. **\$50 for 6 classes**

Thursdays

12:00-12:45 pm

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. **\$50 for 6 classes**



One-On-One Personal Training

Formulate, meet, and reach beyond your specific fitness goals with Ashley Davis, Marianjoy's 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.

For more information on these fitness classes or personal training, please contact Ashley Davis, Marianjoy Personal Trainer, at 630.909.8626 or at Ashley.Davis1@nm.org.

Marianjoy
Rehabilitation Hospital

part of
 **Northwestern
Medicine**

26W171 Roosevelt Road
Wheaton, Illinois 60187
630.909.7150 • www.Marianjoy.org