

OSF HEALTHCARE SAINT ANTHONY MEDICAL CENTER

HEALTH & WELLNESS

CLASSES AND SERVICES | WINTER/SPRING 2019



OSF[®]
HEALTHCARE

THE MISSION

of the Center for Wellness is to assist community members in attaining healthier behaviors and making informed health care decisions. This is achieved through comprehensive prevention, education, counseling and diagnostic services.

CLASS LOCATIONS *(Unless stated otherwise)*

OSF HealthCare Saint Anthony Medical Center

5666 E. State St., Rockford, Illinois

OSF HealthCare Center for Sports Medicine and Health Fitness

5510 E. State St., Rockford, Illinois



HEALTHY COOKING

Call (815) 227-2274 to register. | \$15 per person
All classes run from 5-6:30 p.m. in the Demonstration Kitchen.

Peanut Butter

We all know it goes with jelly and chocolate, but what about as a savory dipping sauce or in chili? PB2 might even become your new favorite in the kitchen.

date Thursday, January 24

Chocolate is Good for Your Heart

Join us to learn how to make a wonderful salad dressing and spicy barbeque sauce, plus a three-ingredient dessert. Is one of them chocolate? (*Hint: Yes, it is.*)

date Thursday, February 7

Lean Green Fighting Machine

Get a jump start on St. Patrick's Day and learn how to make a green dip, a green-topped entrée and a dessert made with limes.

date Thursday, March 7

Cheese and Wine

Ever wondered what goes with red wine? Or white wine? Join our wine connoisseurs for a lesson in pairings that includes taste testing.

date Thursday, April 11

Private cooking demonstrations

OSF HealthCare dietitians and the Demonstration Kitchen are available for your group. Whether you are looking to meet your company's wellness needs, create a team bonding experience or just have a good time with friends, our nutrition experts will help you have fun while increasing your knowledge and skills in the kitchen.

Call (815) 227-2791 for more information.

Online registration and payment is due at least 48 hours in advance. Cancellations must be made prior to 48 hours before class to receive refund. A minimum number of participants is required for classes. Seating is limited but waiting lists are available.

Please call (815) 227-2274 for more information.



Call (815) 227-2274 to register.

Grocery Store tour

Come for a guided tour with a registered dietitian through a local grocery store. The focus will be on label reading, making healthy choices, what aisles to focus on and which aisles to avoid.

dates Tuesday, January 8 and
March 12
time 5-6 p.m.
cost \$10 per person

Prediabetes Class

Prediabetes occurs when your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. Come and learn what prediabetes is and how it is diagnosed. Find out how to delay or prevent the onset of type 2 diabetes. Taught by OSF certified diabetes educators, this class introduces healthy eating and healthy lifestyle essentials. **Call (815) 227-2274 to reserve your seat.**

dates Tuesday, January 8 and
March 19
time Noon - 1:30 p.m.
location OSF HealthCare
Cardiovascular Institute
cost \$20 per person

Mindful Eating

In today's culture, food is abundant and convenient, which can often lead to mindless eating which can then lead to weight gain. This class focuses on mindful eating techniques to help develop a healthier relationship with food, reduce portion sizes and enjoy your favorite foods again without the guilt.

dates Monday, January 21 and
March 18
time 5-6 p.m.
cost \$10 per person

MCT Oil, Coconut Oil and the Keto Diet

According to a lot of media coverage, MCT oil should be added to your coffee to help you effortlessly lose weight, and coconut oil is the best thing since sliced bread. But do they really work? Come find out more about the pros and cons of a keto diet and if these oils will help you achieve your goals.

dates Monday, February 4
time 5-6 p.m.
cost \$10 per person

Protein: Animal-Based vs Plant-Based

The term protein has become a buzzword in marketing, but does extra protein actually help us manage our weight, preserve muscle tone and satisfy our cravings as some food labels claim? Will plant-based proteins do as good a job as animal-based?

date Monday, April 15
time 5-6 p.m.
cost \$10 per person





FITNESS CLASSES

Call (815) 395-4591 or for more information.

Underwater Treadmill

The OSF Water Walking/Running program uses an underwater treadmill to increase flexibility, strength and stamina. It is particularly beneficial for anyone dealing with arthritis, fibromyalgia, joint problems, back pain, injuries or other conditions that limit movement. Because water helps support weight, water exercise places minimal stress on joints and muscles. We have a warm water treadmill to help soothe aching joints and muscles and a cold water treadmill to help pregnant women exercise in a safe environment. An exercise physiologist works one-on-one with participants to help with technique, strength and cardiovascular endurance.

