



# CLASS SCHEDULE

**Winter 8 week session starting  
March 5 – April 27, 2012**

**Register online: [www.threepillars.org/wc.html](http://www.threepillars.org/wc.html)**

**For more information, contact Kerry Holtz, Wellness Connection  
Coordinator: 262.965.7017 or e-mail: [kholtz@threepillars.org](mailto:kholtz@threepillars.org)**

## MONDAY

### **8:00 a.m. Strength and Flexibility Training with Joni Boelkow**

This class combines light weights, bands, balls and more that hits all the muscles groups. This class keeps you moving and keeps your heart rate up.

**1x week - \$40 members, \$50 non-members or 2x week - \$60 member's \$80 non-members**

### **1:15 p.m. Better Balance with Tai Chi Instructor: Virginia Mathias**

This class will improve balance, flexibility and reduce stress while increasing your energy and endurance with a moderately aerobic exercise. This class will take the basic Tai Chi principles to create an enhanced mental and physical relaxation, stronger posture, muscle mass and building bone density. This truly is a complete body exercise, inside and out.

**1x week - \$30 for members, \$40 for non-members or 2x week - \$50 for members, \$70 for non-members**

### **2:45 p.m. Drums Alive! Instructor: Virginia Mathias**

Join this unique, new cardio drumming, stress relieving class. Dynamic movements and pulsating rhythms of our drum will provide mind and body instant feedback. This type of exercise may improve memory and brainpower by using cross-coordinating movements and integration of memory enhancing exercises. A great time of fun, laughter and an overall up beat workout.

**1x week - \$30 for members, \$40 for non-members Free for Employees**

### **4:45 p.m. Zumba with Mary Marshal**

You will dance to a variety of rhythms like cha-cha, cumbia, and mambo. Latin dance fused with fitness for a great cardio workout. What could be more fun?

**1x week - \$30 members, \$40 non-members, 2x per week - \$50 for members, \$70 for nonmembers**

## TUESDAY

### **9:00 a.m. Basic Yoga with Cindy Stark**

Learn the basic postures, strengthening and toning muscles, enhance flexibility and balance, while enhancing breathing and relaxation techniques. This class is designed for those with some yoga experience.

**1x week - \$40 members, \$50 non-member or 2x week - \$60 for members, \$80 for non-members**

### **3:00 p.m. Pilates Yoga combo class with Cindy Stark**

PiYo is a combination of Pilates and Yoga. It is designed to firm and strengthen the core and other muscles as well as enhance core stability and flexibility. It includes abdominal exercises, stretching, yoga poses and both Pilates/Yoga breathing techniques. No Experience is necessary for this class.

**1x week - \$40 members, \$50 non-member or 2x week - \$60 for members, \$80 for non-members**

### **4:45 p.m. Intermediate/Advanced Pilates with Christine Crawford**

Improves mental and physical well-being, increases flexibility, and strengthens muscles through controlled movements done as mat exercises or with equipment to tone and strengthen the body.

**1x week - \$50 members, \$60 non-members**

## WEDNESDAY

### 8:00 a.m. Strength and Flexibility Training with Joni Boelkow

This class combines light weights, bands, balls and more that hits all the muscles groups. This class keeps you moving and keeps your heart rate up.

**1x week - \$40 members \$50 non-members or 2x week - \$60 members \$80 non-members**

### 2:45 p.m. Body Blast with Kerry Holtz, Jennifer Wissmiller and Bethany Sterwalt

Keep your body moving with this dynamic class that will work your muscles differently each week. You will definitely not get bored with this class. Muscle confusion is what develops the muscles and improves your strength the most. This class combines light weights, bands, balls and more!

**1x week - \$30 members, \$40 non-members FREE for employees!**

### 4:45 p.m. Zumba with Mary Marshal

You will dance to a variety of rhythms like cha-cha, cumbia, and mambo. Latin dance fused with fitness for a great cardio workout. What could be more fun?

**1x week - \$30 members, \$40 non-members**

## THURSDAY

### 9:00 a.m. Basic Yoga with Cindy Stark

Learn the basic postures, strengthening and toning muscles, enhance flexibility and balance, while enhancing breathing and relaxation techniques. This class is designed for those with some yoga experience.

**1x week - \$40 members , \$50 non-member or 2x week - \$60 for members, \$80 for non-members**

### 10:15 a.m. Better Balance with Tai Chi-Virginia Mathias

This class will improve balance, flexibility and reduce stress while increasing your energy and endurance with a moderately aerobic exercise. This class will take the basic Tai Chi principles to create an enhanced mental and physical relaxation, stronger posture, muscle mass and building bone density. This truly is a complete body exercise, inside and out.

**1x week - \$30 for members, \$40 for non-members or 2x week - \$50 for members, \$70 for non-members**

### 3:30 p.m. Flow Yoga with Jennifer Kersten

Flow Yoga means "breath-synchronized movement." You will be moving from one pose to the next on an inhale or exhale. The smooth way the poses run together become more like a dance.

**1x week - \$40 for members, \$50 for non-members, 2x week - \$60 for members, \$80 for non-members.**

### 4:45 p.m. Restorative Yoga with Jennifer Kersten

This class is a combination of gentle basic yoga poses with the main focus on relaxation of mind and body. Restorative yoga can benefit insomnia, asthma, chronic pain, migraines and depression. If you have never tried yoga and want to relax and de-stress, this is the class for you.

**1x week - \$40 for members, \$50 for non-members**

**Anytime:** Please feel free to use the aerobic studio whenever it is free to exercise on your own or try one of our exercise videos or the Wii gaming system.

**We also have the P90X video series!**