



**LIFESTYLES  
NEWSLETTER**  
FOR MEMBERS, ASSOCIATES,  
HEALTHCARE PROFESSIONALS  
AND FRIENDS

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Chicago, Illinois 60625  
773.878.9936  
[www.galterlifecenter.org](http://www.galterlifecenter.org)

An affiliate of Swedish Covenant Hospital

## Booya! We're online!

Galter LifeCenter's online services webpage, My Wellness Gateway, is now open, giving you the freedom to sign-up for and purchase group fitness classes, massages, personal training sessions and much more at your convenience. All you need to do is visit My Wellness Gateway and login.

By now, you should have received an email from us with your username and password. If you have not, please check your SPAM folders or update your email address at the Courtesy Desk.

Logging-in is easy:

1. Visit [GalterLifeCenter.org](http://GalterLifeCenter.org) and click on "My Wellness Gateway"
2. Enter the user name and password listed in the email message from Galter LifeCenter
3. Change your password. You can also change your username once your new password is set up
4. Start signing-up for programs! Just browse the toolbar on the left side of the screen

Once you are logged in, you can:

- Purchase one-on-one services, (purchase a series sale) including massage, acupuncture, Pilates and personal training
- Sign-up for programs including group classes and fitness events
- View your scheduled appointments and programs
- View and update your membership information
- Update your credit card expiration date

Please call the Courtesy Desk to register for classes and services not listed online. Also, please note that the new webpage does *not currently allow you to:*

- Purchase duets, trios or upgrades for services
- Purchase private swim lessons
- Schedule an appointment (you can only make the purchase)
- Purchase ProShop items
- Apply discounts or gift cards

These services may be available in the future. We will keep you informed.

We hope you find these online services helpful and view them as another reason to love being a member at Galter LifeCenter.

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## MEMBERSHIP

### FALL MEMBER APPRECIATION EVENTS

#### MORE SUNNY DAYS AHEAD

October is one of the most beautiful months in Chicago. Sunny days bring opportunities to spend time walking and enjoying fall festivities. Get your work out in early and then stop by the Courtesy Desk on **Saturday, October 20**, for a special gift and information on upcoming events in our community.

#### FITNESS AND THE FEAST

Stay consistent with your workout routine and continue to plan healthy meals. You will feel energized and focused and still able to enjoy the delicious holiday foods without a worry. Stop by the Courtesy Desk on **Wednesday, November 14**, and enter the raffle to win a nutrition session with one of our certified Dietitians.

#### ENVISIONING THE NEW YEAR

What do you want to create for your new year? Take some time to reflect on your new year and stop by the Courtesy Desk for our gift to help you with the vision ... a new journal! To help energize thru your fitness endeavors we will also hold a raffle on **Wednesday, December 5** for a one-hour massage with one of our certified Massage Therapists.

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

### UPDATES FROM THE DIRECTOR



Dear members,

I hope you had a great summer. It was a pleasure to see so many of you escaping the heat and coming in to visit us.

We spent our summer hard at work taking our registering and purchasing processes online. Through this online portal you can now update your contact information and buy sessions and programs. I personally bought a package of massages over the weekend from my laptop in my backyard. I hope

you all take advantage of this service. It's very convenient. (Be sure to read the front page article for more details on what you can do online).

As Galter LifeCenter gears up for the fall, we want to remind you that the fitness floor and classes tend to fill-up fast starting in September. We recommend adding some extra time to your commute to park so you can make it to your class or session on time.

In other news, have you had a chance to test out the newly renovated West Pool? We've updated the surface of the deck to minimize slips and water collection around the pool. Thank you for your patience during those two weeks of work.

We will continue improving our facility this fall as well, starting with updates to some of the equipment on the fitness floor. We will be adding new pieces, and relocating others. Our vision is to create designated training areas, which will add a sense of movement and organization to your workout session.

Please be on the lookout for our next member survey. We love hearing from you and value your feedback.

As always, we hope you enjoy your time here at Galter LifeCenter and see that this is more than a place to work out—it is a place where you can find the support and the opportunity to reach your optimal health. We hope our new tagline: "The science of feeling better." demonstrates how we plan to achieve this.

In good health,

Art Slowinski  
Director of Galter LifeCenter

### ARE YOU BRAVE ENOUGH TO TRY THE "TOWER OF POWER"?

Galter LifeCenter's Pilates program has something new for you. We've recently updated our Pilates Studio and added some new equipment. We are now offering Pilates Tower Classes at a low introductory rate! Pilates is beneficial for everyone and can greatly improve your fitness level.



The Pilates Tower Classes combines mat work with exercises on the wall unit (also known as the Tower). This unique apparatus has a tall frame on one end and an assortment of levers, springs and strap attachments. The tower utilizes spring-based resistance with the push-through bar, roll back bar, leg and arm springs to challenge and strengthen the entire body.

We limit group classes to six students to ensure that your workout is safe and effective.

