



**Galter**  
**LifeCenter**  
*The science of feeling better*

## LIFESTYLES NEWSLETTER

FOR MEMBERS, ASSOCIATES,  
HEALTHCARE PROFESSIONALS  
AND FRIENDS

5157 North Francisco Avenue  
Chicago, Illinois 60625  
773.878.9936  
GalterLifeCenter.org

*An affiliate of Swedish Covenant Hospital*

# Athlete rediscovers fitness at Galter LifeCenter

by Anne Stein

When Otilio Arzola, 59, showed up at Galter LifeCenter last summer, the former college baseball player had hit an all-time personal low for fitness. Injured and 30 pounds overweight, Otilio no longer played in the ice hockey league he loved and he'd been in and out of physical therapy for 18 months.

The downward cycle started a few years earlier, when the Lakeview resident was working out at another gym where trainers emphasized heavy-duty weight lifting. The results: a torn knee, aching elbows and shoulders and a bulging disc.

"Those injuries knocked me out for five years," says the outgoing Arzola, a locksmith who was used to working out six days a week. "I was afraid of going back into the gym so I turned into a couch potato." He also felt depressed.

His wife urged him to check out Galter LifeCenter—something his orthopedist had recommended five years earlier but that Arzola ignored because another rehab center was closer to home.

Tired of feeling fatigued and sick of the spare tire around his middle, Arzola visited GLC in June and fell in love with the idea of getting healthy again. Today, he's happier and fitter than ever—and he's one of GLC's biggest cheerleaders. As a hospital-based fitness center, points out Arzola, "Galter's really a different animal than any other gym."

His journey began when he signed up for Fundamental Fitness, a nine-week, small group class that teaches exercise and nutrition basics. Even an exercise pro like Arzola was inspired by the class, where he learned, for example, that it's a myth that we lose flexibility as we age. "You simply need to make time to stretch," he says.

Arzola signed up for personal training with Peter Marcy, who has extensive experience helping clients lose weight safely and maintain a healthy weight. "Before I started Peter did a thorough assessment, looking at how flexible and strong I was, doing blood work and everything so he knew where I stood physically," Arzola says. "It was all these things that other gyms never did for me."

Next Arzola signed up for Wellcoaching, a one-on-one program where his coach, Maki Uechi-Brooker, guided him toward setting short and long-term health, life and fitness goals. Otilio wanted to sleep better, for example, and Maki helped him focus on better sleep habits (less wine in the evening, don't fall asleep on the couch); he now sleeps 7–9 hours a night. De-cluttering was also an objective and the two hours spent doing that each week, says Arzola,

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### Coordinating Editors:

Francie Habash  
Kristin Walters  
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## MEMBERSHIP

### WINTER MEMBER APPRECIATION EVENTS

#### IT'S YOUR LIFESTYLE. STAY IN IT.

We get energized around the new year and commit to changing our eating habits for our improved health. It's an opportunity to wipe the slate clean and start fresh. Sometimes, we can lose our commitment mid-stream. We can help you stay focused and motivated. Get your work out in early and then stop by the Courtesy Desk on **Wednesday, January 23**. Enter the raffle to win a personal training or nutrition session with one of our certified dietitians or personal trainers.

#### LOVE IS IN THE AIR!

Maybe you're not planning a romantic dinner date for two this Valentine's Day so take the time to enjoy and nurture yourself. Think about what you love most (family, friends, your commitment to exercise) and take a little extra time around the track or schedule an additional yoga class in your week. Stop by the Courtesy Desk on **Thursday, February 14**, and enter the raffle to win a one-hour massage with one of our licensed Massage Therapists.

#### SPRING FEVER

Winter can really drag on, but the end is in sight. Soon spring flowers will be sprouting up and warmer weather is on the way. Continue to tone and tighten your muscles, build strength in your core and align your spine. Pilates, yoga and a plethora of stretching opportunities await you at Galter LifeCenter. Stop by the Courtesy Desk for your special gift to assist with the stretch and tone on **Thursday, March 21**.

CONTACT KRISTIN WALTERS, MARKETING AND COMMUNICATIONS MANAGER, [KWALTERS@SWEDISHCOVENANT.ORG](mailto:KWALTERS@SWEDISHCOVENANT.ORG) OR EXT. 7345

### UPDATES FROM THE DIRECTOR



Dear members,

It's the start of another new year! The staff at Galter LifeCenter are all looking forward to a healthy successful year together.

The start of the new year brings in new faces and new goals. With this I wanted to take the opportunity to remind you of some things to make sure we are all successful here.

The facility is going to be busier. Please be mindful of your time using the equipment. Come at off peak times if possible: early in the morning, afternoon, late evening.

The parking lot will be busy. There is free street parking all around Galter LifeCenter. Also you can park in the Swedish Covenant Hospital parking garage and get a validated ticket for \$2 at the Courtesy Desk. For your convenience we also sell prepaid booklets of 10 passes for \$15 which cuts the cost even more.

Online registration is available. Make sure you have your email address in the system and use your login to sign up for a class, purchase one-on-one sessions or update your address from home.

Always be sure to check in with the Courtesy Desk and that your picture is updated. If you have a session with your personal trainer or other service provider you must sign to redeem this service. This helps with making sure your session is accounted for.

We hope to see everyone successfully working towards their health and wellness goals this year. Remember that if you are struggling with your fitness resolutions there is always someone here to help.

In good health,

Art Slowinski  
Director of Operations at Galter LifeCenter

### IRONMAN CHALLENGE

Triathlon Challenge: Are you up for an Ironman Triathlon Challenge? Do the distance in 3 weeks! The challenge will run from Sunday, February 10–Saturday, March 2. Your goal is to swim/bike/run the Ironman Distances: 2.4 mile swim/112 mile bike/26.2 mile run. For more details and to sign up for the challenge see the Fitness Desk.

FOR MORE INFORMATION, CONTACT LESLIE MRAS, AT [LMRAS@SWEDISHCOVENANT.ORG](mailto:LMRAS@SWEDISHCOVENANT.ORG) OR EXT. 7341

### WATER TO LAND CHALLENGE

When setting goals for the new year, what better way to do it than by joining our Water to Land Challenge. This is an eight week challenge from **February 4 - March 31**. Each week, you will need to complete two water classes and one land class. The water classes that qualify are AAE, Aqua Mix, Aqua Blast, Aqua Mix +, Aqua Zumba and Masters Swim. The land classes that qualify are any Group Fitness class on land, free or fee based. **Sign up begins January 28**. If you complete all 24 classes in the eight weeks you will receive a GLC prize. See flier or ask your instructor for more information.

FOR MORE INFORMATION, CONTACT MEGAN SLATTERY AT [MMSLATTERY@SWEDISHCOVENANT.ORG](mailto:MMSLATTERY@SWEDISHCOVENANT.ORG) OR EXT. 2023

WINTER MEMBER REFERRAL PROMOTION

**Receive a \$25 credit**  
 When you refer a friend or someone refers you.

**Referring Member:**

\_\_\_\_\_  
 PRINT NAME MEMBER NUMBER

Signature

**New Member:**

\_\_\_\_\_  
 PRINT NAME MEMBER NUMBER

Signature

Date:

\_\_\_\_\_  
 New member also receives half off the enrollment fee.  
 Certain restrictions apply. Must present card when joining.  
 For more information contact a Membership Representative at  
 (773) 878-9936, ext. 7308 or email [membership@swedishcovenant.org](mailto:membership@swedishcovenant.org).

**WHAT'S NEW AT SWEDISH COVENANT HOSPITAL**

**Your Child First**

Swedish Covenant Hospital is growing our long-standing partnership with the Ann & Robert H. Lurie Children's Hospital of Chicago, the city's most prestigious children's hospital, to ensure your child receives the care they deserve. Having a sick child can be a confusing and scary time, but as a patient at Swedish Covenant Hospital, your child will receive expert pediatric care from a specialist from the Ann & Robert H. Lurie Children's Hospital of Chicago. We formed this relationship to ensure your child gets the best help while they stay close to home. We use the most advanced pediatric diagnostic tools available to identify serious problems and, if necessary, can quickly and easily transfer patients downtown.

**3-D Mammograms**

Swedish Covenant Hospital is now equipped with 3-D mammogram capabilities through breast tomosynthesis. This innovative mammogram technology provides physicians with higher quality, more detailed images and scan results, which means more accurate diagnoses for our patients. The 3-D and sophisticated 2-D imaging capabilities particularly benefit younger women and those with dense breasts by locating and identifying abnormalities or suspicious lumps that may have been overlooked in the past. Swedish Covenant Hospital is one of just three hospitals in Illinois offering this technology.

