

# Penrose - Group Exercise

January—February 2017

Penrose Hospital • 2222 N. Nevada Ave. • Colorado Springs 80907

Aerobics Room Location: E-Tower Basement • (719) 776-5776

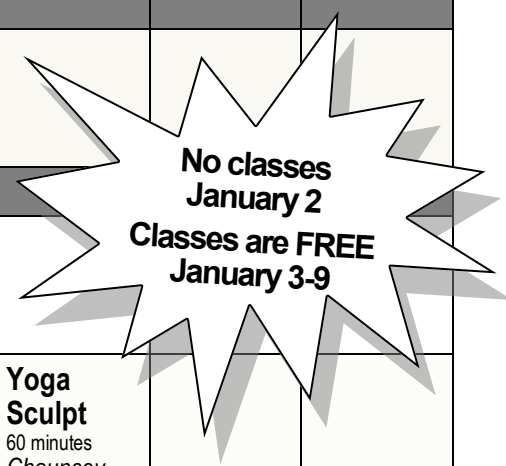
# GroupEX

PSF Wellness Center offers group fitness classes to employees, volunteers and the community. This information, policies and procedures available online at: [PenroseStFrancis.org](http://PenroseStFrancis.org)

Penrose-St. Francis Health Services



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		<b>Tai Chi</b> 60 minutes <i>Martin</i>		<b>Tai Chi</b> 60 minutes <i>Martin</i>		<b>Power Up!</b> 90 minutes <i>Margaret</i> <small>FREE!</small>
10:00 AM						
10:15 AM		<b>Survivor Fit*</b> 60 minutes <i>Barbara</i>				
11:00 AM						
11:15 AM			<b>FUNctional Fitness</b> 45 minutes <i>Zach</i>			
11:45 AM	<b>Body Toning</b> 60 minutes <i>Nicole</i> <small>Can attend for 30 minutes</small>	<b>Total Body Blast</b> 60 minutes <i>Kristine</i> <small>Can attend for 30 minutes</small>		<b>Yoga Sculpt</b> 60 minutes <i>Chauncey</i> <small>Can attend for 30 minutes</small>		
12:00 PM			<b>Cardio Kickboxing</b> 45 minutes <i>Erin</i>		<b>Pilates</b> 60 minutes <i>Anna</i> <small>Can attend for 30 minutes</small>	
1:00 PM				<b>Parkinson's Therapy*</b> 60 minutes <i>Staff</i>		
4:00 PM						
4:15 PM	<b>Studio Cycle</b> 50 minutes <i>Chauncey</i>	<b>Zumba®</b> 50 minutes <i>Anna</i>	<b>Therapeutic Yoga</b> 60 minutes <i>Beth</i>	<b>Studio Cycle</b> 50 minutes <i>Anna</i>		
5:00 PM						
5:15 PM	<b>Barbell Mix</b> 60 minutes <i>Kristine</i>	<b>Yoga</b> 60 minutes <i>Beth</i>				



\*Private Class



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# Class Descriptions

Instructors maintain professional certifications from nationally accredited agencies.

# GroupEx

**Barbell Mix:** This class utilizes barbell exercises along with other tools designed to challenge your muscles, build lean body mass, muscle definition, and burn calories! This is a **moderate-high intensity class**.

**Body Toning:** Formatted to exercise all muscles in your body, this strength training class utilizes different equipment weekly in order to introduce new movements to your body. Exercise modifications are given. Class finishes with a gentle stretch.

**Cardio Kickboxing:** Jab, hook, cross, uppercut, and kick your way to a fitter you in an upbeat and fun cardio workout!

**FUNCTIONal Fitness:** Take a primal approach to fitness and re-learn the fundamentals of human movement. This class flows through a variety of unique and challenging bodyweight exercises designed to improve your performance in everyday life.

**Pilates:** Flow through a series of dynamic movements that restore balance to core muscles of the lower back, abdominals and glutes. The class flow and sequencing will keep you guessing and challenged.

**Power Up!: Saturdays with Margaret, PSF President & CEO (90 min) FREE** - Get your mega-dose of cardio, muscle toning, balance, agility training, and flexibility. You are guaranteed to burn calories and leave class with a sweaty smile on your face! This is a **moderate-high intensity level class**.

**Studio Cycle:** Hop on the saddle and join this fun and cutting edge workout! Increase your aerobic & muscular endurance, strength, & power where the terrain and drills vary.

**Tai Chi:** A form of "moving meditation" practiced with slow, relaxed, & flowing movements. Class is ideal for those seeking gentle rehab exercises & to study "inner power" through calmness.

**Therapeutic Yoga:** A gentle, healing and deeply nurturing class led by a Certified Yoga Therapist. Find ways to understand, manage and eliminate chronic strain, stress and pain while discovering renewed wellbeing through the therapeutic applications of yoga. Safe, breath inspired yoga, guided relaxation, awareness training and meditation are taught each week.

**Total Body Blast:** Using barbells, balls, tubing, B.O.S.U.s and any equipment our space offers, your body will focus on cardio and strength! The intensity will be increased during the second 30 minutes so choose the best workout to suit your needs.

