

## at seven bridges

### Commit to Lose Phase 1

Make a commitment this year to lead an active and healthy lifestyle. Let **Commit to Lose** help you reach this goal. Designed for overweight women, this special **11 week** class and support group will focus on nutrition, motivation, cardiovascular exercises, resistance training, relaxation techniques, and stretching exercises. The class will be geared to the ability and health concerns of each woman. You will meet with your Registered Dietician every Wednesday for weekly weigh in, nutrition lesson and every Saturday with your Personal trainer for 8 weeks. At the end of 8 weeks you will then try all of what you have learned on your own for 3 weeks returning on the 11<sup>th</sup> week for nutrition check-in, last chance work out and final weigh in. **You will be required to sign a commitment letter stating that you will workout for a minimum of 4 hours per week and stay committed to your nutrition program set up by your nutritionist for the entire 11 weeks.** *If you are not committed to participating 100% PLEASE DO NOT SIGN UP FOR THIS CLASS.*

**Wednesdays 5-6pm w/ Nancy Rodriguez R.D.**  
**Saturdays 7:30-8:30am w/ Carol Dreiss**

*11-week program* **October 29-January 7, 2009**

*Member* \$299

*Non-member* \$399

\*\*Participant with the highest percentage weight loss will get 50% off Phase 2 fee! **\$149.50 value**

### Golf Conditioning

Keep your game, and your body, at its best throughout the season!! Why waste all that hard work of getting into shape before the season started—maintenance is key to matching the demands of the sport! Add more power, gain greater swing range, feel less fatigued and have less chance of injury - on and off the course! In this **6-week** class focus will be on balance, coordination, strength of the muscles involved in the golf swing, and flexibility. Be the smarter player and swing into action!

For more information please contact Carol Teteak @ 646-7931 ext 8.

**M 7:00-8:00pm with Carol Teteak**

**W 7:00-8:00pm with Dan Johnson**

Sept. 15/17– Oct. 20/22 **Fee: Member \$96 1 day/week**

Oct. 27/29– Dec. 8/10 **Non Members \$126 1 day/week**

### Class Registration Policies

Classes are subject to minimums/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. To ensure that we do not mistakenly cancel classes that appear to not meet our minimum numbers, please register at least 3 days prior to the start of class. There will be no make up classes unless EHFC cancels a class due to a holiday, instructor absence or building issue. Refunds are only given for medical reason require a doc-

### \*NEW\* Ready. Set. Action.

Join **Donna Pozdol**, nationally-certified personal trainer, yoga teacher and life coach with over 19 years' experience for this challenging, motivating and life-enhancing opportunity! Donna offers a unique and fun approach to overall fitness by combining..... life coaching support, humor & honesty, variety & challenge, excellence in form & technique, cooperation not competition, and focused action based on intention. We will focus on specific aspects of a balanced, fit and healthy lifestyle such as flexibility, goal-setting, basic nutrition, postural alignment, cardiovascular fitness balance & coordination, core strength & endurance, and identifying barriers to success. Each person will be challenged at their individual capacity during each session. Positive healthy habits will be shared and applied. For more information, please contact Paula McBride @ (630) 646-7929.

This 6 week class is offered on the following days and times:

**Mon. 8-9am or 9-10am**

Sept. 8 - Oct. 13, 2008 Oct. 27 - Dec. 1, 2008

**Tues. 7:45-8:45am, 9-10am, 4:30-5:30 or 5:30-6:30pm**

Sept. 9 - Oct. 14, 2008 Oct. 28 - Dec 2, 2008

**Sat. 7:15-8:15am**

Oct. 25 - Dec. 6, 2008 ONLY (no session on Nov. 29)

**Fee: Member \$96 1 day/week**

**Non Members \$126 1 day/week**

### RMR Testing at Seven Bridges

Stop guessing how many calories you should eat everyday! We can give you exact numbers. Your Resting Metabolic Rate is the amount of calories your body burns each day at rest. This test is only offered at Seven Bridges and takes **just 15 minutes**. Simply breathe into a tube, and the results will determine how many calories your body burns each day. This takes the guesswork out of how many calories you need to lose, gain or maintain your weight. For more information and test requirements, please contact Bob Hubbard @ 646-7920.