**Jump to the Front of the Line**

At Swedish Covenant Hospital, we understand that the less time you need to spend in the ER, the better. That is why our Emergency Department now offers patients InQuicker, an at-home waiting room option. This free online system allows you to skip the waiting room and hold your place at Swedish Covenant Hospital's Emergency Department so you can wait for care in the comfort of your home.

If you or a family member have a non-life-threatening emergency and your primary care physician is unavailable, you can visit the InQuicker website and hold your place in line for treatment with the next available emergency care provider in Swedish Covenant Hospital's Emergency Department. A text message from InQuicker will let you know a projected treatment time when your provider will be ready to see you.

No pre-registration is necessary so skip the ER waiting room and hold your place in line.

FOR MORE INFORMATION ON ANY OF THESE SERVICES VISIT [SWEDISHCOVENANT.ORG](http://SWEDISHCOVENANT.ORG)

**BODY TRAINING SYSTEMS  
 JANUARY '13 GROUP FITNESS  
 LAUNCH**

Let's move into January '13 with a bang. Come have a fun time with us in the New Year at our launches. They will make you sweat, laugh and work hard. The BTS Launches will go through the month of January. Look for more information on class dates and times on posters and fliers.

**LET'S MOVE:**

-  because sweat is your training partner
-  because sweat can cleanse the soul.
-  because sweat matters.
-  because sweat is your best accessory.
-  because sweat can be so sweet.
-  because sweat happens.
-  because nobody every drowned in sweat.
-  because sweat is liquid awesome.

New in 2013 the launch of R30—a new 30 minutes cycling program. Great for beginners, starting your New Year's resolutions or for those time crunched, a quick cardio workout.

**R30 is...**

 Get Fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush! Inspiring music and motivating coaching will ensure that Everyone Finishes First!

The new group fitness schedule begins January 7.

CONTACT MEGAN SLATTERY FOR MORE INFORMATION, [MMSLATTERY@SWEDISHCOVENANT.ORG](mailto:MMSLATTERY@SWEDISHCOVENANT.ORG) OR EXT. 2023.

**PERSONAL FITNESS STRATEGY**

We want to provide you with the tools you will need to create a personal fitness strategy (PFS) that is best for you. We offer a series of economical options designed to help you build your PFS:

**Body Age Assessment: Know your numbers!**

Compare your chronological age vs. your physical age through a series of fitness tests. Recommended for anyone wanting knowledge of their current state of fitness and to know whether or not you are as “young” as you can be. Included are some recommendations for maintaining your numbers or gaining back some years.

**Fitness Consultation**

Meet with a fitness professional to discuss your current exercise goals, gain information and guidance necessary to help reduce any barriers that may limit you from fulfilling your personal fitness strategy.

Both services also include an orientation to the facility and reassessment done six months after your initial appointment.

**Program Fee:** Free to new members (first three months of membership) / Current members \$25

**Contact:** Diana Dimas to schedule re-tests or for fee test, x5804 or ddimas@schosp.org

**Fundamental Fitness**

A comprehensive 8-week course which allows you to learn about health, fitness and wellness in a supportive and encouraging environment. Recommended for those that know they need to exercise but don't know where or how to begin.

**Program Fee:** M \$50 / NM \$100

**Contact:** x3863 or Fundamentalfitness@schosp.org

To get started with your PFS option, please visit the Membership Office.

**WORKSHOPS/COURSES**

**Registration is required.**

**Boot Camp Fitness**

Bring your fitness to the next level:

- Fun, effective workouts!
- Burn calories, get results!

Hour-long classes are offered early mornings, afternoons, evenings and weekends! Sign up for one, two or three times per week. Classes designed for the intermediate/advanced level. Join anytime at a pro-rated fee. *6-week sessions.*

**Dates & Times:** January 7–February 16 and February 18–March 30

**Days of Week:**

**M/W/F:** 5:30 am / 6:30 am / 8 am (all women's)

**M/W:** 7 pm

**T/Th:** 9:30 am

**Th:** 7 am (H<sub>2</sub>O Boot Camp)—Land based Boot Camp style workouts done in the East Pool.

**Sat:** 11 am

**Program Fee:**

**3 times/week:** M \$160 / NM \$215

**2 times/week:** M \$110 / NM \$165

**1 time/week:** M \$60 / NM \$85

**For all Boot Camp programs, contact:**

Leslie Mras, x7341 or lmras@schosp.org

**Semi-Private Myo-Release and Stretch Class**

45-minute class using the foam rollers, tennis balls and myo-balls designed to create myo-fascial release in the major muscle groups, and teach techniques and benefits of myo-fascial release. Groups are limited to four people. Various times are available. *6-week sessions.*

**Program Fee:** M \$70 / NM \$90

**Contact:** Leslie Mras x7341 or lmras@schosp.org if interested

**Triathlon Training Course**

RUN / BIKE / SWIM—Join us for our annual Triathlon Training! Get Fit. Have Fun. Be Athletic. Join our Triathlon Team. *13-week session.*

**Dates & Times:** Saturdays, March 30–June 22

**Program Fee:** M \$225 / NM \$325

**Contact:** Leslie Mras x7341 or lmras@schosp.org if interested

**Corrective Exercise**

Pain in the shoulder, back, hip, knees? If you are suffering from an old injury, or worried about re-injuring yourself, this training group is for you! It will help you customize your exercise program, overcome nagging problems and learn proper techniques. Limited to four participants. Taught by Cliff Morland. *6-week session.*

**Dates & Times:** Wednesdays, February 20–March 27, 6–7 pm

**Program Fee:** M \$135 / NM \$175

**Dance Concepts Training**

Suzanne Harris, graduate of The Julliard School, will use concepts from ballet and modern dance techniques to strengthen, tone and enhance posture and movement quality. *6-week session.*

**Dates & Times:** Wednesdays, February 13–March 20, 4:30–5:30 pm

**Program Fee:** M \$135 / NM \$175

**Kettlebell Training**

If you are looking for a unique, dynamic and effective way to train, consider kettlebells. This one-hour workout utilizes full-body ballistic movements and a variety of kettlebell drills and combinations. Prior exposure to kettlebell training and/or attendance at a previous kettlebell clinic is recommended. Limited to four participants. Taught by Maki Uechi-Brooker. *6-week sessions.*

**Dates & Times:** Thursdays, January 31–March 14, No class February 14) and March 28–May 2, 6–7 pm

**Program Fee:** M \$135 / NM \$175

**Kettlebell Clinic**

Join us to learn the fundamentals of kettlebell training, proper weight selection and establish correct technique for traditional kettlebell lifts. Limited to 10 participants. Taught by Maki Uechi-Brooker.

**Date & Time:** Saturday, January 12, 10–11 am

**Program Fee:** M \$15 / NM \$20

**TRX Training**

The TRX Suspension Trainer is a versatile tool that requires the entire body to be used as an integrated system, building strength, balance, core stability and flexibility. Limited to six participants. Taught by Maki Uechi-Brooker, Joe Palla and Jesse Berg. *Sessions vary.*

**Beginner/Intermediate TRX Training**

**Dates & Times:** January 22–April 15

Mondays, 6:50–7:50 am

Tuesdays, 7:15–8:15 pm

Thursdays, 5–6 pm

Thursdays, 7:15–8:15 pm

**Program Fee:** M \$265 / NM \$350

**Dates & Times:**

Thursdays, January 24–April 11, 5:15–6:15 am

**Program Fee:** M \$180 / NM \$240

**Intermediate/Advanced TRX Training**

**Dates & Times:** January 23–April 11

Wednesdays, 6–7 pm

Thursdays, 5:30–6:30 am

**Program Fee:** M \$265 / NM \$350

**Advanced TRX Training**

**Dates & Times:** Thursdays, January 24–April 11, 5–6 pm

**Program Fee:** M \$265 / NM \$350

**TRX—Kettlebell Fusion**

Maki mixes these two tools into one outstanding workout. Get fit, strong and balanced! Prior experience with kettlebells preferred. *12-week session.*

**Dates & Times:** Saturdays, February 2–April 20, 8–9 am

**Program Fee:** M \$265 / NM \$350

**TRX—Jump Rope Fusion**

Double-fun: join Maki and Ed for an athletic, energetic Saturday workout! You'll learn basic technique and get great circuit-style training. Participants should be able to jump, do push-ups, squats and lunges. No prior jump rope or TRX experience required. *6-week session.*

**Dates & Times:** Saturdays, January 19–February 23, 10–10:45 am

**Program Fee:** M \$99 / NM \$135

**TRX—Jump Rope Fusion Clinic**

Check out our double-fun fusion format! No prior jump rope or TRX experience required.