A certified instructor will lead the class through a sequence of appropriately leveled tower choreography. These exciting classes combine mat work as well as a multitude of exercises utilizing the special tower frame. The tower workout requires a great level of control and provides deeper flexibility. All classes are 50 minutes in duration and meet once a week for 10 weeks.

Join us at our grand reopening on **Thursday, October 11** to celebrate our new studio upgrade. We will feature demos, refreshments and raffles!

FOR MORE INFORMATION, CONTACT  
[DARROYO@SWEDISHCOVENANT.ORG](mailto:DARROYO@SWEDISHCOVENANT.ORG) OR EXT. 7353

FALL 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).

**60 DAY BTS CHALLENGE**



If you want to see improvements, take the 60 day challenge. The challenge is to take 16 strength classes (Group Power, Group Core or Group Active ) in 60 Days, or to take 24 cardio classes (Group Kick, Group Ride, Group Step, Group Groove, Group active or Zumba) in 60 days. If you want to be extreme you can complete both the cardio and strength challenges. There will be prizes for all who finish. The 60 day Challenge begins Monday, October 15 and goes through Sunday, December 16.

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

**HOLIDAY SURVIVAL: TRIED AND TRUE—20 YEARS STRONG!**

We all know that when the holidays are upon us busy schedules get in the way of our work outs, food and treats are a plenty and stress levels run high. For the past 20 years Galter has helped hundreds of participants survive the holiday season. Our annual Holiday Survival Program provides tips, incentives, motivation and accountability all which add up to keep you on track and healthy throughout the busy holiday season.

The overall goal of the program is for participants to not let the hectic pace of the season get in the way of working on our health. We strive for consistent workouts (which can be done anywhere), a sense of commitment and maintenance of current weight. As an added bonus, if you stick with the program weight loss results can happen. Over the past three years there has been an average of 160 survivors, with an average amount of weight loss of 245 pounds per year.

Join us! Survive the holidays and stay fit and healthy with us. Earn a t-shirt. Stay on track. Be accountable.

Registration for Holiday Survival is November 5–25. The contest runs from November 18–January 12. The fee to enter is a \$12 donation for the North Park Food Pantry.

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


**BODY TRAINING SYSTEMS FALL LAUNCH**


Come join Oct '12 launches and get active for Breast Cancer Awareness. We are supporting hope for your mothers, sisters, daughters, wives and friends. Although launches are free, we are asking for monetary donations in support of the Breast Health Program at Swedish Covenant Hospital. For a gift of \$10 or more you will receive a small token of our appreciation. Any amount is welcomed. More details to come. Let's move for a good cause.

Launch dates are:


**Monday, October 8**


 **Group Core**  
8–8:30 a.m.


 **Group Ride**  
8:30–9:30 a.m.

 **Group Step**  
9:30–10:30 a.m.


**Wednesday, October 10**


 **Group Active**  
4:45–5:45 p.m.


 **Group Power**  
5:45–6:45 p.m.

 **Zumba**  
6:30–7:30 p.m.

**Thursday, October 11**

 **Group Kick**  
4:30–5:30 p.m.

 **Group Groove**  
6–7 p.m.

 **Group Centergy**  
7–8 p.m.

The Fall group fitness schedule starts Monday, October 8.

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.



**REMINDER**

Guests must bring in a photo ID when using the facility.

**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. *9-week sessions.*

**Dates & Times:** October 22–December 22 (No class November 22, 23, 24)

**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 / 3:30 pm

**T/Th:** 7 am (H<sub>2</sub>O—workouts in the pool)

**Sat:** 11 am

**Program Fee:**

**3 times/week:** M \$235 / NM \$360

**2 times/week:** M \$155 / NM \$205

**1 time/week:** M \$80 / NM \$115

**Specialty Boot Camp**

**Pilates Hard Core:** Pilates-style strengthening core work mixed in with fat burning cardio intervals! Hour-long class. *9-week session.*

**Dates & Time:** Tuesdays, October, 23–December 18, 5:30 am

**Program Fee:** M \$100 / NM \$135

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

Leslie Mras, x7341 or lmras@schosp.org

**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:** Thursdays, October 11–November 15, 8:30–9:30 am

**Program Fee:** M \$60 / NM \$80

**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, November 13–January 15 (No class November 22, December 25 and January 1), 6:15–7 am

**Program Fee:** One day/wk: M \$60 / NM \$90; Two days/wk: M \$100 / NM \$150

**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 session.*

**Dates & Times:** Thursdays, November 1–December 13 (No class November 22), 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, October 20, 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:** Tuesdays, October 2–December 18, 7:15–8:15 pm

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

**Dates & Times:** Thursdays, October 11–December 20 (No class November 22), 5:15–6:15 am and 5–6 pm

**Program Fee:** M \$220 / NM \$290

**Intermediate/Advanced TRX Training**

**Dates & Times:** Wednesdays, October 10–December 19 (No class October 31 and November 21), 6–7 pm

**Program Fee:** M \$200 / NM \$265

**Dates & Times:** Thursdays, October 11–December 20 (No class November 22), 5:30–6:30 am

**Program Fee:** M \$220 / NM \$290

**Advanced TRX Training**

**Dates & Times:** Thursdays, October 11–December 20 (No class November 22), 5–6 pm

**Program Fee:** M \$220 / NM \$290

**TRX—Kettlebell Fusion**

Maki mixes these two tools into one outstanding workout. Get fit, strong and balanced! Prior experience with kettlebells preferred. *11-week session.*

