



Galter
LifeCenter

Chicago's Leading Medical Fitness Center

LIFESTYLES NEWSLETTER

FOR MEMBERS, ASSOCIATES,
HEALTHCARE PROFESSIONALS
AND FRIENDS

5157 North Francisco Avenue
Chicago, Illinois 60625
773.878.9936
www.galterlifecenter.org

An affiliate of Swedish Covenant Hospital

Core Concerns

Maintaining a strong foundation leads to better balance —and better health

Balance is sometimes easy to take for granted — until those precarious moments when you're balancing a child on one hip and a bag of groceries on the other, stepping off a Chicago street curb. In that moment, whether you have good core strength, reflexes and stability becomes very clear.

Proper balance plays a vital role in all physical activities and is a key component of good health in many important ways. It means your muscles work well together and your natural movements cause the least amount of stress on joints. It also makes sitting, standing and walking easier and helps lower the risk of falling, a serious danger that increases as we grow older.

Good balance is the result of a complex relationship between our brains and the signals they receive from our vision, our inner ears and the positional receptors in our joints. The brain receives information from these systems about the changing conditions of our immediate environment and our bodies themselves, then tells our muscles how to respond.

"It's important to be able to compensate if you miss a step on a staircase, for example," said Nora Sullivan, manager of Outpatient Rehabilitation at Swedish Covenant Hospital. "Any time you step onto an unfamiliar surface, your brain needs that input from what's going on to be able to adjust your response to your environment, so you can be as physically stable and effective as you can be, whether that's walking, running or making a layup on the basketball court."

Injury and aging can affect balance

Younger women who remain mindful of maintaining proper balance can stay healthy and help avoid joint and gait problems longer. However, women who have been injured and older women should address any related balance problems, she said.

"When you're injured with something like an ankle sprain, the signals to your brain aren't going to travel as well, and the joint receptors aren't going to be as effective in sending those messages," Sullivan said.

As we age, the inner ear component of our balance becomes less effective. In addition, blood pressure irregularities and commonly prescribed medications can cause dizziness and balance issues. And for older folks who don't incorporate physical conditioning into their daily lives, that sedentary lifestyle can lead to premature decline in strength and flexibility, which results

IN THIS ISSUE

- 1 Core Concerns
- 2 Spring Member Appreciation Events
- 2 Updates from the Director
- 2 Spring Member Referral Promotion
- 2 Member of the Year
- 3 Medical Fitness Week
- 3 Summer Soulstice at Galter
- 3 Mind/Body Challenge 2012
- 3 Body Training Systems Spring Launch
- 4 Calendar
- 10 GLC/SCH Joint and SCH Programs
- 11 Wellness Spotlight:
Tips from the Trainer
- 11 Employees of the Quarter
- 11 Holiday Hours

Coordinating Editors:

Francie Habash

Kristin Walters

Katie Reagan

MEMBERSHIP

SPRING MEMBER APPRECIATION EVENTS

HAPPY EARTH DAY

Help Galter LifeCenter celebrate Earth Day, **Sunday, April 22**. Stop by the Courtesy Desk and learn about some easy changes you can make to your daily routing that will help the earth. Pick up some seed packets to plant at home to make the earth a little greener. Reduce, Reuse, Recycle!

HAPPY MOTHER'S DAY

In honor of all the wonderful mothers at Galter LifeCenter we will be holding a raffle on **Saturday, May 9** for a "pamper yourself" package of a gift certificate to a salon and a 1 hour massage with one of Galter's Certified Massage Therapists. The winner will be contacted on **Friday, May 11**.

HAPPY FATHER'S DAY

For all of the fantastic fathers at Galter LifeCenter we will be holding a raffle on **Thursday, June 14** for a "good sport" package of a gift certificate for a Chicago Major League Baseball team and a one-hour "sports" massage with one of Galter's Certified Massage Therapists.

CONTACT KRISTIN WALTERS, MARKETING AND COMMUNICATIONS MANAGER, KWALTERS@SWEDISHCOVENANT.ORG OR X 7345

UPDATES FROM THE DIRECTOR



Dear Members,

Can you believe the Spring we're having? I hope that you're getting the chance to enjoy the beautiful weather while it's here.

I want to start out this message by thanking all of our members and guests for their support during our locker room renovation. We know it took longer than we had originally anticipated so we really appreciate everyone's patience and flexibility during that time. With so many people in and out we know it got hectic at times. Thank you.