**Date & Time:** Saturday, January 5, 10–11 am

**Program Fee:** M \$15 / NM \$20

**HIIT-It!**

This class is designed to push you to your limits, training at near maximum intensity. You'll work between two timed intervals; sprint and recovery phases for eight continuous cycles. Recommended for intermediate and advanced exercisers. Must be able to sprint, jump, squat, lunge, push up, lift heavy weights and perform fast repetitions. Limited to four participants. Taught by Maki Uechi-Brooker. *12-week sessions.*

**Dates & Times:** Mondays, January 14–April 1 or

Wednesdays, January 16–April 3, 8–9 pm

**Program Fee:** M \$265 / NM \$350

**Jump Rope Training**

How can you burn more than 500 calories in 30 minutes? By jumping rope with Ed! The 6-week session will also help you improve coordination, agility, quickness, footwork and endurance. *6-week sessions.*

**Dates & Times:** Tuesdays, January 15–February 19 and March 19–April 23, 7:30–8 am  
**Program Fee:** M \$70 / NM \$90

**Water Toys!** NEW

Not all toys are equal. Some of them are a real drag, but so good for you! Push, slice and pull against the water with the added use of foam resistance equipment. The use of stability techniques target your core, back and upper and lower body with support and resistance of water toys. Taught by Jandra Fraire. *6-week session.*

**Dates & Times:** Free Trial Session: Thursday, January 24, 8:30–9:30 am; Class runs Thursdays, January 31–March 7, 8:30–9:30 am  
**Program Fee:** M \$60 / NM \$80  
**Contact:** Megan Slattery, x2023 or mmslattery@schosp.org

**BOSU—Core Synergy**

BOSU—Core Synergy is a Pilates-inspired class that will teach you core strength, body awareness and stamina.

**Dates & Times:** Tuesdays and Thursdays, January 29–March 19 and January 31–March 21, 6:15–7 am  
**Program Fee:** One day/wk: M \$60 / NM \$90; Two days/wk: M \$100 / NM \$150

**BOSU—Balanced Body**

This BOSU course will focus on full body work to improve your overall body functional movements. You will improve your strength and balance through exercises utilizing the body bars and BOSU.

**Dates & Times:** Mondays, January 28–March 11 (No class on February 18) 11:30 am–noon  
**Program Fee:** M \$45 / NM \$65

**For BOSU Programs Contact:** Megan Slattery, x2023 or mmslattery@schosp.org

**Circuit Craze**

Want to come and blast through a workout in a half hour, come do Circuit Craze. You will hit four stations that will target the full body and use a variety of equipment in this half hour power circuit. All you need to do is come prepared to have fun and sweat. The circuit will have something new every week.

**Dates & Times:** Free trial session, Tuesday, February 5, 7–7:30 am, Class runs Tuesdays, February 12–March 19, 7–7:30 am  
**Program Fee:** M \$40 / NM \$60  
**Contact:** Megan Slattery, x2023 or mmslattery@schosp.org

**Group Rowing**

Are you tired of your same cardio workouts: spinning, the elliptical, stationary bike, the treadmill? Come join in and row for a whole new workout that will burn as many calories as running, without the pounding on the joints. Each workout will be unique and challenge you physically and mentally. Taught by Megan Slattery. *6-week session.*

**Dates & Times:** Thursdays, January 24–February 28, 7–8 am  
**Program Fee:** M \$80 / NM \$110

**Intro to Rowing**

**Dates & Times:** Thursday, January 17, 7–8 am  
**Program Fee:** M \$10 / NM \$20  
**For Rowing Programs Contact:** Megan Slattery, x2023 or mmslattery@schosp.org

**For Workshops/Courses, contact:** Amy Petersen x7318 or apetersen@schosp.org, unless otherwise noted

**SCREENINGS**

**Registration is required.**

**Cholesterol and Blood Pressure**

Choose from a variety of tests: blood pressure (*free*), lipid profile and comprehensive metabolic (M \$35 / NM \$40), cholesterol and glucose only (\$7). Other tests available. Fasting recommended; nothing to eat or drink (water ok), ten hours before test.

**Dates & Times:** Saturdays, January 12, February 9, March 9, 8–10 am  
**Contact:** John Joyce, x7347

**SENIOR AND ADULT FITNESS**

**Arthritis Foundation Aquatic Program**

This program includes a 45-minute water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination, reduce muscle weakness and decrease pain and stiffness.

**Dates & Times:**  
 Mondays/Wednesdays 10–10:45 am  
 Mondays/Wednesdays 6:45–7:30 pm  
 Tuesdays/Thursdays/Fridays 11–11:45 am

**Arthritis Foundation Exercise Program**

This is a chair exercise program designed specifically for people with arthritis, using gentle activities to help increase joint flexibility and range of motion to maintain muscle strength.

**Dates & Times:** Mondays, 1:30–2:15 pm  
**Program Fee for both programs:** M FREE / NM \$100/10 classes or \$120/15 classes.

**Contact:** Megan Slattery, x2023 or mmslattery@schosp.org

**INTEGRATIVE THERAPY**

Integrative Therapy can add vitality to your life. We can help your body promote natural healing. Schedule an appointment today.

- Heal from within
- Reduce stress and anxiety
- Reduce pain
- Sleep better

**Acupuncture**

**Contact:** Sandy Sumi, x6773  
 Cliff Morland, x6740

**Clinical Massage Therapy, Energy Work—Chi Nei Tsang, Infant Massage, Prenatal Massage, Reflexology and Zen Shiatsu**

**Contact:** Heather Alfnejd, x7723 or halfnejd@schosp.org

**Watsu Aquatic Therapy**

**Contact:** Kristin Hovious, x7466 or Diane Novak, x7356

**Prices:** starting at \$55/session

**Update:** Messages can now be booked with our Concierge.

**Stress Less with Acupuncture**

Winter Blues? The holidays tend to get everyone running around— but, when is there time for just you? Receive a real stress treatment, and get to know our licensed acupuncturists. Great introduction to acupuncture at a reduced price. Sign-up today! Registration limited. Drop-ins available for single sessions or purchase the full three session option and receive a session free.

**Dates & Times:** Mondays, January 14–January 28, 6–7 pm  
**Program Fee:** 3-week session (Buy the session and receive 1 session Free) M \$50 / NM \$60  
 Single Session Drop-In: M \$25 / NM \$30

**Meditation**

Discover the many benefits to meditation. Learn techniques to help get you through life's toughest situations. Help prep your mind/body and spirit for a healthier today and an even happier tomorrow. Few spots available. *5-week sessions.*

**Dates & Times:** Mondays, 4:45–5:30 pm  
 January 14–February 11  
 February 18–March 18  
 Saturdays, 10:15–11:15 am  
 January 12–February 9  
 February 16–March 16  
**Program Fee:** 5-week session: M \$59 / NM \$79

**Infant Massage**

In the beginning of life, babies learn about love through touch. Massaging your baby is a wonderful way to convey your love on an intimate, unspoken level. Infant massage has the ability to help babies sleep better, boost their immune system, gain weight properly, decrease pain associated with colic and digestion and so much more! This three part class will teach research proven massage techniques to benefit your developing baby. Classes include natural oil and instruction manual. Age: birth through 12 months.

**Dates & Times:** Three day course, TBD  
**Program Fee:** M \$75 / NM \$95 per family  
**Contact:** Heather Rabbitt, LMT x5993 or hrabbitt@schosp.org

**SURVIVOR Watsu**

Are you a cancer survivor? Your body could use a break. Feel the unimaginable benefits as you're cradled in our warm therapy pool. Decrease anxiety, sleep better, decrease pain, increase range of motion, improve immune function, decrease lymphedema and swelling. Contraindications: open wound or currently in radiation. Sign up today and experience your true healing potential in the water! Registration limited.

**Dates & Times:** TBD  
**Program Fee:** M and NM \$20  
**For Integrative Therapy Programs, contact:** Heather Alfnejd, x7723 or halfnejd@schosp.org, unless otherwise noted.

**AQUATICS PROGRAMS**

Please see [GalterLifeCenter.org/Aquatics](http://GalterLifeCenter.org/Aquatics) for the most up to date information regarding programs, schedules and registration dates.

