

Group Fitness Classes



Get Fit! Get Strong! Have Fun!

Activate your healthy ambitions by attending one of our group fitness classes. Even if you haven't been physically active for awhile, our group fitness classes led by experienced, certified instructors will help you achieve your fitness goals.

2014 Group Fitness Classes

Session 1:
June 2-July 18

Session 2:
July 21-August 29

*No classes held
June 30-July 4.

Time	Monday	Tuesday	Wednesday	Thursday
9:00 am – 10:00 am			Pilates	
12:00 pm – 1:00 pm		Barre		
1:00 pm – 2:00 pm			Westshore Walkers*	
4:30 pm – 5:30 pm	Barre	Beginner Yoga	Cardio, Core & Calm	Very Beginner Yoga
5:30 pm – 6:30 pm	NEW Belly Dance**	Intermediate Yoga	High Intensity Interval Training	NEW Yoga for Cancer Survivors
6:30 pm – 7:30 pm			Prenatal Yoga	

* FREE CLASS meets at Westshore Mall. No registration required.

** Registration required. No Punch Pass drop-ins. First class begins June 9 and ends July 14.

CLASS PRICES Prepayment required.

\$36.00 per 6 week session

\$30.00 for Holland Hospital employees

Most fitness classes are held at the Center for Good Health:

175 South Waverly, Suite A
Holland, Michigan 49423
Phone: (616) 394-3344 Fax: (616) 994-0282
hollandhospital.org

Summer Punch Pass Option:

\$60 Community 10 Class Punch Pass

\$50 HH Employee 10 Class Punch Pass

Punch Pass holders may drop in to any class (except Belly Dance), on first come, first served basis.

ONLY registered participants are guaranteed a spot in class.

If no space is available, community Punch Pass holders may use CfGH Fitness studio in exchange for a punch.

Punch Passes expires 4 months from date of purchase.

Group Fitness Class Descriptions

BELLY DANCE

NEW

Mondays 5:30-6:30 pm

“Let go” and sway to calming rhythms in a colorful CfGH coin sash and experience fluid range of motion in lower back and hips. Instructor Na’ima guides flowing feminine movements that bring suppleness and strength to torso, abdominals, and pelvic area. Belly dancing fosters elegant posture and poise, and can be enjoyed by everyone. No Punch Pass/drop-ins.

BARRE

Mondays 4:30-5:30 pm or Tuesdays noon-1:00 pm

Multi-level class, suitable for Yogis, uses lengthening and strengthening movements to wake up weak glutes and counteract tight calves and hip flexors. Progression to barre-free balance training is encouraged. Includes Benderball core strengthening.

PILATES

Wednesdays 9:00-10:00 am

Smooth motions of Pilates realign and balance the body, decompress joints, and stimulate circulation. Deep abdominal muscles remain fully engaged while torso, arm, and leg strengthening movements are performed. Emphasizes breathing to relieve stress. Instructor: Tanya Eaton

CARDIO, CORE & CALM

Wednesdays 4:30-5:30 pm

Guided cardio and strength training using CfGH cardio and weight-training equipment. Includes Benderball core strengthening. Finishes with calming, courtyard meditation and stretch. All levels.

HIGH-INTENSITY INTERVAL TRAINING

Wednesdays 5:30-6:30 pm

Raise your heart rate, fitness level, and calorie expenditure with short bursts of high intensity cardio, calisthenics, and power moves. Positive team energy elevates your mood and metabolism. Led by Personal Trainer Tina Vande Guchte, BA

NEW



YOGA

Mind/body connection exercises for strength, balance, flexibility and relaxation. Yoga mats provided.

VERY BEGINNER YOGA – Thursdays

New to yoga? Learn basic poses, proper body alignment and breathing to prepare for Beginner Yoga.

BEGINNER YOGA – Tuesdays

Combines body alignment and breathing with the flowing motions of basic yoga.

INTERMEDIATE YOGA – Tuesdays

Additional postures; balance and strength movements linked together for continuous flow. Must be able to perform weight-bearing poses on wrists.

PRENATAL YOGA – Wednesdays

Gentle techniques emphasizing alignment and conditioning to enhance pregnancy, birth and recovery.

YOGA FOR CANCER SURVIVORS – Thursdays 5:30-6:30 pm

Gradual, restorative practice helps to rebuild breath awareness, flexibility, and as the weeks progress, stability, strength and function. Supportive setting to ease stress, elevate mood, and regain sense of self. No previous yoga experience necessary.