



St. Francis: Group Exercise

January—February 2017

St. Francis Hospital • 6001 E. Woodmen Road • Colorado Springs 80923

Aerobics Room Location: Garden Level (Basement) • (719) 776-5776

GROUP EX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45 PM		Body Toning 45 minutes Nicole				
4:00 PM			Surprise Yoga 50 minutes Tricia			
4:45 PM				Zumba 50 minutes Nicole		
5:00 PM			Barbell Mix 60 minutes Kristine			

No Zumba on January 5
Classes are FREE January 3-6

Class Descriptions

All Penrose St. Francis instructors maintain professional certifications from nationally accredited agencies.

Body Toning: This strength training class is formatted to engage all muscles in your body. Exercise modifications are given. Class finishes with a gentle stretch.

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

Surprise Yoga: Show up on your mat as you are and be prepared to be curious about what lies ahead. Each class will differ but will all fuse together the fundamentals of breath, movement and meditation.

Zumba: Ditch the workout and join the party! This 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.

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

Penrose-St. Francis Health Services



Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health's Office of the General Counsel at (303) 804-8166. Copyright © Centura Health 2015



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)		Sorry, we do not accept cash.		
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	Payment select your payment choice		
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.