**Aquababies**

Aquababies will help you as a parent better understand how to expose your children to the water in a healthy environment. Our warm water pools (typically 90°) and certified instructors will help your child become comfortable in the water. *8-week session.*

**Aquababies Session #1**

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 14–March 10 (Makeup dates: March 11, 13, 14, 16 and 17)  
**Weekdays and Weekends**

Wednesdays	11–11:30 am	6 mos.–18 mos.
Wednesdays	3–3:30 pm	6 mos.–2 yrs.
Thursdays	10–10:30 am	6 mos.–18 mos.
Saturdays	7:45–8:15 am	6 mos.–18 mos.
Saturdays	8:15–8:45 am	18 mos.–2 yrs.
Saturdays	noon–12:30 pm	6 mos.–2 yrs.
Sundays	9:30–10 am	6 mos.–1 yr.
Sundays	10–10:30 am	1 yr.–18 mos.
Sundays	10:30–11 am	18 mos.–2 yrs.
Sundays	11:30 am–noon	6 mos.–2 yrs.
Mondays	11–11:30 am	6 mos.–18 mos.

**Program Fee:** Weekdays: M \$71.50/ NM \$93.50  
 Weekends: M \$76.50 / NM \$98.50

**Advanced Aquababies Session #1**

This program is recommended for children ages 2–3 who have established a solid comfort level in the water. The goal of this class is to cultivate and build on the skills taught in Aquababies. Emphasis is placed on instructor/student interaction, as well as specific parent/instructor interaction in order to build a cohesive unit that nourishes the child’s sense of aquatic independence. The end result is that Advanced Aquababies fully prepares your child to participate in our Learn-to-Swim program.

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 14–March 10 (Make-up dates: March 11, 13, 14, 16 and 17)  
**Weekdays and Weekends**

Wednesdays	11:30 am–noon
Wednesdays	3:30–4 pm
Thursdays	10:30–11 am
Saturdays	8:45–9:15 am
Saturdays	11:30–noon
Sundays	9–9:30 am
Sundays	11–11:30 am
Mondays	11:30–noon

**Program Fee:** M \$80/ NM \$105

**Semi-Private Aquababies**

Our Semi-Private Aquababies program is designed to provide specific instruction that fits the needs of children ranging from ages 6 months old up to a Level 2 swimmer (typically age 3 ½). There will be three main categories of classes with systematic goals and objectives. The three types of classes are Infant, Toddler and Pre-School (6 months to 3 years). *8-week session.*

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 15–March 10 (Makeup dates: March 12, 16, 17)  
**Program Fee:** M \$100 / NM \$125

**Children’s Swim Club Session #1**

A swim team setting that gives children ages 8 to 15 years old who are able to swim the length of the pool (25 yards) the opportunity to develop their swimming skills in a fun, supportive environment. Designed for children and youths seeking to develop advanced swimming skills. This program is coached by experienced competitive coaches. *8-week session.*

**Registration:** M December 10 / NM December 17  
**Dates & Times:** Saturdays, January 19–March 9 (Makeup date: March 16), 7:15–8:15 pm  
**Program Fee:** M \$85 / NM \$105

**Learn-to-Swim Session #1**

The Learn-to-Swim program is designed for any child who has completed our Advanced Aquababies program and is between 3 to 6 years old. Through the Learn-to-Swim course, WSI Red Cross certified instructors teach children how to swim by using standing platforms in the water. Three levels based on child’s ability. *8-week session, 4 to 1 instructor to student ratio. Please see our website for more information.*

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 16–March 10 (Makeup dates: March 13, 16, 17)

Wednesdays	4–4:30 pm	Level 1A
Wednesdays	4:30–5 pm	Level 1B
Wednesdays	5–5:30 pm	Level 2A
Wednesdays	5:30–6 pm	Level 2B/3A
Saturdays	6–6:30 pm	Level 1A
Saturdays	6:30–7 pm	Level 1B
Saturdays	7–7:30 pm	Level 2A
Saturdays	7:30–8 pm	Level 2B/3A
Sundays	4–4:30 pm	Level 1A
Sundays	4:30–5 pm	Level 1B
Sundays	5–5:30 pm	Level 2A
Sundays	5:30–6 pm	Level 2B/3A

**Program Fee:** M \$90 / NM \$115

**Intermediate Learn-to-Swim**

Intermediate Learn-to-Swim is for any child who is ready to move from the East Pool to the West Pool and pursue above level 3 swimming skills. This is the next step towards preparing for technical development and endurance growth. Average age, 7 and above. *8-week session.*

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 14–March 9 (Makeup dates: March 11, 15, 16)

Mondays	4–4:45 pm
Fridays	4:45–5:30 pm
Saturdays	6:30–7:15 pm

**Program Fee:** M \$95 / NM \$115

**Advanced Learn-to-Swim**

Advanced Learn-to-Swim is for any child who is ready to move from the East Pool to the West Pool and pursue above level 4 swimming skills. This is the next step towards preparing for technical development and endurance growth. Average age 8 years and above. *8-week session.*

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 14–March 9 (Makeup dates: March 11, 15, 16)

Mondays	4:45–5:30 pm
Fridays	4–4:45 pm
Saturdays	6:30–7:15 pm

**Program Fee:** M \$95 / NM \$115

**Private Swimming Lessons**

Did you always want to learn how to swim but were afraid of water? Learn to swim or refine your swimming skills, no matter what your age. Work one-on-one with a qualified Galter LifeCenter Swim Instructor. Learn how to breathe in the water and float through our warm water pools and overcome water based insecurities. Swimmers of all levels and abilities are welcome. Swimming is also a great form of fitness or rehabilitation! Lessons scheduled at your convenience. Lessons are half-hour in length.

**Program Fee:**  
 Package of 3 lessons: M \$60 / NM \$72  
 Package of 6 lessons: M \$108 / NM \$132  
 Package of 12 lessons: M \$192 / NM \$240

**Masters Swimming Program Session #1**

This ongoing swimming program is ideal for everyone from fitness enthusiast and tri-athletes to non-competitive swimmers. Structured workouts with a coach offer an individualized training experience to help swimmers improve general fitness or train for specific goals. The Masters Swimming program is open to all adult swimmers ages 18 and over, at beginning or advanced levels. Swimmers should be able to complete an hour-long training session in the pool.

**Registration:** M December 10 / NM December 17  
**Dates & Times:** January 15–March 30

Mondays, Wednesdays, Fridays	5:45–6:45 am
Tuesdays and Thursdays	noon–1 pm
Tuesdays and Thursdays	5:30–6:30 pm
Saturdays	6:45–8 am

**Dry Land**  
 Wednesdays 6–7 pm  
**Program Fee:** Quarterly (12 wks) M \$100 / NM \$120,  
 Yearly (12 months) M \$400 / NM \$475

**Family Swim Day**

This event gives whole families the opportunity to swim at Galter LifeCenter. Open only to members and their immediate family. There is a minimum of one adult per two children. Program takes place in the East Pool and children must be 13 years of age or younger. Registration opens two weeks prior.

**Dates & Times:**  
**Sunday Family Swim:** January 13, February 10, March 10, 12:30–2 pm and 2:15–3:45 pm  
**Friday Evening Family Swim:** January 18, January 25, February 1, February 8, February 15, March 1, March 8, March 15, April 5, 6–7:30 pm  
**To register, contact:** Courtesy Desk x5660

**For private swim lessons contact:** Aquatics administration team, x7399 or glcaquaticsinfo@schoosp.org

**For all other aquatics programming info contact:** Vanessa Recinos, Aquatics Program Supervisor at x8015 or vrecinos@schoosp.org

**Comments or suggestions regarding the aquatics department contact:** Wes King, Aquatics Director x7309 or wking@schoosp.org

**WOMEN’S HEALTH**

**Registration is required.**

All prenatal programs require a health care provider’s approval, health forms and a waiver.

**Pre/Postnatal Courses**

Galter LifeCenter offers pre/postnatal aqua classes as well as pre/postnatal yoga. Health-care provider's release is required for prenatal. Postnatal may start six weeks postpartum. Minimum participation is required to begin session. We do offer a drop-in fee after class is in session. *Join our 6-week sessions anytime.*

**Prenatal Aqua Dates & Times:**

Monday	January 7–February 11	5:45–6:30 pm
Mondays	February 18–March 25	5:45–6:30 pm
Thursdays	January 10–February 14	5:45–6:30 pm
Thursdays	February 21–March 28	5:45–6:30 pm

**Prenatal Yoga Dates & Times:**

Wednesdays	January 9–February 13	6:45–7:45 pm
Wednesdays	February 20–March 27	6:45–7:45 pm

**Program Fee:** M \$60 / NM \$85

**Contact:** Delia Arroyo x7353 or darroyo@schop.org

**Mom and Baby Yoga**

This small group yoga class is designed for new moms. Babies are welcome to attend. Learn yoga poses that will ease the stress of carrying the baby while making the body stronger and more flexible. *6-week sessions.*

**Age:** Mom: six weeks postpartum, baby: six weeks to 10 months (not more than 20 lbs.)

**Dates & Times:** Tuesdays, January 8–February 12 and February 19–March 26, 8:30–9:15 am

**Program Fee:** M \$60 / NM \$85

**Strength Training for Preventing Osteoporosis**

The years between adolescence and early middle age are critical for habitual physical activity to ensure that women obtain their biological potential for peak bone mass. This course is designed to teach the proper exercises and design a strength training program for people between the ages of 18–35. A nutrition session is included. This class is 6 weeks and meets two times per week.