Cardiac Rehab

If you have graduated from a Phase Two cardiac rehab program and would like some guidance and direction to continue exercising, our new Phase Three cardiac rehab program is perfect for you. The program will also help you set up and progress through a workout routine, answer your exercise questions and help you learn how to get the most out of the equipment. Five days a week, an exercise physiologist is available to check your blood pressure before and after your workout.

Group Fitness Classes

Looking to add some fun in your daily routine? Designed for all ages and fitness levels from beginners to advanced, our group fitness classes have it all. We offer a variety of classes such as “Loosen-up,” “Piloxing,” “Silver Sneakers Classic,” “Line Dancing,” “Balance” and much more.

Personal Training

Work one-on-one with an exercise physiologist to help guide you on your fitness journey. A trainer can help with individualized instruction, effective workouts, safe and proper techniques, special-needs training and consistency to help you achieve your goals. Just choose the number of sessions that work for you and you’re on the way to a healthier lifestyle.

Silver Sneakers now at OSF

Silver Sneakers is now accepted at both our fitness center locations on State Street and Parkview Ave. Depending on your supplemental package through your Medicare, you may be eligible for a free fitness center membership. **Call us or your insurance provider for more information.**

Fitness Center

The OSF HealthCare Saint Anthony Center for Health Fitness offers a number of group fitness classes. The fee for any of the classes is \$5 for an all-day pass to attend any or all of the classes offered that day. There is a one-time fee to join the fitness center, which includes a fitness evaluation. There is a monthly membership fee of \$26 for seniors, \$32 for members using automatic withdrawal on a credit card or \$37 with cash or check. Membership includes unlimited classes and use of the facility.

hours	Monday-Thursday, 5:30 a.m.-7 p.m. Friday, 5:30 a.m.-6:30 p.m. Saturday, 7:30 a.m.-1:30 p.m. Sunday, Closed
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REJUVENATION CENTER

Massage Therapy Services

Rejuvenation Center at OSF HealthCare
 Saint Anthony Medical Center
 (815) 395-6030

A soothing massage can help you unwind, de-stress and rid your muscles of tension. But that's not all. A growing body of research shows massage therapy can be an effective part of pain relief and management. It has been shown to:

- Encourage general relaxation
- Relax muscles
- Improve mobility
- Lower blood pressure
- Improve immune system function
- Reduce heart rate
- Reduce mental stress
- Improve circulation of blood and lymph flow
- Promote well-nourished, healthy skin
- Reduce chronic pain
- Aid recovery from injury and illness

hours	Monday	12:30-5 p.m.
	Tuesday	8 a.m.-Noon
	Wednesday	8 a.m.-1 p.m.
	Thursday	8 a.m.-4 p.m.
	Friday	1-4 p.m.

pricing	30 Minutes	\$40
	45 Minutes	\$50
	60 Minutes	\$60
	90 Minutes	\$85

packages	<i>(No additional discounts)</i>	
	30 Minutes <i>(Pack of 3)</i>	\$90
	60 Minutes <i>(Pack of 3)</i>	\$150

add-ons		
	Moisturizing Foot Treatment	\$10
	Reflexology Foot Treatment <i>(add-on)</i>	\$15
	Reflexology Foot Treatment <i>(30 Min)</i>	\$30
	Cryotherapy <i>(ice/cold treatment)</i>	\$10
	Aromatherapy	\$5

Discounts available for Mission Partners, health fitness members, and diet/weight management clients.

Specialized Treatments

Hot Stone Therapy Massage

This specialized technique utilizes smooth, heated stones placed on the body. The heat can be deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

75 Minutes \$80

Cold Stone Migraine Miracle Massage

Kelly Lott's Migraine Miracle® is a natural, safe, holistic and unique method for relieving the symptoms of migraine headaches. The Migraine Miracle® healing method incorporates cold stone therapy, proprietary essential oil blends and pressure point massage. This method provides a renewed sense of balance and harmony along with dramatic relief from migraine headaches without the use of prescription drugs.

45 Minutes \$50

Espresso Massage

This express morning massage gets you ready for your day using rhythmic massage techniques combined with an energizing essential oil. It will stimulate your senses and warm your tissues.

30 Minutes \$45

Environ® ACE Therapy Massage

This light, finely textured multi-functional oil is rich in vitamins A, C and E and antioxidants to help nourish and relieve dry and sun-damaged skin, giving it a soft, velvety look and feel. It also helps to condition skin and assists in improving the appearance of fine lines, uneven tone and sun-damaged skin.