**Fee: First Test: Member \$40 Non Member \$65**

**Second Test: Member \$28 Non Member \$53**

### \*\*NEW FALL CLASSES COMING SOON to 7B\*\*

#### Strength and Stretch with Kathy Kent

Functional athletic core based program

#### Let Your Heart(rate) Be Your Guide with Kathy Kent

Optimize your workout with heart rate monitor. Lose weight, burn fat and get fitter.

#### Walk Off the Fat with Kathy Kent!

Low impact, weight bearing exercise. Use your heart rate to get you in the correct fat burning zone.

#### De-Dress Your Diet

4 week nutrition class that focuses on the concerns of each group.

#### Monthly Nutrition lectures

Lectures will be offered on interesting and timely topics.

***See appropriate flyer for more detailed info***

### Bootcamp

Challenge yourself as your drill sergeant “motivates” you to YOUR next level. Sessions will be held indoor or outdoor and will consist of strength, drills, conditioning, powerful intervals and much more....Be ready to work! For more information, please contact Paula McBride @ (630) 646-7929.

***Drill sergeants will rotate between Paula Mc Bride and Daniel Johnson.***

**Tues. 6-7pm 6 week session**

Sept. 2– Oct. 7, 2008 Oct. 14– Nov. 18, 2008

**Thurs. 7:45-8:45am 6 week session**

Sept. 4– Oct. 9, 2008 Oct. 16– Nov. 20, 2008

**Fee: Member \$96 Non Member \$126**

### \*NEW\* Tread N Train

Is your treadmill workout putting you to sleep? Do you try to add strength training to your routine, but just don't know what is effective? Look no further! In this **6 week**, 1 hour training class for treadmill fanatics. You will be burning calories, increasing endurance, and improving strength. Expect an effective workout with 30 minutes of treadmill drills followed by 30 minutes of functional strength training. This class will be taking a **maximum of 6 participants** so sign up while space is available. For more information please contact Carol Teteak @ (630) 646-7931 ext. 8.

***Mondays 9:30-10:30am with Carol Teteak***

***Tuesday 8:30-9:30am with Carol Teteak***

Sept. 15/16– Oct. 20/21

**Fee: Member \$96**

Oct. 27/28– Dec. 8/9

**Non Member \$126**

(no class wk of Nov. 3/4)

### Power Hour

A bi-weekly **6-week** class teaching women functional exercises for the hips, gluteals, abdominals, and triceps. Participants learn the fundamental components of a well-balanced exercise program and safe exercise progression techniques. The small group format of this class provides the personalized attention of a certified personal trainer and an opportunity to meet new exercise partners. For more information, please contact Bob Hubbard @ 646-7920.

***MW 9:30-10:30am with Amy Lullo***

September 8-October 15th **Fee: Member \$96 1 day/week**

**Non Members \$126 1 day/week**

### Cholesterol/Glucose Screenings

Take the first step toward lowering your risk for heart disease and diabetes: know what your cholesterol and glucose levels are! This screening is performed using a simple finger stick and **no fasting is required**. As part of this screening, your total cholesterol, HDL (the good stuff), and glucose levels are measured. For more information, please contact Bob Hubbard @ 646-7920.

***\*walk-ups are welcome***

**August 17— 23rd**

**November 16 - Nov. 22nd**

### Boxing Fitness 101

Focus on punch technique, speed and agility skills, punch & kick combos and cardio using the BOSU and jump rope. Hand Wraps are required and are sold at the service desk. For more information, please contact Paula McBride @ (630) 646-7929.