**Dates & Times:** Tuesdays and Thursdays, January 15–February 21, 10:30–11:30 am

**Program Fee:** M \$175 / NM \$225

**For the above programs, contact:** Delia Arroyo x7353 or darroyo@schop.org

**Total Control™: Women's Fitness Program for Pelvic Health**

This class is designed to promote bladder control, better sleep and the active lifestyle you deserve! This ground breaking class goes way beyond Kegel's and is ideal for women postnatal to post menopausal. Ball and band are available for purchase. We also offer *Total Control Platinum* for those who have concerns about getting up and down off the ground. *6-week sessions.*

**Dates & Times:**

**Total Control™**

Saturdays,	January 12–February 16,	9–10 am
Wednesdays,	January 16–February 20,	5:45–6:45 pm

**Program Fee:** M \$95 / NM \$120

**Total Control™ Platinum/Maintenance**

Wednesdays, January 16–February 20 and February 27–April 3, 11 am–noon

**Program Fee:** M \$95 / NM \$120

**Total Control™ Private Sessions**

If you are unable to join one of our classes for this course, consider having private instruction with one of our trained instructors. You will receive six private sessions, the tools (ball, band and book) and the availability to train on your schedule. *6-week sessions.*

**Program Fee:** M \$300 / NM \$350

**For Total Control programs, contact:** Laura McDonagh, x3913 or lmcdonagh@schosp.org

**Prenatal Partner Massage and Infant Massage, please see Integrative Therapy.**

**PERSONAL TRAINING SERVICES**

Registration is required.

**Personal Training**

Get the most out of your workouts! Galter LifeCenter offers one-on-one sessions for the beginner to the athlete. Our certified personal trainers will customize an exercise plan to help you achieve results. In-home and duet training are also available.

**Contact:** Peter Marcy, x3863 or pmarcy@schosp.org, to be matched with a personal trainer

**Group Personal Training**

The best of both worlds: receive the instruction, support and motivation of a personal trainer, but share the cost with others! Your workouts will include cardiovascular, strength and flexibility elements, and the class size is limited so you still get plenty of coaching. Gather a group of friends, family, neighbors or coworkers and we will schedule a session at your convenience. Semi-Private (3–6 people) and Small Groups (6–10 people) are available. *6-week sessions.*

**Program Fee:**

Semi-Private M \$135 / NM \$175

Small Group M \$90 / NM \$120

**Contact:** Laura Olsen, x7317 or lolsen@schosp.org

**Small Group Personal Training**

Train with Peter and enjoy the camaraderie of a small group while you get fitter together! *8-week session.*

**Dates & Times:** Saturdays, January 19–March 9, 9–10 am

**Program Fee:** M \$120 / NM \$160

**Contact:** Peter Marcy, x3863 or pmarcy@schosp.org

**Cardio Coaching**

- Train smarter not harder
- Understand heart rate zone training
- Be effective and efficient with each training session

A cardio coach will help you utilize a Polar Heart Rate Monitor to train smarter not harder! To reach your goals, you need to work at the right intensity, using a heart rate monitor is the only accurate way of measurement of your intensity or your exertion level. Learn the right amount of time and intensity needed to get results! Can be done individually or in a small group. To purchase a Polar Heart Rate Monitor contact Leslie Mras, x7341.

**Program Fee:** M \$85 / NM \$100

**Contact:** Leslie Mras x7341 or lmras@schosp.org

**Wellcoaching**

Work one-on-one with a certified coach on goal-setting around exercise, mental/emotional fitness, nutrition, life satisfaction, sleep, energy, etc. Each week you'll set small objectives which you can reasonably accomplish over the next seven days. These are not workouts; they are strategy sessions for your goals. Each little step is energizing toward the following week – you may surprise yourself with what you can accomplish! Express Pack (4 sessions) available to kick-start your progress.

**Contact:** x3244 or Wellcoaching@schosp.org

**MIND/BODY HEALTH**

Registration is required.

**Pilates Privates - True to the Original Method**

Pilates is a system of exercise focused on improving strength and flexibility for the whole body. There are over 500 exercises that focus on the muscles of the abdomen, back and buttocks or commonly know as “the powerhouse”. You can receive tailored, individualized instruction from our certified Pilates instructors in our fully equipped new Pilates Studio or in your home. Pilates is wonderful for all ages and fitness levels. We offer privates, duets or partner, as well as semi-private or trios. Share the cost and gain support from your workout partner.

**Pilates Demo Day**

Stop by and visit our certified Pilates instructors as they demonstrate exercises on the Pilates reformer machine. Get inspired to try a new way of exercising your body in the New Year!

**Date & Time:** Saturday, March 2, 10 am

**Program Fee:** Free

**For Pilates services contact:** Pilates Studio x2233 GLCPilates@schosp.org or Delia Arroyo x7353

**Stretching with Pilates Clinic**

A stretching program is not just for elite athletes, it can improve circulation and relieve muscle tension. As an integral component of fitness a regular stretch program can improve range of motion, increase flexibility, reduce muscle soreness, aid in recovery and improve performance. Come learn how Pilates exercises can help you stretch in new ways.

**Date & Time:** Saturday, January 5, 11:15 am–noon

**Program Fee:** M \$20 / NM \$30

**Magic Circle™ Workshop**

Join us for an hour of mat incorporating the use of the magic circle. See how using the magic circle can enhance and challenge your mat work!

**Date & Time:** Saturday, March 9, 9 am

**Program Fee:** M \$20 / NM \$30

**Please Note: Register for any Pilates Mat Class by December 24, 2012 for a reduced fee.**

**Pilates Basics**

This introductory class will break down the group mat class with the goal of helping individuals participate in larger group mat classes. Taught by Laura Martinelli. *6-week sessions.*

**Dates & Times:**

Wednesdays, January 2–February 6, noon–12:45 pm

Mondays, January 7–February 11, 7–7:45 pm

**Program Fee:** M \$85 / NM \$105

**Intermediate/Advanced Pilates Semi-Private Mat Classes**

For intermediate to advanced levels. *12-week sessions.*

**Dates & Times:** January 2–March 23

Thursdays 9–9:45 am Jackie

Fridays 2–2:45 pm Laura

**Program Fee:** M \$170 / NM \$205

**Advanced Mat Class**

For the novice or experienced student to master the workout on their own from memory. *12-week sessions.*

**Dates & Times:** January 3–March 26

Thursdays 4:45–5:30 pm Jennifer

Tuesdays 6–6:45 pm Joe

**Program Fee:** M \$170 / NM \$205

**Pilates Stretch**

Pilates mat with emphasis on stretching. Taught by Juliet Cella. *12-week session.*

**Dates & Times:** Saturdays, January 5–March 23, 12:15–1 pm

**Program Fee:** M \$170 / NM \$205

**Pilates Challenge for Men**

This mat class designed specifically to challenge men. Taught by Joe Palla. *12-week session.*

**Dates & Times:** Saturdays, January 5–March 23, 6:45–7:30 am

**Program Fee:** M \$170 / NM \$205

**Pilates Tower Classes (NEW)**

This small group class incorporates Pilates mat work and work on the tower apparatus. The springs help support your body so you can get the full benefits of the Pilates method. Your workout class is designed to tone and strengthen your core musculature and improve body alignment and posture. *10-week sessions.*

**Beginning Tower**

**Dates & Times:** January 7–March 11

Mondays 8–8:50 am Cori

Mondays 2–2:50 pm Laura

Thursdays\* 11–11:50 am Juliet

Saturdays 9–9:50 am Joe

\*8-weeks, January 10–February 28, limited to 4 participants

**Intermediate Tower**

**Dates & Times:** January 7–March 16

Mondays 6–6:50 pm Joe

Tuesdays 5:30–6:20 am Joe

Tuesdays 9–9:50 am Jesse

Wednesdays\* 7–7:50 am Juliet

Wednesdays\* 9–9:50 am Cori

Wednesdays\* 10:10–11 am Cori

Wednesdays 6:30–7:20 pm Joe

Thursdays\* 9–9:50 am Jennifer

Fridays 5:05–5:55 am Joe

Saturdays 8–8:50 am Joe

\*8-weeks, January 9–February 27, limited to 4 participants

**Program Fee:** M \$200 / NM \$230

**For Pilates programs, contact:** Pilates Studio x2233  
GLCPilates@schosp.org or Delia Arroyo x7353

**Yoga/Tai Chi Privates and Intro Classes**

**Yoga**

Yoga is an ancient technology that continues to evolve even today. The physical postures are designed to purify the body and provide the individual with physical strength and stamina. You will increase your flexibility and sense of balance. The movement into poses (asana) and stretches, breathing technique (pranayama), meditation (dhyana) and relaxation will together foster optimal health and well-being. It is a practical aid to living that encourages the union of mind, body and spirit.