60 Minutes \$75

Environ® Derma-Lac Therapy Massage

Derma-Lac is a lightly fragranced lotion that helps to soften the texture of rough areas on your skin, such as elbows and heels, while helping boost the effects of your skin's moisture levels. It helps re-energize dull, tired-looking skin, and assists in gently exfoliating the skin, improving the appearance of skin tone and texture and leaving it looking healthy and beautiful.

60 Minutes \$75

Transform your health with Celluma: Professional LED Light Therapy

Treat the effects of aging, reduce pain, acne and unwanted skin conditions, and more.

30 Minutes \$40

Package of 4 sessions \$120

Skin Care Services

Open to the public. Walk-ins welcome (*subject to availability*). New clients can book a FREE skincare consultation to help decide what program is best for you. Please allow 30-40 minutes.

Call and reserve your spot today - (815) 395-6030.

Facial and Body Waxing

Using natural beaded Cirepil hard wax, unwanted hair is gently removed from the follicle. **Starting at \$8. Eyebrows: \$12**

Lash Lifting

Semi-permanent curl applied to the natural lashes last up to six weeks. Add a lash tint to this service and cut your morning routine in half.

Brow and Lash Tinting

Gentle, ophthalmologist tested, semi-permanent hair color for eyebrows and lashes. **\$20 or combine both for \$35 to have a natural styling effect lasting up to four weeks.**

Environ® Cool Peel

Customized just for your skin concerns. The Environ® Cool Peel is a unique approach to the appearance of fine lines, sun damage, redness and problem skin. Packages of three or six and for sessions of 30 or 60 minutes available to suit your schedule. **Call for pricing information.**

Galvanic Moisture Infusion Facial

Just in time for winter, this relaxing full-hour facial uses a low indirect current to create cavitation in the skin. This means deeper absorption of moisturizing concentrations from our medical-grade products to speed up results and aid dehydrated skin.

cost \$80

Acne Facial or Acne Back Treatment

Struggling with acne with no treatment plan? Start an acne treatment program with our experienced estheticians to aid in soothing inflammation, removing dead skin cells and getting free from breakouts. This facial includes the Environ® Focus Care specialty line and our High-Frequency Ozone technology to combat the Propionibacterium Acnes bacteria, which is one cause of acne cysts. You'll see results with just one visit. Same treatment available for the back/shoulder area.

cost \$80

Anti-Aging Eye Treatment

A 30-minute deep treatment to wake up tired eyes, smooth crow's feet, de-puff and diminish dark circles with an infusion of Vitamin A, C, and peptides, along with pressure point massage to help restore the youthfulness to the skin around the eyes. Also available for your lip area.

cost \$40

Microdermabrasion

Using a diamond tip wand or essential oil infused sand, we exfoliate and vacuum the surface of the skin to remove the superficial layer of dead skin cells. Good for most skin types. Helps to improve overall skin health, hyperpigmentation, fine lines, acne scarring, black heads and oily or dull skin.

cost One session: \$50
With full facial: \$85





HEALTHY KIDS

Call (815) 227-2274 to for more information or to register.

Mommy to Be

Expectant mothers are encouraged to attend a four-class course on how to assist with a healthy pregnancy. The first two classes cover pre-natal nutrition and exercise. The second two cover post-natal nutrition and exercise. Fathers and/or partners are recommended to attend.

Nutrition Part 1 - Eating while pregnant

Exercise Part 1 - Exercising while pregnant

Nutrition Part 2 - Eating post-natal/while breastfeeding

Exercise Part 2 - Exercising post-natal

dates Mondays, January 14, 21 and 28,
and time February 4
11-11:30 a.m.
Tuesdays, January 22 and 29,
February 5 and 12
5-5:30 p.m.

cost \$45

Tea Party

Join us for a hands-on learning experience in the kitchen that will delight kids of all ages

date Wednesday, March 27
time 9-10:30 a.m.
cost \$15

Healthy Eating for Healthy Kids

Having a hard time getting your kids active or dealing with a picky eater? Learn some tips for getting your children more active, eating better and engaged in a healthy lifestyle.