**Yoga:** The Viniyoga method emphasizes adapting poses, (flowing and static movements), alignment cues, breath and mindfulness training to meet the needs of the individual within a classroom setting. Breath inspired and stress reducing in nature, Viniyoga stretches, strengths and balances all layers of a being - body, mind, emotions, and spirit. All levels are welcome!

**Yoga Sculpt:** Body toning meets yoga! Move through a series of poses using dumbbells to boost metabolism, build lean muscle and torch calories with mini-cardio- bursts. This is a **moderate to high-intensity level class**.

**Zumba:** Ditch the workout and join the party! These high energy classes fuse hypnotic Latin rhythms, international flavor, and easy-to-follow moves to create a fitness program that will blow you away, sculpt your body, and burn fat.

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# Registration

- ▶ By phone(719) 776- 5776 or in person at the Penrose Wellness Center
- ▶ Drop off completed form with payment to the PSF Wellness Center
- ▶ Download this form at PenroseStFrancis.org>Health and Wellness

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## Option A: Two Month Unlimited Package

Attend any class you want to attend during the 2 month session at PH or SFMC. Note: class sizes are limited and this package does not guarantee a spot in class.

	Centura Employees, Spouses & Volunteers	Community Members
Cost	\$45	\$65

## Option B:

### Punch Card

Punch cards can be purchased at any time and expire one year from purchase. The cards will be kept in the aerobics room and you are required to punch your card every time you attend class.

Class Length	# of classes on punch card	Card price/ Cost per class
45-60 Minutes	5 Classes	\$25/ \$5
	10 Classes	\$40/ \$4
	20 Classes	\$70/ \$3.50
30 Minutes	10 Classes	\$30/ \$3

## For drop off registration, complete the information below:

Your information (all fields required)		Please select Option A or B		
Name		(A) <input type="checkbox"/> Two Month Unlimited Package (B) Punch Card <input type="checkbox"/> 5 classes <input type="checkbox"/> 10 classes <input type="checkbox"/> 20 classes <input type="checkbox"/> 10 (30 min)		
Home #	H:		Deliver my punch card to: <input type="checkbox"/> Penrose <input type="checkbox"/> St. Francis	
Mobile #	M:			
Email (print legibly)		<b>Sorry, we do not accept cash.</b>		
I'm a Centura employee that works where?	<input type="checkbox"/> Penrose <input type="checkbox"/> St. Francis <input type="checkbox"/> Offsite <input type="checkbox"/> N/A	<b>Payment select your payment choice</b>		
If you're an employee, are you clinical?	Y or N	<input type="checkbox"/> Credit /debit In person or over the phone	<input type="checkbox"/> Personal check Made out to: PSF Wellness Center	
		<input type="checkbox"/> Payroll deduction Lawson ID#		



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# Policies & Procedures

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Penrose-St. Francis  
Health Services



## Registration

- Registration is required by calling **(719) 776-5776** and payment in full is required a minimum of 48 hours prior to start of session and is **non-refundable**.
- **Punch cards** are available in 5, 10, or 20 class packages.
- Purchasing a package or punch card does not guarantee a spot in classes. Class capacity is limited.

## Class Cancellation

- Based on the class participation numbers, classes may be cancelled after the first week of classes.
- As long as we have your updated contact information, participants will be notified which classes have been cancelled.

## Inclement Weather Cancellations

- It is the participant's responsibility to contact the **Weather Hotline at (719) 776-5595** for classes cancelled due to inclement weather or you can opt in for text alerts.
- Weather Hotline is updated at least 1 hour prior to class during periods of inclement weather.

**Exception:** If School District 11 (PH) has either delays or cancellations, class will be cancelled prior to 11:00am at Penrose Hospital.

- Participants will not be refunded for cancelled classes.

## Prorating

- Prorating is not available. A participant may purchase punch card if they join a session late.

## Payments

- The Wellness Center accepts payroll deduction forms, checks (made out to PSF Wellness) or credit/debit. Cash is not accepted.
- Drop off registration/payment at either locations' Wellness Center. Outside of office hours a drop box is available. You'll find one in the wellness center lobby at PH. At SFMC one is located outside of the Wellness Center office and the other in the aerobics room.
- To pay by credit/debit, please call **(719) 776-5776**.
- A drop box is located inside St. Francis aerobic room for check payments.

## Refunds

- Refunds are generally not given, but will be considered on a case-by-case basis. If you are requesting a refund, please call **(719) 776-5776**.

## Other

- No children under the age of 12 may attend a PSF Wellness Center group fitness class. Children under 12 cannot be left unsupervised at any time.
- No pets with the exception of service animals.

## Punch Cards

- Purchased cards will be kept in the designated aerobics room at all times.
- Participants are required to punch their card every time they attend a class. Punch cards expire one year from purchase and are **non-refundable**.
- The PSF Wellness Center is not responsible for lost or stolen cards.
- Participants who purchase the card will be put into a database and be notified of all class cancellations throughout the year or can sign up for text alerts.