**Tai Chi**

The ancient art of tai chi uses gentle physical exercise and stretching. You perform a series of postures or movements in a slow, graceful manner. Flowing into the next without pause, ensuring that your body is in constant motion. The movements may help to reduce the stress of today's busy lifestyles and improve health. Anyone can benefit from practicing tai chi or yoga.

**Yoga Basics 6-week session**

**Dates & Times:** Saturdays, January 12–February 16

1:30–2:30 pm

**Program Fee:** M \$75 / NM \$100

**Beginners Tai Chi 8-week session**

**Dates & Times:** Saturdays, January 12–March 2, 1–2 pm

**Program Fee:** M \$100 / NM \$130

**Zen Yoga**

Zen Yoga combines the deep relaxation of classic Restorative Yoga and the deep stretching of Yin Yoga into a beautiful practice that will soothe the body and soul. Deeply supported poses are held for a longer time allowing for full release of the tensions stored in the physical body. The atmosphere of the class is soft and soothing allowing the mind to let go of the busy thoughts. No prior yoga experience necessary. *6-week sessions.*

**Dates & Times:** Thursdays, January 10–February 14

and February 28–April 4, 3:30–4:45 pm

**Program Fee:** M \$85 / NM \$110

**Gentle Yoga**

This course is designed for individuals interested in yoga with a gentle approach. The class moves at a slower pace, offering time for individual assistance. Classes incorporate relaxation through breath and restorative poses as well as basic asanas (yoga postures) to improve overall strength and flexibility. All levels welcome, but students must be able to get up and down from the floor either unassisted or with a chair. Yoga mats and props are provided. Please wear comfortable clothing. *10-week session.*

**Dates & Times:** Fridays, January 11–March 15,

4:45–5:45 pm

**Program Fee:** M \$125 / NM \$155

**Freeing Your Breath**

Studies have shown how much distorted breathing patterns affect people's health and well-being. Learn about proper breathing. This workshop will cover anatomy of breathing, yoga poses and pranayama to help free the breath.

**Date & Time:** Saturday, January 19, 1:45–3 pm

**Program Fee:** M \$20 / NM \$30

**Yoga for Scoliosis**

Therapeutic back care to reduce pain and improve posture. This four week series will focus on balancing muscle tensions most affected by scoliosis. Each weekly progression of movements will reinforce lengthening the spine, de-rotate the trunk, realign the pelvis and strengthen each corresponding muscle group. Learn to support your posture with movements that are specific to your needs.

**Dates & Times:** Mondays, February 18–March 11,

6:30–7:45 pm

**Program Fee:** M \$80 / NM \$110

**Release Your Shoulders**

Learn to alleviate pain and tightness in the neck, shoulder and chest. Find more movement in the shoulder joint to promote a healthy, strong and flexible upper body. Discover joy and love while opening the heart chakra, becoming more receptive and welcoming to life. Prior yoga experience strongly encouraged.

**Date & Time:** Saturday, March 9, 1–2:15 pm

**Program Fee:** M \$20 / NM \$30

**Spring into Yoga**

What is more beautiful than starting the day with yoga? Connect with your breath, practice compassion and find harmony on the first day of Spring, so that you may have inner peace throughout the rest of the year. No prior experience required. This will be an invigorating way to start off your Spring!

**Date & Time:** Wednesday, March 20, 6:30–7:30 am

**Program Fee:** M FREE / NM \$20

**For all Mind/Body programs, contact:** Delia Arroyo x 7353 or darroyo@schosp.org, unless otherwise noted

**YOUTH FITNESS**

**Registration is required.**

**Yoga for the Tween**

Your child will improve their strength, flexibility and coordination as they bark in downward dog, hiss in cobra pose, flutter their wings in butterfly and spread their branches in tree pose. They will learn self-respect and respect for others through group games and lessons in basic anatomy. This hour-long class will help your child cultivate a lifetime of joy, peace and wonder. Visualization and breathing exercises are used to help your child's mental and physical balance and concentration, which they can apply to everyday situations. Perfect for boys and girls! Children ages 7–12 years old. *7-week session.*

**Dates & Times:** Wednesdays, January 23–March 6,

4:30–5:30 pm

**Program Fee:** M \$70 / NM \$85

**Family Yoga**

Join your child while they improve strength, flexibility and coordination as they bark in downward dog, hiss in cobra pose and flutter their wings in butterfly and spread their branches in tree pose. They will learn self-respect and respect for others through group games and lessons in basic anatomy. This hour-long class will help your child cultivate a lifetime of joy, peace and wonder. Visualization and breathing exercises are used to help your child's mental and physical balance and concentration, which they can apply to everyday situations. Perfect for boys and girls. Children ages 3–6 years old. *7-week session.*

**Dates & Times:** Sundays, January 20–March 10, 3–4 pm (No class February 17)

**Program Fee:** M \$105 / NM \$120 (1 parent per child)  
M \$25 / NM \$35 (Fee for additional child)

**Zumbatomic Lil' Starz (Ages 4–7)**

If you're looking for a fun, safe fitness class for your child, try Zumbatomic! This hour-long class combines Latin, hip hop and world dance moves set to inspiring music. The instructor will break down each song's routine step-by-step and will include at least one water and bathroom break, along with a fun game to keep your child energized and engaged. You will be able to see your child showcase their moves during a dance performance that will be held at the end of the session. Perfect for boys and girls! *7-week session.*

**Dates & Times:** Sundays, January 20–March 10 (No class February 17), 1:45–2:45 pm

**Program Fee:** M \$70 / NM \$85

**Zumbatomic Big Starz (Ages 8–12)**

This cool, safe, high energy fitness class combines Latin, hip hop and world dance moves to inspiring music. During this hour-long class, your tween will learn the basic rhythms of salsa, merengue, cumbia, reggaeton, samba, tango and quebradita. The instructor will break down each song's routine and will include partner game time to promote and enhance socialization and positive peer interaction. There will be a performance at the end of the session where your tween can showcase their new dance moves! Perfect for girls and boys! *7-week session.*

**Dates & Times:** Saturdays, January 26–March 16 (No Class February 16), 12:45–1:45 pm

**Program Fee:** M \$70 / NM \$85

**For all Youth Fitness programs, contact:** Diana Dimas, x 5804 or ddimas@schosp.org, unless otherwise noted

**NUTRITION SERVICES**

Nutrition plays a key role in your overall wellness. Galter LifeCenter's Registered Dietitians are available to assist you with meeting your health and weight goals by providing guidance related to weight loss, healthy meal planning, diets for treating specific medical conditions and much more! Several packages are available to meet your needs:

**Private Nutrition Counseling**

This is a private session where you may discuss your personal goals with one of our skilled Registered Dietitians.

**Program Fee:** one-hour session M \$70 / NM \$85  
30-minute session M \$40 / NM \$55  
Semi-Private (3–5 people) M \$90 / NM \$120  
Group Session (>6 people) M \$150 / NM \$205

**Fitmate**

Measurement of your resting metabolic rate (RMR) and results review with a registered dietitian. Ideal for determining the caloric needs for weight loss.

**Program Fee:** M \$75 / NM \$90

**Wellfit**

Combines private nutrition counseling with personal training, measurement of RMR and other services such as massage, yoga or Pilates.

**Program Fee:** M \$400 / NM \$500

**Individual Nutrifitness**

Targeted for weight management, combining nutrition counseling with personal training, including comprehensive lab work, a stress test and measurement of your RMR.

**Program Fee:** M \$575 / NM \$675

**Nutrifitness for a NU You!**

It's time for YOU to become the next weight loss success story! Lose weight, drop inches, reduce blood pressure, cholesterol and more in 12-week comprehensive group weight loss program that is designed for clients who are overweight or with medical conditions directly related to weight gain.