Call to reserve your spot.

dates Mondays, February 25 or
March 25
time 4-5 p.m.
cost \$10 per person

Understanding Birth

Learn about the physical and emotional changes you can expect during pregnancy, labor and delivery. Our nurse perinatal educator will address labor support techniques, options for pain reduction and relaxation/breathing exercises. This class should be taken during or near the seventh month of pregnancy. Please bring a pillow and a mat/blanket for practicing. Partners are strongly encouraged to attend. This class is free to attend but registration is required.

Understanding Breastfeeding and Your Newborn

Our board-certified lactation consultant nurse will educate you about breastfeeding and caring for your newborn. Please bring a pillow or nursing pillow. Partners are strongly encouraged to attend. This event is free to attend, but registration is required.

Moms of Beautiful Babies (MOBB)

This is a great opportunity to socialize and connect with other new moms and babies. Share the joys and challenges of motherhood in a safe and non-judgmental environment, because the adjustment to motherhood can be both difficult and exciting. Facilitated by OSF registered nurses who are perinatal/lactation educators. Infant scale available for you to weigh your baby. Come at your leisure. Siblings are welcome. Located in the Child's Room on the first floor inside the main entrance. Please utilize our valet parking for your convenience. This event is free to attend and no registration required.



CANCER SURVIVORSHIP SERIES

The Cancer Survivorship Series is a four-part series that is offered quarterly during the months of November, February, May and August. The Series is offered at no cost to any person in our community who has been touched by cancer, including both survivors and caregivers. Light refreshments will be served at each session. Space is limited and registrations will be accepted on a first come, first served basis.

Call OSF HealthCare Healing Pathways Cancer Resource Center at (815) 977-4123 to inquire about dates and to register.

Late Effects of Cancer Treatment

Your cancer treatment is over, but the treatments that may have helped save your life may also continue to cause unexpected side effects. Late effects are side effects of cancer treatment that become apparent after your treatment has ended. Cancer survivors might experience late effects of cancer treatment years later. As more people are living longer after cancer treatment, more is becoming known about late side effects of cancer treatment. Join us for this session to learn more about late effects and how to cope with them.

Dealing with Fear of Recurrence

A complex and unanticipated blend of emotions can accompany the end of cancer treatment. Fear of recurrence is considered one of the most prominent concerns for survivors following a cancer diagnosis. If you are a cancer survivor, fear of cancer recurrence may be difficult to live with when you're adjusting to your "new normal". While this fear may seem overwhelming at times, you can be proactive about managing the fear of cancer recurrence with some coping strategies that will be shared in this session.

Nutrition & Exercise

With cancer treatment behind you, it's time to take charge of your health and focus on your overall wellness. Research shows that proper nutrition, weight management and exercise can contribute to reducing your risk of a reoccurrence of cancer, as well as other life-threatening diseases. Join us for this session to learn more about the role that lifestyle factors such as nutrition and exercise play in your survivorship journey.

Stress Management

Stress is a part of our daily lives, and it can go hand-in-hand with receiving a cancer diagnosis. While we all experience some levels of stress, it can be damaging to our health if it gets out of hand. Research shows how chronic stress can negatively affect health, as the physical, mental and emotional tension experienced following a cancer diagnosis takes a toll. Join us for this session that will provide helpful coping mechanisms to manage stress.

WEIGHT MANAGEMENT

Call (815) 227-2274 to register.

Eat More, Weigh Less

Based on the volumetric eating plan, this class helps people who eat large portions fill up their plate and still drop the pounds.

dates Monday, February 18 and
April 29
time 5-6 p.m.
cost \$10 per person

Health Management Resources Seminars (HMR®)

Our HMR® programs offer a highly structured, easy-to-follow diet that emphasizes healthy eating habits and long-lasting weight loss. They are ideal for anyone wanting to lose weight and become healthier, including those with diabetes, hypertension and high cholesterol. Learn which program is right for you.

dates Second and Fourth Monday
every month
time 5-6 p.m.

I had weight loss surgery. Now what?

For those who have had weight loss surgery over one year ago and don't know how to transition to maintaining their weight loss or are starting to gain their weight back. We review common barriers patients face after surgery when trying to reach or maintain their goal weight and strategies to keep the pounds off.

dates Monday, March 4 and April 22
time 5-6 p.m.
cost \$10 per person

New Year New You

Get your New Year's weight loss resolution started off right with this four-week series of 30-minute classes. We will have weekly weigh-ins and discuss SMART goals, basic nutrition for weight loss, and the FITT principle for exercise planning a recipe modification. **Please call (815) 227-2274 to register.**

dates Monday, January 7, 14, 21, 28
time Noon-12:30 p.m. or
4:30-5 p.m.