We always want to hear about your experiences at Galter LifeCenter. Please take our member survey that is available online now until April 15. We carefully go over all feedback and use it to make decisions for the coming year. We value your opinions. Visit www.galterlifecenter.org/survey. Upon completion you will be entered into a raffle for a \$50 Galter LifeCenter gift card.

We hope that you are enjoying the extra privacy we've created for you while in the West Pool and the cleaner look of the lobby and walls. You will notice new enhancements throughout the year to continue with this calming look.

We are now selling validated coupon booklets of 10 passes for \$15 for garage parking at the Courtesy Desk. These are prepaid and can be inserted into the machine upon leaving. We'd also like to remind you that there is free parking on Foster Avenue and Francisco Avenue if the parking lot becomes full. Please be mindful of those in need of handicap and priority spaces and leave these open for them.

We are now selling validated coupon booklets of 10 passes for \$15 for garage parking at the Courtesy Desk. These are prepaid and can be inserted into the machine upon leaving. We'd also like to remind you that there is free parking on Foster Avenue and Francisco Avenue if the parking lot becomes full. Please be mindful of those in need of handicap and priority spaces and leave these open for them.

We hope everyone is on the right track towards their wellness goals for the year. If you haven't hit your goals yet there's plenty of time left in the year and we're always here to help.

In good health,

Art Slowinski
Director of Galter LifeCenter

SPRING 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.

MEMBER OF THE YEAR



From left to right Galter LifeCenter members, Michael Cullen, Marge Campbell, Bill Sarto, Sheila Henaghan, Meg Hayde at the Making Strides Against Breast Cancer walk last October sponsored by American Cancer Society.

Marge Campbell has made a positive impact on many people at Galter LifeCenter. The overwhelming number of nominations she received for the 2012 member of the year reflects her influence on staff and members alike. Many praise Marge's friendliness, positive attitude and what a pleasure she is to be around.

Over the past several years, Marge overcame some health challenges. In 2007 and 2009 she underwent a lumpectomy surgery for breast cancer, as well as knee replacement. After going through rehab at Swedish Covenant Hospital and Galter LifeCenter for each of these procedures, Marge was able to get back to her healthy lifestyle. Today, she is focused on wellness, frequently enjoying exercise, massages and Watsu sessions. From Nutrifitness to chair yoga, to joining the Galter LifeCenter flash mob in Lincoln Square on National Dance Day, Marge Campbell has done it all.

Living a healthy lifestyle and being at Galter LifeCenter is an important part of Marge's life, and she is an important part of Galter LifeCenter as well.

MEDICAL FITNESS WEEK

Galter LifeCenter is sponsoring a Walking Challenge during Medical Fitness Week, April 23–29 in conjunction with the Medical Fitness Association. The goal of Medical Fitness Week is to promote an increase in physical activity in all ages and to highlight the medical fitness difference. During this international event, medical fitness centers and communities throughout the world will be offering programming that focuses on teaching people the skills they need to develop healthy lifestyle habits.

Galter LifeCenter is a proud member of the Medical Fitness Association and we want this year’s Medical Fitness Week to be our most successful yet. We are asking you to help us by participating in our Walking Challenge and pledge to walk your way to health. The goal is to walk 70,000 steps in 7 days, or 10,000 steps per day. This equates to only 5 miles a day.

We will be hosting a variety of activities and programs during this special week including:

- Foot and ankle screenings—available in the lobby by a physical therapist from Swedish Covenant Hospital. **Monday, April 23 at 3:30 p.m.**
- Diabetes Myths—Swedish Covenant Hospital’s Diabetes Community Center will break down many common misconceptions about diabetes. **Tuesday, April 24 at 9:30 a.m.**
- Find-a-doc—Meet several pediatricians and family practice doctors face-to-face at this physician "speed dating" event.
- Cholesterol screenings and Blood Pressure screenings. **Wednesday, April 25, 8–9 a.m., noon–1 p.m., and 5–6 p.m.**
- Nutrition for an Active Lifestyle—Learn tips about pre and post activity fueling as well as the low down on sports beverages, bars and gels. **Thursday, April 26 at 7 p.m.**

All participants will be given a log form upon registering so they can record their steps, as well as a user-friendly handout that will help convert classes and activities (such as swimming) to steps. All log forms must be turned in at the end of the Walking Challenge. We will conclude Medical Fitness Week with a special 3-mile walk that will take place outside (weather permitting). All participants who sign up and participate in the walk will receive a FREE wristband.