The group class includes:

- Twice weekly workouts with GLC Certified Personal Trainer(s)
- Weekly nutrition lectures given by a GLC Registered Dietitian
- Group sessions with a GLC Certified WellCoach
- Stress test performed through Swedish Covenant Hospital Cardiology Dept
- Comprehensive lab work from Swedish Covenant Hospital's Outpatient Lab
- Measurement of Resting Metabolic Rate
- Pre- and post-class fitness assessments
- Incentives are provided

What have you got to LOSE? You may be able to use your flexible medical spending account dollars or be reimbursed by your insurance provider! Taught by Peter Marcy, Maki Uechi-Brooker, Delia Arroyo and Kate Kinne. *12-week session.*

**Dates & Times:** FREE info session, Thursday, January 10, 6-7 pm.

Session runs January 22–April 11, Tuesdays and Thursdays, 6–8 pm

**Program Fee:** M \$800 / NM \$975

**Nutrifitness Maintenance**

For those individuals who have already completed the "Nutrifitness for a NU You" class, the maintenance class continues the twice weekly group workouts and provides a couple "special" classes to be decided by the group. Stay on track with the healthy habits you started in the Nutrifitness class, with the support of

fellow classmates and motivating instructors! Taught by Jandra Fraire, Delia Arroyo and Peter Marcy. *12-week session.*

**Dates & Times:** Tuesdays and/or Thursdays, January 8–March 28, 6–7 pm

**Program Fee:** One day/wk: M \$198 / NM \$292  
Two days/wk: M \$350 / NM \$535  
**Drop-in fee:** M \$18 / NM \$25

**NU Maintenance Coaching**

For those individuals who have already completed the "Nutrifitness for a NU You" class, The NU Maintenance Coaching includes well-coaching and nutrition. Wellcoaching will help you continue your journey with guidance and focus through small, manageable goals – continue to achieve your vision! Nutrition classes will keep you connected with a Registered Dietitian to support your healthy food habits. Meetings will reinforce good food choices, portion sizes, eating for a busy lifestyle and other topics deemed important by the group. Stay on track with the healthy habits you started in the Nutrifitness class, with the support of fellow classmates and motivating instructors! *12-week session.*

**Dates & Times:** Saturdays, January 5–March 23, 12:30–1:30 pm

**Program Fee:** M \$255 / NM \$375

**BodyMedia FIT® Weight Loss Package**

Do you have a BodyMedia armband and want to get started using it? Bring your armband in to GalterLifeCenter to get assistance setting up your individualized profile and learn how to maximize your potential for becoming healthier. Includes: One hour session with a registered dietitian and a personal trainer and three additional 30 minute sessions with the registered dietitian or personal trainer. (Online subscription for BodyMedia must be purchased prior to appointment)

**Program Fee:** M \$175 / NM \$225

**T.E.A.M. Support Group: Weight Loss**

Trust. Encouragement. Accountability. Motivation. If you've run out of ideas and motivation during your journey to weight loss, this group is for you. The guided discussion will cover topics such as strategies, motivation and encouragement that will give you that extra push. This group meets once a month for support, idea-sharing and strategies related to eating healthy, exercising and weight management. After experiencing a life changing weight loss, Personal Trainer Delia Arroyo is eager to motivate and encourage others in their own weight loss journey.

**Dates & Times:** Saturdays, January 12, February 9, March 9, 9–10 am

**Program Fee:** single class fee M \$15 / NM \$20

**For all Nutrition programs and services, contact:** Nutrition Services x 6723, unless otherwise noted

# Partnering with Swedish Covenant Hospital

## FREE LECTURES

### Heart Health: Your Heart Beat and a Cooking Demo

Join us for a Heart Health Month with Whole Foods Market Sauganash and Dr. Kamran Aslam, an electrophysiologist at Swedish Covenant Hospital.

The symptoms of a cardiac arrhythmia vary, so it can be difficult to tell the difference between something normal and something potentially life-threatening. Dr. Aslam will discuss the telltale signs of a heart rhythm disturbance and when to seek medical advice. Then, enjoy a heart healthy cooking demo and taste several yummy samples.

**Date & Time:** Friday, February 9, 11 am–noon

**Program Fee:** FREE

**Location:** Galter LifeCenter, Studio 4

**Reservations:** 773-878-9936 ext. 5660, or online: <http://swedishcovenant.org/events-classes/heart-health-your-heart-beat-cooking-demo>

### A Prenatal Visit with the Pediatrician

Dr. Andy Sagan, pediatrician and medical director of Swedish Covenant Medical Group Pediatrics, will present practical suggestions and tips to help expectant parents prepare for a successful transition home with their newborn.

**Date & Time:** Monday, February 18, 7–8:30 pm

**Program Fee:** FREE

**Location:** Anderson Pavilion, Auditorium

**Reservations:** 773-878-6888, or online <http://swedishcovenant.org/events-classes/prenatal-visit-pediatrician>

## EVENTS

### Nutrition Information Table

Stop by the information tables and get to know your GLC Registered Dietitian. Have your nutrition questions answered.

**Dates & Times:**

Tuesday, January 8, 5:45–6:45 pm with Kate Kinne RD, Tuesday, February 5, 10:30–11:30 am with Erica Battin RD for Heart Month

**Program Fee:** Free

### AARP Driver Safety Course

Taught by an AARP representative, this two-day program is designed to enhance driving skills and possibly reduce automobile liability insurance fees for people age 50 and older. Fee can be paid by money order or personal check payable to AARP.

**Date & Time:** Tuesday, March 26, and Friday, March 29, 9 am–1 pm

**Program Fee:** AARP members (must bring AARP card) \$12; nonmembers \$14

**Location:** Anderson Pavilion, Auditorium, 2751 W. Winona Ave.

**Reservations:** 773-878-6888 or online <http://swedishcovenant.org/events-classes/aarp-driver-safety-course>

### National Nutrition Month - March

In celebration of National Nutrition Month, Galter LifeCenter is hosting a FREE Nutrition Fair which is open to the community. Come talk with Registered Dietitians about your nutrition questions, grab a healthy snack, enter a raffle for a free nutrition counseling session and receive healthy eating information and discounts on nutrition services and products. Bring the whole family, and learn something new!

**Dates & Times:** Saturday, March 16, 9:30–11:30 am

## OTHER PROGRAMS

### Diabetes Community Center

The Diabetes Community Center at Swedish Covenant Hospital teaches self-care techniques such as nutritional management, exercise, lifestyle improvements and blood glucose monitoring. Specialized diabetes training and management of intensive and innovative diabetes technologies including insulin pumps are also provided. The self-care techniques offered through the Diabetes Self-Management Training Program recently achieved recertification by the American Diabetes Association.

The outpatient Diabetes Community Center provides care for people facing Types 1 and 2 diabetes, impaired glucose tolerance, preconception care/management during pregnancy and gestational diabetes. Offering services in both English and Spanish, the Diabetes Community Center is capable of reaching a wide population in managing the disease.

**Contact:** The Diabetes Community Center at 773-989-2292

### Rehabilitation Medicine Services

Physical Therapy and Occupational Therapy are available for acute and chronic musculoskeletal and neuromuscular disorders. The OT Clinic is staffed by a Certified Hand Therapist. Among the problems treated are: sports injuries, post-reconstructive surgery, neck and back pain and work related injuries. Physician referral required.

**Contact:** Rehab Department at 773-989-1682

### Meet the Physical Therapist

Are aches and pains limiting your activities? Ask a Physical Therapist for advice. Consultation takes place in first floor PT Department.

**Dates & Times:** Wednesdays; January 9, 23; February 13, 27; March 13, 27, 4–6 pm

**Contact:** 773-878-6888 to set up your 15-minute appointment.

**Program Fee:** Members only FREE

### Joint Replacement Program Class

Join us for an educational session about Swedish Covenant Hospital's Joint Replacement Program. You will have a chance to meet and discuss all aspects of joint replacement with the joint program navigator, as well as a physical therapist and an occupational therapist. All of these individuals offer unique perspectives and expertise to help you navigate your way through our Joint Replacement Program. Those attending this session prior to a scheduled surgery should select a date 3–4 weeks before surgery, if possible. However, if your surgery is scheduled sooner, it is still recommended that you attend a session. No children under 16.

**Dates & Times:** Tuesdays, 2–3:30 pm

**Contact:** 773-878-6888 to schedule an appointment

### Pulmonary Rehab Phase II

This is the initial outpatient conditioning program for those with chronic pulmonary disease. This medically based program utilizes exercise, education and breathing re-training.