**At Seven Bridges:** 6 week session with Mandy

**Mon. 6:30—7:30pm**

Sept. 15—Oct. 20, 2008 Nov. 3—Dec. 8, 2008

**Wed. 6:45-7:45pm**

Sept. 17—Oct. 22, 2008 Nov. 5—Dec. 10, 2008

**At Seven Bridges:** 6 week session with Patty Ladas

**Friday: 9:15—10:15am**

Sept. 19—Oct. 23, 2008 Nov. 6—Dec. 19, 2008

**Fee: Member \$38 Non Member \$95**

### Advanced Boxing Fitness

This advanced class caters to the veteran kickboxing fanatic! Your skills will be enhanced while performing realistic punching and kicking combinations challenging your entire body. A minimum of 3 boxing 101 sessions or private training required. Maximum 8 participants, unless approved by instructor. Hand wraps required—available at front desk. For more information please contact Paula McBride @ 646-7929.

At Seven Bridges

**Tue. 9:30-10:30am** 6 week session with Carol Teteak

Sept. 16—Oct. 21, 2008 Nov. 4—Dec. 9, 2008

**Thurs. 6:15-7:15pm** 6 wk session w/ Chris Garner

Sept. 18—Oct. 23, 2008 Nov. 6—Dec. 11, 2008

**Sat. 10:30-11:30am** 6 wk session w/ Chris Garner

Sept. 20—Oct. 25, 2008 Nov. 8—Dec. 13, 2008

**Fee: Member \$38 Non Member \$95**

### Rape Prevention Workshops

This class is especially made for women. Our goal is to **fully** prepare women for the unfortunate reality of protecting themselves against sexual assault and violence. We will be creating scenarios of positions of the attacker and you, as we teach you self-defense to remove yourself safely from the attacker, rapist, or mugger. Your instructor, Chris Garner, is very knowledgeable and sensitive to women's issues and experiences. Learn **and practice** on the vital parts of the human body that will damage your attacker and free you to get help.

**CLASSES ARE OFFERED IN 2 WEEK MARATHON FORMATS AS WELL AS 4 AND 6 WEEK FORMATS.**

Check our website for current dates and times.

**www.edward.org/fitness**

# at Naperville

## Diabetes

This **8-week** class is designed specifically for Type 2 diabetics. Participants will receive education materials as well as support from other class participants and instructors. The class emphasizes glucose control through 30 minutes of cardiovascular exercise and strength training. For more information, please contact Jen Alberto @ 646-5927.

**TTH 2-3 pm**

August 19—October 9, 2008

October 21—December 11, 2008

**Fee: Participant Member \$32**

**Non Member \$77**

**Supporter Member \$16**

**Non Member \$39**

## Back on Track

This **8-week** class is designed to work with the treatment and management of cancer by enhancing aerobic capacity, muscular strength and flexibility. Individuals progress at their own pace. Physician recommendation is required. For more information, please contact Jen Alberto @ 646-5927.

**TTH 1-2 pm**

August 19—October 9, 2008

October 21—December 11, 2008

**Fee: Participant Member \$32**

**Non Member \$77**

**Supporter Member \$16**

**Non Member \$39**

## Cholesterol Screening

Take the first step toward lowering your risk for heart disease: know what your cholesterol levels are! This screening is performed using a simple finger stick and no fasting is required. As part of this screening, you will also get your blood sugar (glucose) tested. For more information, please contact Jen Alberto @ 646-5927.

September 15—20, 2008

December 15—20, 2008

**Fee: Member \$20**

**Non Member \$25**

## Winter Sports Conditioning

Get fit to hit the slopes, rink, trails, or whatever winter sport you enjoy. This functional interval training workout, will challenge both the weekend warrior and the veteran athlete.

**AT Naperville:**

**Thurs. 7:00 –8:00 pm** 6 week session with Carol Teteak

November 6—December 18, 2008

(No class Nov. 27)

**Fee: Member \$38**

**Non Member \$95**

## S.W.E.A.T.

Strength With Effective Athletic Training. Come S.W.E.A.T. with Lisa Wise on Saturday mornings. This workout consists of strength and cardio intervals. This class will improve your cardiovascular endurance and will provide your body challenges. For more information, please contact Jen Alberto @ 646-5927.