**Dates & Times:** Saturdays, October 13–December 22 (No class November 24) 8–9 am

**Program Fee:** M \$220 / NM \$290

**HIT-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. *10-week session.*

**Dates & Times:** Mondays, October 8–December 10, 8–9 pm; Wednesdays, October 3–December 19 (No class October 31 and November 21), 8–9 pm

**Program Fee:** M \$220 / NM \$300

**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 session.*

**Dates & Times:** Tuesdays, November 6–December 11, 7:30–8 am

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

**TRX—Jump Rope Fusion**

Double-fun: join Maki & 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.

**Dates & Times:** Saturday, October 13 and Saturday, December 8, 10–11 am  
**Program Fee:** M \$15 / NM \$20

**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.

**Contact:** Leslie Mras x7341 or lmrasm@schossp.org if interested

**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 and Chris Molitor. *6-week sessions.*

**Dates & Times:**  
 Thursdays, November 29–January 3, 7-8 am  
 Saturdays, December 1–January 5, 12:15-1:15 pm  
**Program Fee:** M \$80 / NM \$110

**Intro to Rowing**

**Dates & Times:**  
 Thursday, November 15, 7-8 am  
 Saturday, November 17, 12:15-1:15 pm  
**Program Fee:** M \$10 / NM \$20

**Elastic Exercise**

Join Sue Talbert as she uses the low-tech tools of bands and stability balls to help you improve your posture, balance, strength and coordination. Limited to 5 people. *7-week session.*

**Dates & Times:** Thursdays, November 8–December 20 (No class November 22), 10:30–11:15 am  
**Program Fee:** M \$99 / NM \$130

**Corrective Exercise with Cliff**

Pain in the shoulder? Back? Hips? 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, enabling you to overcome nagging problems and learn the proper exercises and techniques to keep these problems from recurring. You will work with a small group of people with similar issues doing strength training and flexibility exercises. Limited to 4 participants. Taught by Cliff Morland. *6-week session.*

**Dates & Times:** Wednesdays, November 7–December 19 (No class November 21). 6–7 pm  
**Program Fee:** M \$135 / NM \$175

**Dance Concepts Training**

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

**Dates & Times:** Wednesdays, November 7–December 12, 4:30–5:30 pm  
**Program Fee:** M \$135 / NM \$175

**For Workshops/Courses, contact:** Amy Petersen x7318 or apetersen@schossp.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, October 13, November 10, December 8, 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  
 Saturdays 10:30–11:15 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

*Physician approval required for Arthritis Classes.*

**Program Fee for both programs:** M FREE / NM \$100/10 classes or \$120/15 classes.

**Contact:** Megan Slattery, x2023 or mmslattery@schossp.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@schossp.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 Program Service Representative.

**Meditation**

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

**Dates & Times:**

Mondays, 4:45–5:30 pm  
 October 1–22 (4-week session)  
 November 5–19 (3-week session)  
 December 3–17 (3-week session)  
 Saturdays, 10:15–11:15 am  
 October 6–20 (3-week session)  
 November 3–17 (3-week session)  
 December 1–15 (3-week session)

**Program Fee:** 3-week session: M \$39 / NM \$49  
 4-week session: M \$49 / NM \$59

**Contact:** Courtesy Desk x5660

**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@schossp.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

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

**BTS Fall Launch  
 New Schedule  
 Begins October 8.**

**See page 2 for  
 more information.**

**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. *5-week session.*

**Aquababies Session #5**

**Registration:** M October 8 / NM October 9  
**Dates & Times:** November 3–December 12 (All makeup classes will take place December 15–20)

**Weekdays and Weekends**

Wednesdays	11–11:30 am	6 mos.–18 mos.
Wednesdays	11:30 am–noon	18 mos.–3 yrs.
Wednesdays	3–3:30 pm	6 mos.–2 yrs.
Wednesdays	3:30–4 pm	2 yrs.–3 yrs.
Thursdays	10–10:30 am	6 mos.–18 mos.
Thursdays	10:30–11 am	18 mos.–3 yrs.
Saturdays	7:45–8:15 am	2 yrs.–3 yrs.*
Saturdays	8:15–8:45 am	6 mos.–2 yrs.
Saturdays	11:30 am–noon	2 yrs.–3 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	11–11:30 am	2 yrs.–3 yrs.*
Sundays	11:30 am–noon	6 mos.–2 yrs.
Monday	11–11:30 am	6 mos.–18 mos.
Monday	11:30 am–noon	18 mos.–3 yrs.