Coming Soon!

Medication management

Have you tried diet and exercise but it just isn't enough? Our weight management team offers a medication management option. Find out if one of the FDA-approved weight loss medications is right for you. You will be able to work with experts in nutrition, exercise and behavior management to help you meet your weight loss goals. **Call (815) 227-2274 for more information.**



Preparing Yourself Emotionally for Retirement

Gain tips for staying happy and healthy in retirement by building up your emotional health ahead of time! **Call (815) 227-2274 to register.**

date Monday, March 25
time 5:30-6:30 p.m.
cost \$10 per person

Bullying in the Work Place

Adults experience bullying, too. Attend this educational seminar to learn what constitutes workplace bullying and learn how to help promote a workplace free of this maltreatment. **Call (815) 227-2274 to register.**

date Thursday, February 28
time 11:30 a.m.-12:30 p.m.
cost \$10 per person

Lifestyle Patterns Workshop

Adapted from Dr. Kushner's approach to weight loss, this three-week workshop identifies specific barriers to reach your weight loss goals and realistic ways to overcome them. Each participant will take a quiz that identifies personality traits and will learn specific, simple-to-follow tips to help them succeed this time!

dates Friday, January 11, 18 and 25
time Noon-1 p.m.
cost \$30 per person

Smoking Cessation 101

Have you tried to kick the habit? Have you stopped smoking once but need help this time around? These 30-minute sessions are designed for those who need some coaching and education about quitting smoking. Topics include smoking cessation aids, how to avoid weight gain when quitting, dealing with relapses and smoking triggers.

dates Monday, January 21 and 28;
February 4, 11, 18 and 25
time Noon-12:30 p.m.
cost \$50 per person
*Free to OSF HealthCare
Mission Partners*





HEALTH SCREENINGS



Call (815) 227-2274 to register.

Located in the Wellness Center – OSF Saint Anthony North Tower

Cholesterol/Blood Glucose Screening

Screening includes a finger stick blood sample measuring: total cholesterol, HDL, LDL, triglycerides and blood glucose. Blood pressure screening and lifestyle counseling is also given with immediate results. **Twelve hour fasting is recommended.**

date

time 7:30-10 a.m.

cost \$25 per person

Bone Density Heel Screening

Osteoporosis is often called the silent disease because it doesn't produce symptoms until a fracture occurs. Receive a bone density heel screening and learn your risk of having osteoporosis.

date

time 7:30-10 a.m.

cost \$10 per person

CORPORATE WELLNESS

Healthy employees are vital to the success of your business. OSF Healthcare is committed to working in partnership with our business community to offer quality health services and programs. Our professional staff of nurses, dietitians, exercise physiologists and health educators provide prevention health programs and screening services, presentations and seminars at your business site or at the medical center.

For more information, call Nathan Hamman at (815) 227-2761.

Health Screenings and Assessments

- Blood pressure
- Cholesterol/glucose
- Bone density
- Personal wellness profile/health risk assessment (online)
- Body mass index
- Waist measurement

Presentations include but are not limited to:

- Exercise
- Weight loss
- Hypertension
- Nutrition
- Stress management
- Men's health
- Women's health
- Ergonomics
- Diabetes
- Sleep health

GROUP FITNESS SCHEDULE

Monday

7:45-8:15 a.m.	Tabata
8:20-8:50 a.m.	Golden motion
9-10 a.m.	*Adv. Balance
10:30-11:10 a.m.	Loosen Up
11:15-11:45 a.m.	Tabata
12-12:55 p.m.	Piloxing
1:15-2:15 p.m.	*Balance*
2:30-3:30 p.m.	*Balance*
5:15-5:45 p.m.	Pilates/mix
6-7 p.m.	Dancefitness

Tuesday

7:20-7:50 a.m.	Core Strength N Length
8-8:45 a.m.	Line Dancing
9-10 a.m.	*Balance
10:15-11 a.m.	Tabatha & Strength
11:15-11:45 a.m.	Hula Hoop Strength
12-12:55 p.m.	Power 30
1:05-2:05 p.m.	*Balance (Lindsay)
2:15-3 p.m.	SilverSneakers Classic
5-5:45 p.m.	Raise the barre
6-7 p.m.	Cheerfit

Wednesday

7:30-8:15 a.m.	Stretch &Stability
8:20-8:50 a.m.	Golden motion
9-10 a.m.	*Adv. Balance
10:30-11:10 a.m.	Loosen Up
11:15-11:45 a.m.	Piloxing
11:50-12:30 p.m.	Piloxing Barre
1:15-2:15 p.m.	*Balance* (Jan/Lindsay)
2:30-3:30 p.m.	*Balance*