CONTACT KRISTIN WALTERS, MARKETING AND COMMUNICATIONS MANAGER, KWALTERS@SWEDISHCOVENANT.ORG OR X 7345

SUMMER SOULSTICE WEEK

June 20 is Summer Solstice! Celebrate with us during this week as we offer extra samplings of Mind/Body programs from Sunday, June 17 through Saturday, June 23. Here is just a sampling of some of the courses being offered during this special week:

- Acupuncture
- Watsu
- Mini Massages
- Tai Chi
- Nutrition Workshop
- Special Yoga Classes
- Special Pilates Classes

FOR MORE INFORMATION, CONTACT GLCPROGRAMS@SHOSP.ORG OR X5660

MIND/BODY CHALLENGE 2012

During our “Summer Soulstice” week, attend at least four different classes, events or programs listed on the Summer Soulstice schedule. Everyone who finishes the challenge will receive a wellness gift and be entered into a raffle. Choose among:


- Pilates
- Yoga
- Nia
- Tai Chi
- Watsu
- Massage
- Nutrition
- Acupuncture

PLEASE SEE A FITNESS SPECIALIST OR ONE OF THE INSTRUCTORS FOR MORE DETAILS.


BODY TRAINING SYSTEMS SPRING LAUNCH

Spring is time to raise your bar and join the Group Fitness April ‘12 launches. These classes will add some spice into your routine and challenge you to kick it up a notch. There will be raffles for fun prizes; you must be registered to enter. All launch classes are free, but registration is required at the Courtesy Desk. Dates are:


Tuesday, April 17


 **Group Century**
5–6 p.m.

 **Group Kick**
6–7 p.m.

 **Group Groove**
7–8 p.m.


Wednesday, April 18


 **Group Active**
4:45–5:45 p.m.

 **Group Power**
5:45–6:45 p.m.

 **Group Step**
7–8 p.m.

Thursday, April 19

 **Group Ride**
5:45–6:45 p.m.

 **Group Core**
6:45–7:15 p.m.

The spring group fitness schedule starts Monday, April 16.

CONTACT MEGAN SLATTERY FOR MORE INFORMATION, MMSLATTERY@SCHOSP.ORG OR X 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 9-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

GLC Walking Club

Join the Fundamental Fitness instructors as they walk and talk. Bring your fitness questions, get expert advice, have fun and move! All fitness levels welcome. Meet at the Information Desk on the second floor.

Dates & Times: Mondays, 6 pm; Thursdays, 11:30 am; Saturdays, 10:30 am

Program Fee: Free with membership or guest visit. No registration required.

Contact: Diana Dimas, x5804 or ddimas@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.

Dates & Times:

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 / 7 am (H₂O—workouts in the pool)

Sat: 11 am

Sessions:

April 2–May 26 – 8-week session

June 4–July 14 (No class July 4) – 6-week session

Program Fee:

3 times/week: 8 wks: M \$215 / NM \$290
6 wks.: M \$160 / NM \$215

2 times/week: 8 wks: M \$150 / NM \$220
6 wks: M \$110 / NM \$165

1 time/week: 8 wks: M \$80 / MN \$ 115
6 wks: M \$60 / NM \$85

Specialty Boot Camp

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

Dates & Time: Tuesdays, April 3–May 22 (8 wks) and June 5–July 10 (6 wks) 5:30 am

Program Fee: 8 wks: M \$90 / NM \$120
6 wks: M \$65 / NM \$90

For all Boot Camp programs, contact:

Leslie Mras, x7341 or lmras@schosp.org

Summer Triathlon Training Course

RUN/BIKE/SWIM—Make fitness your goal and join our Triathlon team! Course includes:

- Experienced coaching staff
- Training plan
- Weekly training sessions on Saturday mornings
- Core and flexibility training, plus lots of tips, motivation and fun during this 7-week comprehensive training session.
- Bike, bike helmet, and the ability to swim and jog are all required.

Dates & Times: Saturdays, June 30–August 11, start times vary

Program Fee: M \$115 / NM \$275 (includes temporary membership)

Contact: Leslie Mras x7341 or lmras@schosp.org

BOSU—Core Synergy

This course uses Pilates-inspired functional and balance exercises in order to enhance your core strength and stamina. Work on body awareness while getting a great strength workout. Taught by Jesse Berg. 8-week sessions.

Dates & Times: Tuesdays and Thursdays, May 22–July 12; July 24–September 13, 6:15–7 am

Program Fee: 1 day/wk. M \$60 / NM \$90, 2 days/wk. M \$100 / NM \$150

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, hop, squat, lunge, push up, lift heavy weights and perform fast repetitions. Limited to four participants. Taught by Maki Uechi-Brooker and Ed Whitaker. 12-week session.