\*Learn-to-swim skills taught based on child's ability

**Program Fee:** Weekdays: M \$40 / NM \$53  
 Weekends: M \$47 / NM \$60

**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). *5-week session.*

**Registration Period:** M October 8 / NM October 9

**Dates & Times:** November 3–December 11 (makeup classes, December 15, 16, 18)

Saturdays	8:30–9 am	Pre-School
Saturdays	9–9:30 am	Pre-School
Saturdays	9:30–10 am	Infant
Saturdays	10–10:30 am	Infant
Saturdays	10:30–11 am	Toddler
Saturdays	11–11:30 am	Toddler
Saturdays	11:30 am–noon	Infant
Saturdays	noon–12:30 pm	Pre-School
Sundays	8:30–9 am	Toddler
Sundays	9–9:30 am	Infant
Sundays	9:30–10 am	Infant
Sundays	10–10:30 am	Toddler
Sundays	10:30–11 am	Pre-School
Sundays	11–11:30 am	Pre-School
Sundays	11:30 am–noon	Pre-School
Sundays	12:30–1 pm	Infant
Sundays	1–1:30 pm	Infant
Sundays	1:30–2 pm	Infant
Sundays	2–2:30 pm	Infant
Sundays	2:30–3 pm	Toddler
Tuesdays	4–4:30 pm	Infant
Tuesdays	4:30–5 pm	Pre-School

**Program Fee:** M \$62.50 / NM \$78

**Children's Group Swimming Lessons Session #5**

This children's swim class provides a healthy group environment for children to learn to swim, according to American Red Cross Certification Standards. The Galter LifeCenter's warm water environment (typically 85° to 90°) is ideal for children to become comfortable with the water. *5-week session for ages 3–12.*

**Registration:** M October 6 / NM October 13

**Dates & Times:** Saturdays, November 3–December 8 (makeup class December 15)

<b>East Pool:</b>	6–6:30 pm	Level 1
	6:30–7 pm	Level 2
	7–7:30 pm	Level 2.5
	7:30–8 pm	Level 3
<b>West Pool:</b>	6:30–7:15 pm	Level 3+

**Program Fee:** M \$45 / NM \$55

**Children's Swim Club Session #5**

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. *5-week session.*

**Registration:** M October 6 / NM October 13

**Dates & Times:** Saturdays, November 3–December 8 (makeup class December 15), 7:15–8:15 pm

**Program Fee:** M \$47.50 / NM \$60

**Learn-to-Swim Session #5**

The Learn-to-Swim program is designed for any child who has advanced through our Aquababies program and is either 3 to 7 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. *5-week session, 4 to 1 instructor to student ratio. Please see our website for more info.*

**Registration:** M October 8 / NM October 10

**Dates & Times:** November 4–December 12 (makeup classes December 16, 19)

Sundays	4–4:30 pm	3 years old	Level 1
Sundays	4:30–5 pm	3.5 years old	Level 2
Sundays	5–5:30 pm	4 years old	Level 2.5
Sundays	5:30–6 pm	4.5 years old	Level 3
Wednesdays	4–4:30 pm	3 years old	Level 1
Wednesdays	4:30–5 pm	3.5 years old	Level 2
Wednesdays	5–5:30 pm	4 years old	Level 2.5
Wednesdays	5:30–6 pm	4.5 years old	Level 3

**Program Fee:** M \$53 / NM \$65.50

**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. *5-week session.*

**Registration:** M October 8 / NM October 10

**Dates & Times:** Mondays, November 5–December 10 (makeup class December 17)

Monday	4–4:45 pm	7 years old+
Monday	4:45–5:30 pm	7 years old+

**Program Fee:** M \$53 / NM \$65.50

**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. *5-week session.*

**Registration:** M October 8 / NM October 10

**Dates & Times:** Fridays, November 9–December 7 (makeup class December 14)

Friday	4–4:45 pm	7 years old+
Friday	4:45–5:30 pm	7 years old+

**Program Fee:** M \$53 / NM \$65.50

**Masters Swimming Program Session #4**

Swimming is one of the most popular forms of aerobic exercise and a great workout 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 Period:** Ongoing

**Dates & Times:** October 1–December 20

Monday, Wednesday, Friday	5:45–6:45 am
Tuesday and Thursday	noon–1 pm
Tuesday and Thursday	5:30–6:30 pm
Saturday	6:45–8 am

**Program Fee:** Quarterly (12 wks) (No monthly option for Session #4) M \$65 / NM \$115

**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:** Sundays, October 14, November 11, December 9, 12:30–3:45 pm

**Friday Evening Family Swim:** Fridays, October 19, November 2, November 9, November 16, December 7, December 14, 6–7:30 pm

**To register, contact:** Courtesy Desk x5660

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

**For all other aquatics programming info contact:**

Vannessa Recinos, Aquatics Navigator at x8015 or vrecinos@schosp.org

**Comments or suggestions regarding aquatics programs, contact:** Wes King, Aquatics Director

x7309 or wking@schosp.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. Our pre/postnatal fitness class (done on land) combines cardio, strength and stretch: all components for a healthy mom and baby. Postnatal may start after six weeks postpartum. Minimum participation is required to begin session. We offer a drop-in fee once the session has started. *Join our 6-week session anytime.*