Thursday

7:20-7:50 a.m.	Core Strength N Lemgth
8-8:45 a.m.	Line Dancing
9-10 a.m.	*Balance*
10:15-11 a.m.	Tabatha & Stretch
11-11:40 a.m.	Stretch and Relax
1:05-2:05 p.m.	*Balance (Lindsay)
2:15-3 p.m.	SilverSneakers Classic
5-5:45 p.m.	Dance Fitness
6-7 p.m.	Ballroomfit

Friday

7:30-8:15 a.m.	Stretch &Stability
8:20-8:50 a.m.	Golden Motion
10:30-11:10 a.m.	Loosen Up
11:15-11:45 a.m.	Line Dancing
12-12:45 p.m.	Power 30

Saturday

10-11 a.m.	Dancefitness
11-11:30 a.m.	Miracle Ball

Health Management Resources:

(this is a separate fee)

Monday: Orientation 5-6 p.m.

(2nd and 4th Monday)

Tuesday: Class 6-7:30 p.m.

Call for Information: (815)227-2274

Silver Sneakers members can participate in any class and use either fitness facility free of charge, but must go through an evaluation and introduction to the machines.

cost	Includes Fitness Center and Unlimited Classes
	\$32 (automatic withdrawal with credit/debit card)
	\$37 (check per month)
	\$26 (Corporate Rate & Senior Citizens 65 years & older)
	Day Pass: \$5
	Joiner/Evaluation Fee \$27

*Balance and Power up for Parkinson's are the only classes that require pre-registration.

Class Descriptions

Ballroomfit: Dancing with the Stars meets fitness. No partners or difficult choreography. A fun, low-impact cardio and core workout: waltz, tango, cha cha cha, Paso, quickstep, foxtrot, jive, and more ballroom dances.

Cheerfit: A cheerleader-inspired dance fitness class with dynamic music that will make you want to move! Utilizes pompoms (optional) to tone and sculpt the arms.

Core Strength N Length: A class that integrates stretching and light toning exercises. The class focuses on strengthening the core and increasing flexibility to help develop the body in a balanced way.

Dancefitness: This fusion of dance styles (ballroom, hip hop, contemporary, jazz, etc.) set to popular music will have your heart beating. Tone muscles, burn calories and get an aerobic workout while having fun. Designed for all ages and levels of ability.

Golden Motion: This 30-minute class has it all for seniors: upper/lower body weight training, core work, balance and flexibility.

Hula Hoop Strength: Fun and exciting class utilizes a 3-pound weighted hula hoop. From squats, shoulder presses and more: this hula hoop is used as a toning tool. Enjoy working out while toning muscles, strengthening your core and burning calories.

Loosen Up: Great class that leads participants through a full-body session designed to release muscle tension. Stretching and flexibility allows one to move with full range of motion.

Miracle Ball: Confront ailments that plague you every day. The ball helps release muscle tension and discover your body's ability to heal. Integrate all parts of the body to improve your shape and increase the health of your body.

Pilates/Mix: This class works the full body, specifically challenging core strength, stability and coordination. Uses a variety of props to mix it up!

Piloxing: A class that blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add exhilarating dance moves and you have a muscle-toning, fat-burning workout.

Piloxing Barre: A well-rounded workout that is low-impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class.

Power 30: This powerful class incorporates all the major muscle groups for a well-rounded strength program. Do three sets of 10 reps (30 reps total) for a total body workout.

Raise the Barre: Uses the principles of ballet to lengthen and strengthen the entire body. No previous dance experience needed!

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing and a ball are offered for resistance. A chair is for seated/standing support.

Stretch & Relax: Great class improves flexibility by offering a relaxing stretch component with a little muscle toning. Class is performed on the ground.

Tabata(HIIT): Get in a quick workout if you're short on time, need to switch up your routine or need to improve endurance speed. This high-intensity interval training (HIIT) class provides noticeable results, whether your goal is muscle tone, weight loss or both.

Classes Requiring Pre-Registration

Balance: This class helps you focus on your balance and stability.

Advanced Balance: This 60-minute class will help you elevate your balance to the next level. Completion of the *Balance* class is required before registering for the advanced class.

OSF HealthCare
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5666 E. State St.
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www.osfsaintanthony.org

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Medicine and Health Fitness
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