Dates & Times: Mondays, April 9–July 2, 8–9 pm; Wednesdays, April 11–June 27, 8–9 pm

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

HIIT-IT Endurance

This version focuses primarily on cardio work to ramp up your speed and power with a slight emphasis on muscular strength.

Dates & Times: Saturdays, April 14–May 12 (5-week session), 9–10 am; Saturdays, June 2–July 7 (6-week session), 9–10 am

Program Fee:

5-wk session: M \$110 / NM \$145

6-wk session: M \$135 / NM \$175

HIIT-It Clinic

Jump into this one-hour clinic and feel for yourself what high intensity interval work is all about!

Date & Time: Saturday, June 30, 10–11 am

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

Jump Rope Training Clinic

Sculpt your muscles and reduce body fat with the jump rope! Join Ed to learn correct jump rope technique and knock out bouts of 2 to 3-minute intervals with blasts of core work.

Date & Time: Saturdays, April 28 or June 23, 10–11 am

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

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 experience recommended. Limited to 4 participants. Taught by Maki Uechi-Brooker. 6-week session.

Dates & Times: Thursdays, April 12–May 17, 6–7 pm; Thursdays, May 24–June 28, 6–7 pm,

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

Kettlebell Clinic

Join us to learn the fundamentals of kettlebell training and establish correct technique for the specific classic exercises. Limited to 10 participants. Taught by Maki Uechi-Brooker.

Dates & Times:

Swing: Saturday, April 7, 10–11 am

Full Turkish Get-up: Saturday, June 2, 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 4 participants. Taught by Maki Uechi-Brooker, Joe Palla and Jesse Berg. Sessions vary.

Intro to TRX Training

Dates & Times: Wednesdays, April 11–May 16, 6–7 pm
Program Fee: M \$135 / NM \$175

Intermediate TRX Training

Dates & Times: Wednesdays, May 23–July 11, 6–7 pm
Program Fee: M \$175 / NM \$235

Intermediate/Advanced TRX Training

Dates & Times: Thursdays, April 26–July 12, 5:30–6:30 am
Program Fee: M \$265 / NM \$350

Advanced TRX Training

Dates & Times: Thursdays, April 12–June 28, 5–6 pm
Program Fee: M \$265 / NM \$350

Semi-Private Jump Rope Training

Ed will start this small group with bouts of 2- to 3-min intervals and progress to longer bouts with less rest. Enhance coordination, agility, quickness, footwork and endurance. *6-week session.*

Dates & Times: Tuesdays, April 10–May 15, May 22–June 26, 7:30–8 am; Fridays, April 13–May 18, June 1–July 6, 5:30–6 pm

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

For all HIIT-IT, Kettlebell, TRX and Jump Rope programs, contact: Amy Petersen x7318 or apetersen@schosp.org

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. *Two 6-week sessions.*

Dates & Times: Mondays, April 16–May 21, 10:30–11:15 am; Mondays, June 11–July 16, 10:30–11:15 am

Program Fee: M \$99 / NM \$130

Contact: Sue Talbert, x7259 or stalbert@schosp.org

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, April 14, May 12 and June 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
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@schosp.org

INTEGRATIVE THERAPY

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

- Heals 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 Alfrejd, x7723 or halfrejd@schosp.org

Watsu (water shiatsu)

Contact: Kristin Hovious, x7466 or Diane Novak, x7356

Prices: starting at \$55/session

Update: Massages can now be booked with our Program Service Representative in the call center at **x8699**, Monday–Friday, 9 am–1 pm and 3–7 pm

“Well-MAMA”

New and expectant mothers:

Sleep better, stress less and gratify your body throughout pregnancy and beyond. Your baby is worth it. Create a personalized package to suit your needs by choosing any 7 sessions: Massage Therapy, Pilates, Personal Training, Watsu aquatic therapy, Infant Massage, Acupuncture, Total Control or meet with a Registered Dietitian.

Contact: Heather Alfrejd x7723 or halfrejd@schosp.org

Meditation Mondays

Start your Spring off right! Expand your peace of mind with Meditation Mondays. Building upon meditation for beginners, this series is great for anyone wanting to learn how to better relax the mind and body while improving general well-being. Registration limited.

Date & Time: Mondays, April 9–April 30, 4:45–5:30 pm

Program Fee: M \$49 / NM \$59

Contact: Courtesy Desk x5660



TMJD Massage

Experience a 10-minute sample of how massage can help relieve pain. TMJD (Temporo-mandibular Disorders) Massage can help relieve jaw pain, headaches, neck and shoulder pain just to name a few. A full series of 60-90 minute sessions can help relieve long-term pain. Registration begins Friday, April 20. Enrollment is limited.