**Saturdays 9-10 am**

September 6—October 25, 2008

November 8—December 27, 2008

**Fee: Member \$128**

**Non Member \$168**

## Hard Core

Join Jill Teller for this revolutionary form of endurance training that will put you in the best shape of your life! We utilize free weights, BOSU, slides, kick boxing, machines, and all other equipment available in the fitness center. Cardio circuits will focus on zones of your maximum heart rate. For more information, please contact Jen Alberto @ 646-5927.

**MWF 8:30-9:30 am**

August 25—October 17, 2008

**Fee: 3x per week Member \$384 Non Member \$504**

**2x per week Member \$256 Non Member \$336**

## Free Classes/Services

### \*FREE\* Nutrition Orientation

Do you think you know what exactly you're putting into your mouth? Learn simple and easy ways to make adjustments in your diet with this free one-on-one diet and nutrition orientation. Eating healthy does not mean you can never eat your favorite foods again. Schedule your appointment at the fitness desk or contact Mary Bielawski @ 646-5926 or Jen Alberto @ 646-5927 for more information.

### Refresh and Progress

A FREE class for those looking to "refresh and progress" with their workouts. This is a chance to add variety to a stale workout routine. Re-learn some of our new equipment and make sure your machine settings are correct. This is a 60-minute class with 3-4 people in a class. For more information please contact Jen Alberto @ 646-5927.

October 6—10, 2008

## Advanced Boxing Fitness

This advanced class caters to the veteran kickboxing fanatic! Your skills will be enhanced while performing realistic punching and kicking combinations challenging your entire body. A minimum of 3 boxing 101 sessions or private training required. Maximum 8 participants, unless approved by instructor. Hand wraps required— available for purchase at front desk. For more information please contact Katie Solano @ (630) 646-5922.

**At Naperville: Wed. 8:45—9:45 am**

6 week session with Renee Nelson

Sept. 17— Oct. 22, 2008

Nov. 5 - Dec. 10, 2008

**At Naperville: Thur. 7:00—8:00 pm**

6 week session with Carol Teteak

Sept. 18—Oct. 23, 2008

**At Naperville: Fri. 8:30—9:30 am**

6 week session with Renee Nelson

Sept. 19—Oct. 24, 2008

Nov. 7—Dec. 12, 2008

**Fee: Members: \$38**

**Non Members: \$95**

## Boxing Fitness 101

Learn and practice the basic fundamentals of boxing and Tae Kwon Do for a fantastic total body work out. These specialized formats have been modified to ensure a safe yet effective fitness program. Focus will be on proper techniques and form of both formats including how to : wrap hands and use gloves, set stance and guard, hit bags and focus mitts, and kick pads and bags. Hand wraps required— available at front desk for purchase.

**At Naperville:**

**Tue. 7:00—8:00 pm** 6 week session with Carol Teteak

Sept. 16—Oct. 21, 2008

Nov. 4—Dec. 9, 2008

## TRX-spin

Join this spin class that incorporates the latest suspension strength training, developed by the navy SEALs. Starts with a 30—minute challenging spin class immediately followed by 30 minutes of strength training on the TRX suspension strength system. This class can be adjusted for all fitness levels and is excellent cross-training for athletes.

**At Naperville:**

**Thurs. 8:30—9:30 am** 6 week session with Jill Teller

Sept. 18—Oct. 23, 2008

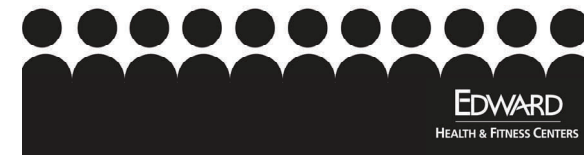
Nov. 6—Dec. 18, 2008

(No class Nov. 27th)

**Fee: Member: \$38**

**Non Members: \$95**

# fitness programming june—december 2008



**EDWARD**  
HEALTH & FITNESS CENTERS