**Prenatal Aqua Dates & Times:**

Mondays	October 1–November 5	5:45–6:30 pm
Thursdays	October 4–November 8	5:45–6:30 pm
Mondays	November 12–December 17	5:45–6:30 pm
Thursdays	November 15–December 27	5:45–6:30 pm
	(No class November 22)	

**Prenatal Yoga Dates & Times:**

Wednesdays	October 3–November 7	7–8 pm
Saturdays	October 6–November 10	9–10 am
Wednesdays	November 14–December 19	7–8 pm
Saturdays	November 17–December 22	9–10 am

**Pre/Postnatal Fitness Dates & Times:**

Tuesdays	October 9–November 13	5:30–6:30 pm
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**Program Fee:** M \$55 / NM \$80  
**Drop-in Fee:** M \$12 / NM \$17

**Mom and Baby Workouts**

A body conditioning workout that allows new moms to bond with their baby as they get back in shape. Strengthen your core and relieve your aching back and shoulders. Classes may be held outdoors with your stroller, weather permitting. *6-week sessions.*

**Age:** Mom: six weeks postpartum, baby: six weeks to 10 months (not more than 20 lbs.)  
**Dates & Times:** Tuesdays, October 2–November 6 and November 13–December 18, 8:30–9:15 am  
**Program Fee:** M \$55 / NM \$80

**Small Group Pilates for New Moms**

A small group mat class with a certified Pilates instructor who will help women who've recently had a baby to engage and strengthen the muscles that are weakened during pregnancy. Babies are welcome to attend. Minimum of five participants needed for the classes to begin.  
**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™*  
 Mondays, October 1–November 5, 9–10 am or 6–7 pm  
**Program Fee:** M \$95 / NM \$120

**Total Control™ Platinum/Maintenance**

Wednesdays, October 3–November 7 and November 14–December 19, 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 session.*  
**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 session.*

**Program Fee:**  
 Semi-Private M \$135 / NM \$175  
 Small Group M \$90 / NM \$120  
**Contact:** Laura Olsen, x7317 or lolsen@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 Grand Re-Opening**

Come to our Pilates Open House and check out our NEW space! Here our certified Pilates instructors will be demonstrating exercises on the different apparatuses and answering all of your questions. Get inspired to take your body to a new level!

**Date & Time:** Thursday, October 11, 6:30 am–7 pm  
**Program Fee:** Free  
**For Pilates services contact:** Pilates Studio x2233  
 GLCPilates@schosp.org or Delia Arroyo x7353

**Please Note: Register for any Pilates Mat Class by September 27 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 Jesse Berg. *6-week session.*

**Dates & Times:** Mondays, October 1–November 5, 11:15–Noon  
**Program Fee:** M \$85 / NM \$105

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

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

**Dates & Times:** October 3–December 27  
 Wednesdays 10:15–11 am Cori  
 Thursdays 9–9:45 am TBA  
 Thursdays 4:45–5:30 pm Jennifer  
 (No class November 22)  
**Program Fee:** M \$170 / NM \$205

**Advanced Mat Class**

For the novice or experienced student to master workout on their own from memory. Taught by Joe Palla. *12-week session.*

**Dates & Times:** Tuesdays, October 2–December 18, 6–6:45 pm  
**Program Fee:** M \$170 / NM \$205

**Pilates Stretch**

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

**Dates & Times:** Saturdays, September 29–December 15, 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, September 29–December 15, 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 session.*  
 \*No class Thursday, November 22

**Dates & Times:** Sessions begin the week of October 3

Tuesdays	9–9:50 am	Jesse
Wednesdays	6–6:50 pm	Joe
Thursdays*	9–9:50 am	Jennifer
Fridays	5:05–5:55 am	Joe
Fridays	6–6:50 pm	Jesse
Saturdays	10–10:50 am	Joe

**Start Dates & Times:**

Wednesdays, October 10	7–7:50 am	Cori
Mondays, October 15	6–6:50 pm	Joe
Saturdays, October 20	8–8:50 am	Joe

**Program Fee:** Special introductory rate M \$160 / NM \$210

**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, October 6–November 10, 1:30–2:30 pm  
**Program Fee:** M \$75 / NM \$100

**Beginners Tai Chi 8-week session**

**Dates & Times:** Wednesdays, September 19–November 7, 6–7 pm, Lin Schalek  
**Program Fee:** M \$100 / NM \$130

**Semi-Private Intermediate Tai Chi 8-week session**

**Dates & Times:** Thursdays, September 20–November 8, 7:05–8:05 pm, Lin Schalek  
**Program Fee:** M \$150 / NM \$180

**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 session.*

**Dates & Times:** Thursdays, October 4–November 8, 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, October 5–December 14, 4:45–5:45 pm  
**Program Fee:** M \$125 / NM \$165

**Getting to Know Your Pelvis through Yoga**

If you find yourself dealing with lower back issues, having to leave your fitness class or wake-up multiple times at night to go to the bathroom, you may be dealing with a lack of strength and stabilization in your pelvis and lower chakras. This workshop will give you tools to develop awareness, muscular strength and stability in the pelvis, pelvic floor and deep abdominal muscles and to stabilize and strengthen the lower chakras. A follow up course will be offered as well.