### Cardiac Rehab Phase II

This is the initial outpatient conditioning program for those with heart disease. This medically based exercise program monitors EKG, heart rate, blood pressure and symptom responses.

### Medical Fitness Program

This is an exercise conditioning program supervised by nurses and exercise physiologists for people who suffer from chronic health problems including diabetes and heart and lung disease.

**Doctor referral required for Pulmonary II, Cardiac Rehab Phases II and the Medical Fitness program.**

**Contact:** 773-878-8200, x 7321

**Galter LifeCenter**  
has a new tagline:  
*The science of feeling better*

We're here to give you the knowledge and skills you need to achieve your wellness goals so you walk out of here feeling better.

**What makes you feel better?**

Share your stories with us on facebook.

## H2O: THE IMPORTANCE OF PROPERLY HYDRATING THE BODY FOR OPTIMAL HEALTH

by Steven Dell'Olio, LMT, NCBTMB

Without water, life as we know it could not exist; there would be no you, no me, no trees from which we get the paper to print this newsletter, no plants, no foods, no animals-you get the picture.

You may have heard, the human body is over 70% water. This is true. An interesting sidebar is our Earth is also over 70% water-covered.

Water is essentially the fluid in which all life and cellular metabolism occurs. Literally, it makes life possible. It is found in cellular matrixes which lubricate joints, cushion organs, it refreshes and cleanses muscle cells, keeps connective tissue and fascial systems pliable, it cleanses through lymphatic fluid, plays a key role in managing blood (hydrostatic) pressure, and of course, cools through perspiration when our core body temperature increases. In addition, H<sub>2</sub>O plumps the skin cells for a more youthful and vibrant appearance. Your body is continuously on a mission toward keeping everything functioning at highest possible capacity. At the very least, dehydration will destabilize and strain the homeostatic process, at the worst, it can be fatal. Although commonly overlooked, it is one of the easiest conditions to reverse.

Just because you are not thirsty, doesn't mean you aren't at least partially dehydrated. When we lack water on a consistent basis, the body shuts down our natural thirst mechanism to use the precious reserves in order to keep organs functioning...the dehydration process begins.

After a few days of consuming your recommended intake of H<sub>2</sub>O, you'll notice your thirst mechanism returns. And, although you may be making additional trips to the restroom, isn't it worth it in exchange for better health?

Note: it is estimated that nearly 50–75% of Americans unknowingly suffer from dehydration. That is staggering! Many of us are walking around unaware we have entered into the dehydration process. On average your body loses 2–3 quarts of water per day, if not replaced adequately, your body will begin losing hydration and you may experience the following:

- Headache -Dizziness -Muscle Cramps/Spasms-Weakness -Dark urine -Dry mouth -Irritability
- Sugar/Salt Cravings-Nausea or Vomiting.

Some people experience these symptoms on a regular basis, especially the milder ones like headache, irritability, cravings, weakness and muscle spasm. Whenever possible, drink pure, high quality water.

How much should you drink? In general, a person should drink eight 8-ounce glasses of water per day. Do not confuse “water” with “liquids”. This 64 ounces per day is suggested WATER intake, not LIQUID intake. It is not meant to include “liquids” like alcohol, coffees, energy drinks, most teas, dairy products, fruit juices, or drinks only “containing” water such as: diet sodas, sodas, iced teas, sports drinks, or water with those cute little powdered packets of strawberry-lemonade added. It means straight up water! If you don't like plain water, add a wedge of lemon, orange or lime.

### Helpful Tips to Consider:

**Age:** Children get overheated easier than adults during exercise because they don't sweat as much. The feeling of thirst actually lags behind water loss, so by the time children feel thirsty, they may already be dehydrated. For seniors, they may not recognize their own thirst signals.

**Exercise:** If you are active, you lose more water than if you are sedentary. In general, most doctors recommend a few extra cups of fluid for intense workout sessions. Plus, if the weather is exceptionally warm, increase your fluid intake even more.

**Environment:** Exposure to hot, humid or arid weather requires additional fluids too. During wintertime, your body's increased efforts to regulate warmth and dryness from heated indoor air, both require additional fluid intake.

**Pregnancy and/or breast-feeding:** As recommended by doctors, pregnant and/or breast-feeding women need additional fluids since large amounts of water are needed by the growing fetus and are lost during nursing.

**Traveling:** When traveling on an airplane, it is probably a good idea to drink additional water for every hour you are on board the plane. As you can see, your daily need for water can add up to quite a lot.

**Other beverages:** Alcoholic beverages, and to some extent caffeinated beverages too, add to your daily water needs since both beverage types act as diuretics, meaning they encourage the body to lose more water faster than consumed.

## EMPLOYEES OF THE MONTH



### August Vanessa Recinos

Vanessa Recinos, Aquatic Program Supervisor, has taken full ownership of her position within the Aquatics department.

Vanessa is an employee who initiates change and supports her teams growth and development. She was instrumental in the implementation of Online services and standardizing the Learn-to-Swim program. Vanessa has been an employee of Galter LifeCenter for over 5 years and has worked multiple roles with an emphasis on membership, administration and still teaches group exercise classes. Vanessa is a wonderful asset to the Aquatic department and the organization as whole.



### September Delia Arroyo

Delia Arroyo is our new Wellness Supervisor. She is a responsible, caring and loyal individual. She was recognized by her peers as a hardworking,

helpful coworker. She goes above and beyond her duties and has a great attention to details. She has many fresh ideas for our programs! We are lucky to have her as a part of our team!



### October Jandra Fraire

Jandra was recognized by staff and members as a stand out employee. Members said Jandra's “attitude aspiring”, and say she is “awesome and encouraging”.

She was recognized with several comment cards about her group exercise teachings; as well as for her water training, that she hosted for her coworkers. Jandra also was recognized directly to her manager about how she is a wonderful Personal Trainer. Jandra continues to perform with consistent excellence. Jandra embodies what Galter LifeCenter is and inspires people each day (members and coworkers)! We are lucky to have her be a part of our team!

FOR MORE INFORMATION ON THE IMPORTANCE OF HYDRATION CONTACT STEVEN DELL'OLIO AT [SDELLOLIO@SWEDISHCOVENANT.ORG](mailto:SDELLOLIO@SWEDISHCOVENANT.ORG). TO SCHEDULE AN INTEGRATIVE THERAPY SESSION CONTACT HEATHER ALFREJD AT [HALFREJD@SWEDISHCOVENANT.ORG](mailto:HALFREJD@SWEDISHCOVENANT.ORG) OR EXT. 7723.



## Athlete rediscovers fitness at Galter LifeCenter

*continued from front cover*

has freed his mind, too. Maki's also helped him set realistic exercise goals incorporating cardio, strength and stretching.

Finally, Arzola signed up for the TRX-Kettlebell Fusion class. "I'm building my strength but I'm also doing cardio, which is really important," the enthusiastic Arzola says. "And the instructors always check in with me to make sure I'm ok."

Though it's been just a few months since Arzola started, he's thrilled with the results. "I've got a lot more energy. I've been working more, I'm thinking more clearly, I'm more ambitious. I used to go up stairs and have to catch my breath. Now I don't have to stop. My heart's getting stronger, too."

Arzola's up to three days a week of exercise, and he'll add a day or two as he feels fitter and better. For now he's thrilled that life's back on track.

"I'm going to stay with Wellocaching because it keeps me on task for what I want to accomplish and it's important to have that support. I'm going to continue to train with Peter and do the TRX-Kettlebell class with Maki—they mix up the workouts so you don't get bored."

"Galter's about life—people go there to make their lives better and it's made my life better. There's no pretense and I get a safe workout that's planned just for me.

"It's why I'm happy I've found this place," he says, smiling.

### **Holiday Hours:**

Tuesday, January 1, New Year's Day

Galter LifeCenter open 8 a.m.–1 p.m.

KidCenter open 8:30 a.m.–12:30 p.m.

Sunday, March 31, Easter

Galter LifeCenter Closed

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FOR MORE INFORMATION ON PERSONAL TRAINING, WELLCOACHING OR TRX-KETTLEBELL CLASSES, CONTACT [APETERSEN@SWEDISHCOVENANT.ORG](mailto:APETERSEN@SWEDISHCOVENANT.ORG). FOR INFORMATION AND QUESTIONS ON ANY OTHER PROGRAMS OFFERED AT GALTER LIFE CENTER, CONTACT: **5660**, OR GO TO [GALTERLIFECENTER.ORG](http://GALTERLIFECENTER.ORG).



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