**Dates & Times:** Intro Workshop, Saturday, October 27, 1–2:30 pm; Follow up classes, Saturdays, November 10, 17, 1–2:30 pm  
**Program Fee:** Workshop: M \$25 / NM \$35, follow up classes, M \$25 / NM \$35

**Yoga for Scoliosis**

The purpose of this class is therapeutic back care to reduce pain and improve posture. Learn poses that lengthen, strengthen and rebalance the spine. Discover a home practice to help you de-rotate the spine and align hips.

**Date & Time:** Monday, November 12, 7–8:15 pm  
**Program Fee:** M \$25 / NM \$35

**Restorative Yoga**

Indulge yourself in a class to help restore and rejuvenate your body and mind. Classic restorative poses help to return the vitality to the body while bringing a deep peacefulness to the mind. Since the poses are held for an extended time, prior yoga experience is necessary. Class size is limited, due to the use of various props. This class will help deepen your understanding of softening the body and letting go.

**Date & Time:** Saturday, December 1, 1:15–2:45 pm  
**Program Fee:** M \$25 / NM \$35

**Winter Soulstice Yoga**

What is more beautiful than ending the day with yoga? Connect with your breath, practice compassion, and find harmony on the shortest day of the year, 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 weekend.

**Date & Time:** Friday, December 21, 5–6 pm  
**Program Fee:** M Free / NM \$20

**Feldenkrais Course**

Please join Mary Ann Malloy for this course on the Feldenkrais Method. It is a form of somatic education that uses gentle movement to improve flexibility and coordination. *4-week session.*

**Dates & Times:** Sundays, October 7, 14, November 4, 11, 10:30–11:30 am  
**Program Fee:** M \$55 / NM \$80

**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**

This hour-long class will help cultivate a lifetime of joy, peace and wonder. Visualization and breathing exercises are used to help you feel more peaceful and confident during this period of rapid growth and development. It will help create a sense of mental and physical balance and concentration, which they can apply to everyday situations. Your child will improve their strength, flexibility, and coordination. Perfect for both genders! Children ages 7–12 years old. *7-week session.*

**Dates & Times:** Wednesdays, September 19–October 31, 4:30–5:30 pm  
**Program Fee:** M \$70 / NM \$85

**Tumbling Fitness Fun**

Who doesn't love running around? Kids will learn tumbling skills including positions, forward rolls, cartwheels, handstands and basic tumbling tricks. We will play fitness games, dance to music and move around using our imaginations. Ages 3–5 years old. *7-week session.*

**Dates & Times:** Thursdays, September 20–November 1, 10–10:45 am  
**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, 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, September 30–November 11, 3–4 pm

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

### Zumbatomic: Now Kids Can Join the Zumba Party Too!

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, 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. Ages 4–7 years old. *7-week session.*

**Dates & Times:** Sundays, September 30–November 11, 1:45–2:45 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. Half hour sessions and packages are also available.

**Program Fee:** one-hour session M \$70 / NM \$85  
30-minute session M \$40 / NM \$55  
Group (up to 4 people) M \$90 / NM \$120

### Fitmate

Measurement of your Resting Metabolic Rate (RMR) and results review with an RD. 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 GLC 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 this 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 a 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's 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! Taught by Peter Marcy, Jandra Fraire, Maki Uechi-Brooker, Maria Elipas and Kate Kinne. Daytime and evening classes available. *12-week day and evening session.*

### Dates & Times:

**Mornings:** Session runs September 20–December 13, Mondays, 9–11 am, Wednesdays and Thursdays, 9–10 am

**Evenings:** Session runs September 20–December 13, 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 and Peter Marcy. *12-week session.*

**Dates & Times:** Tuesdays and Thursdays, October 2–December 20, 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 will include wellcoaching 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. *12-week session.*

**Dates & Times:** Thursdays, September 20–December 13, 7–8 pm

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

### BodyMedia FIT® Weight Loss Package

This weight management system includes an armband that automatically tracks the calories burned during daily activities, monitors quality of sleep and provides an easy to use food log where you can track calories consumed. Includes BodyMedia FIT® armband, 12-month subscription for online access, one-hour with a Registered Dietitian and a personal trainer and three additional 30 minute sessions with the RD or personal trainer. Price is an introductory offer only, and is subject to change.

**Program Fee:** M \$375 / NM \$475

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

Trust. Encouragement. Accountability. Motivation. This group meets for support, idea-sharing and strategies related to eating healthy, exercising and weight management. The group controls the conversation and topics discussed. The T.E.A.M. leader is GLC personal trainer, Peter Marcy. After struggling with weight issues most of his adult life, Peter has maintained a 100+ pound weight loss for over five years and enjoys helping others achieve a healthier lifestyle.

**Dates & Times:** Wednesdays, October 10, November 14, December 12, 5–6 pm

**Program Fee:** single class fee M \$12 / NM \$16

### Tips for Surviving the Holidays without the Weight Gain

Does it seem like you gain 5–10 pounds every year around the holidays? Is it hard to get back on track after all the holiday events during November and December?

Join Jenny Maloney, Registered Dietitian, to discuss tips on how to still manage to eat healthy and prevent weight gain during this holiday season.

**Date & Time:** Tuesday, October 30, 7–8 pm

**Program 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

### Prenatal Panel

Join us in an open forum with our Prenatal Specialists- including Licensed Massage Therapists, Registered Dietician, Personal Trainer and one of Swedish Covenant Hospital's Experienced Midwives! Learn safe ways to enhance the well-being of you and your baby throughout pregnancy and beyond. Come with questions for this interactive discussion!

**Date & Time:** Wednesday, October 24, 6-7:30 pm  
**Program Fee:** FREE

**Reservations:** 773-878-9936 ext. 5660  
**Location:** Swedish Covenant Hospital Auditorium located in the Anderson Pavilion

### Does Your Heart Skip a Beat?

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. Kamran Aslam, an electrophysiologist at Swedish Covenant Hospital, will discuss the telltale signs of a heart rhythm disturbance and when to seek medical advice.

**Date & Time:** Tuesday, October 16, 10-11 am

**Location:** Anderson Pavilion, Auditorium  
**Reservations:** 773-878-6888

### Identifying & Treating Allergies

Do you get the sniffles when the weather changes? Dr. Adam LeVay, an otolaryngologist (ear, nose and throat doctor) from Swedish Covenant Hospital, will discuss how to tell the difference between a cold and an allergy, how to cope with seasonal allergies and treatment options.

**Date & Time:** Wednesday, October 17, 7-8 pm

**Location:** Sulzer Regional Library, 4455 N. Lincoln Ave.  
**Reservations:** 773-878-6888

### Herbal Remedies to Prevent & Treat Colds

Dr. Rusalina Mincu, an internal medicine physician at Swedish Covenant Hospital, and Angelita Hampton, a supplement expert from Whole Foods Market, will share holistic methods for fighting off winter colds and help you build your own natural toolbox of prevention and care. Samples provided by Whole Foods Market Sauganash.

**Date & Time:** Thursday, October 25, 7-8 pm

**Location:** Whole Foods Market Sauganash, 6020 N. Cicero Ave.  
**Reservations:** 773-878-6888

### Find a Doc: Pediatrics & Family Practice

As early as infancy, your child can be seen by a family practice physician or pediatrician. Meet several pediatricians and family practice doctors face-to-face at this physician "speed dating" event. We'll provide a list of questions for you to ask, or you can bring your own.

**Date & Time:** Tuesday, October 30, 6:30-8:30 pm

**Location:** Galter LifeCenter  
**Reservations:** 773-878-6888

### Vitamins: Find Your Balance

Most Chicago women are vitamin D deficient which can affect bone strength, mood and energy level. Join Dr. Silvia Panitch, an internal medicine physician at Swedish Covenant Hospital, as she discusses the top vitamin deficiencies, supplement recommendations, choosing food to balance your diet and new developments in nutrient level testing.

**Date & Time:** Monday, November 5, 7-8 pm

**Location:** Galter LifeCenter  
**Reservations:** 773-878-6888

### Menopause, Hot Flashes & Insomnia

Join Dr. Marina Claudio, a family practice physician from Swedish Covenant Hospital, as she discusses symptoms of "the change" and how to embrace the journey and alleviate inconvenient side effects.

**Date & Time:** Thursday, November 15, 7-8 pm

**Location:** Galter LifeCenter  
**Reservations:** 773-878-6888

### Detangling Nutrition Advice

Each year, billions of dollars are spent on worthless and sometimes harmful nutrition advice. Join registered dietitian, Syeda Farid from Swedish Covenant Hospital and Galter LifeCenter, as she shares her trusted resources and discusses how to read between the lines of food marketing.

**Date & Time:** Thursday, December 6, 7-8 pm

**Location:** Galter LifeCenter  
**Reservations:** 773-878-6888

## 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:** October 10, 24; November 7, 21;

December 5, 19, 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:** x 721

**TIPS FROM THE TRAINER** by Maki Uechi-Brooker, M.Ed.**FITNESS SUPERSEDES WEIGHT IN REDUCING HEALTH AND MORTALITY RISKS**

Maintaining and improving your physical fitness level can improve your health regardless of weight loss or gain. In a study of 14,345 adult men, researchers found a 15% and 19% lower risk of all-cause and cardiovascular-related deaths when fitness was increased in just a small increment over a six year period. Physical activity is not a bonus factor for good health and the prevention of early death; it is an essential part of the formula. How much should you do? How hard should you go to reap these important benefits? Below are the American College of Sports Medicine recommendations using the F.I.T.T.E. principles for cardiorespiratory fitness programming and progression.

**Initial Conditioning Phase** (\*Recommended for sedentary individuals.)

- Frequency: 3-5 times / week
- Intensity: 57-74% max heart rate (MHR)
- Time: 20-90 minutes continuous or 10 minute intermittent bouts performed throughout the day with 5 to 10 minute increases/day every 1 to 2 weeks.
- Type: Aerobic exercises that suit your needs. Should involve the use of large muscles of the body, facilitate adherence without risk of injury.
- Enjoyment: select exercises that are fun and enjoyable.
- Period: ±4-6 week

**Improvement Conditioning Phase**

- Frequency: 3-5 times / week
- Intensity: 74-94% MHR
- Time: 20-90 minutes
- Type: Walking, jogging, running, rowing, cycling, swimming, Zumba and dance fitness classes, Group Kick, Step, Active, Aqua Aerobics, elliptical, etc.
- Enjoyment: cross training keeps your program fresh, fun and free from overuse injuries. Choose a variety of aerobic exercises.
- Period: Small increases every 2-3 weeks for 4-8 months avoiding large increases in any of the FITTE components.

**Maintenance Conditioning Phase**

Review your programming and reassess your goals. This can be best done by scheduling an appointment with a personal trainer or wellness coach to determine a new baseline fitness level and create new benchmarks for your health and fitness goals.

In addition, every adult should perform activities that maintain or increase muscular strength and endurance a minimum of two day each week.

The message here is to focus more on improving and or maintaining your fitness levels and less on your body weight. If you are just starting out and have been living a sedentary lifestyle, begin as slowly as needed and follow the ACSM recommendations for the initial conditioning phase. If you are still uncertain, seek the guidance of a personal trainer. More importantly, talk to your doctor first before starting an exercise program especially if you have existing health conditions.

For those individuals who are regular exercisers and have a relatively moderate fitness level, ask yourself if you could be working a little harder. The goal is vigorous physical activity. Have fun and keep moving!

FOR MORE INFORMATION ON PERSONAL TRAINING, CONTACT PETER MARCY AT [PMARCY@SWEDISHCOVENANT.ORG](mailto:PMARCY@SWEDISHCOVENANT.ORG) OR EXT. 3863.

**EMPLOYEES OF THE MONTH****May**  
**Debra Sitar**

Debra has done an outstanding job supervising the KidCenter and providing exceptional service to our members and their children. She has influenced her staff to not only get more involved in Galter through exercise and committee work, but also to actively promote membership, programs and services to members and their children. Debra serves on the Employer of Choice Team and has specifically contributed greatly to both the Rewards and Recognition and Social subcommittees. Debra enjoys boot camps and the Polar Challenge and enjoys good friendly competition. Congratulations Debra!

**June**  
**David Flores**

David is a new employee who has adjusted to Galter LifeCenter and the environmental services department very quickly. He proved that he is willing to go the "extra mile" by learning with our members. David worked day shifts, overnight and afternoon and is always willing to be flexible. He is very detailed in his work and follows up with his supervisors promptly. David has shown to be a strong worker and sets a great example for his team. Congratulations David!

**July**  
**Lena Pittman**

Lena consistently raises the bar. She exudes stellar customer service, has intuitive hands and a caring heart. Add that up with an intense work ethic and 15 years of bodywork experience and you get Lena-diligent, compassionate and someone who consistently helps everyone around her! She continually sets the example and we're proud to have her aboard. Congratulations Lena! Thanks for all you do.



### INTEGRATIVE THERAPY WEEK

Celebrate AMTA's 16th Annual National Massage Awareness Week, October 21–27, and Acupuncture and Oriental Medicine (AOM) Day on October 24. We turn this entire week into Integrative Therapy Week. Be on the lookout for the final schedule, to include:

- Mind/Body Workshops
- Specialty Classes
- Meet the Experts
- Bodywork Demos at our Rejuvenation Day Open house on Saturday, October 27.

An estimated 36% of U.S. adults use some form of complementary and alternative medicine (CAM), according to a survey by the National Center for Complementary and Alternative Medicine, a component of the National Institute of Health.

Registration begins Wednesday, October 20.

FOR MORE INFORMATION, CONTACT HEATHER ALFREJD AT [HALFREJD@SWEDISHCOVENANT.ORG](mailto:HALFREJD@SWEDISHCOVENANT.ORG) OR EXT. 7723.

#### Holiday Hours:

Thursday, November 22, Thanksgiving  
Galter LifeCenter open 8 a.m.–1 p.m.  
KidCenter open 8:30 a.m.–12:30 p.m.

Monday, December 24, Christmas Eve  
LifeCenter open 5 a.m.–3:30 p.m.  
KidCenter open 8:30 a.m.–12:30 p.m.

Tuesday, December 25, Christmas  
Galter LifeCenter closed

Monday, December 31, New Year's Eve  
Galter LifeCenter open 5 a.m.–3:30 p.m.  
KidCenter open 8:30 a.m.–12:30 p.m.

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.



5157 North Francisco Avenue  
Chicago, Illinois 60625  
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[www.galterlifecenter.org](http://www.galterlifecenter.org)

# Celebrate

National Massage Awareness Week

*Rejuvenation Day*

Saturday  
October 27, 2012  
9–11 am