Dates & Times: April 27, 3–4:30 pm

Program Fee: M FREE

Contact: Heather Alfrejd, x7723 or halfrejd@schosp.org

Seniors Dip into Watsu

Celebrate National Senior Health and Fitness Day by joining Diane Novak for a teaser of Watsu. Feel deep relaxation in our warm therapy pool. Watsu helps improve sleep patterns and also has helped many decrease both muscular and bone pain. Great for arthritis, chronic pain, pre surgery, or anyone just looking to relax.

Dates & Times: May 30, 10:30 am, 11 am, 11:30 am

Program Fee: M \$20 / NM \$30, 20% off Seniors \$16

Contact: Courtesy Desk x5660

Survivor Watsu

Are you a Cancer Survivor? Love the water? Feel the calming and healing effects of Watsu with aquatic bodyworker, Diane Novak. Let Diane help your body and mind reach its most relaxed state. Movement is medicine and carefully dosed, intermixed with restful pauses in quiet positional sanctuaries. Registration limited.

Dates & Times: Tuesday, May 22, 6:30 pm, 7 pm, or 7:30 pm

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

Contact: Heather Alfrejd, x7723 or halfrejd@schosp.org

Table Thai

Experience all the amazing assisted stretching Thai Bodywork Techniques without having to get on the floor. It uses pressure point and muscle stretching with compression rather than the kneading and continuous strokes of Western massage.

Dates & Times: Monday, June 18, 3–4:30 pm

Program Fee: M Free 10 minute sign-ups the day of through Heather Alfrejd

Contact: Heather Alfrejd, x7723 or halfrejd@schosp.org

Healing Dance

Wanna dance? Love the water? Join Diane Novak for a teaser of Healing Dance—a form of aquatic bodywork which allows the natural tendencies of the body in water to move in more than 30 hydrodynamic waves and spirals. Movement is understood as medicine and carefully dosed, intermixed with restful pauses in quiet positional sanctuaries to allow for integration of its effects. Registration limited.

Date & Time: Tuesday, June 26, 2 pm, 2:30 pm, & 3 pm

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

Contact: Courtesy Desk x5660

AQUATICS PROGRAMS

Please see GalterLifeCenter.org/Aquatics for the most up to date information regarding programs, schedules and registration dates. **Current Aquababies, Learn to Swim, Children's Group Swim, and Swim Club classes are full, schedule days and times are the same for each session.**

Aquababies Session #3

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.*

Registration: Members, May 14, nonmembers, May 15
Dates & Times: June 13–August 6 (all makeup classes will take place August 8–13)

Weekdays and Weekends

Wednesdays	11–11:30 am	18 mos.–1 yr.
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 mos.
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.
Mondays	11–11:30 am	6 mos.–18 mos.
Mondays	11:30 am–noon	6 mos.–1 yr.

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

Program Fee: Weekdays: M \$65 / NM \$85
 Weekends: M \$71.50 / NM \$93.50

Children's Group Swimming Lessons Session #3

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. *8-week session for ages 4–12.*

Registration: Members, May 12, nonmembers, May 19
Dates & Times: Saturdays, June 16–August 4 (makeup classes August 11)

East Pool:	6–6:40 pm	Level 1
	6:50–7:30 pm	Level 2
	7:40–8:20 pm	Level 3
West Pool:	6:40–7:20 pm	Level 3+

Program Fee: M \$60 / NM \$76

Children's Swim Club Session #3

A swim team setting that gives children ages 8 to 17 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 taught by experienced swimmers and coaches. *8-week session.*

Registration: Members, May 12, nonmembers, May 19
Dates & Times: Saturdays, June 16–August 4, 7:20–8:20 pm (Makeup classes August 11)
Program Fee: M \$76 / NM \$96

Learn-to-Swim Session #3

The Learn-to-Swim program is designed as the next step for any child who has advanced through our Aquababies program. 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 info.*

Registration: Members, May 14, nonmembers, May 16
Dates & Times: June 13–August 1 (no class July 4)
 Wednesdays 4–4:30 pm 3 years old
 Wednesdays 4:30–5 pm 3.5 years old
 Wednesdays 5–5:30 pm 4 years old
 Wednesdays 5:30–6 pm 4.5 years old
Program Fee: Prices M \$85 / NM \$105

Masters Swimming Program Session #2

This on-going swimming program is ideal for masters' swimmers, tri-athletes or anyone who is looking to increase their fitness level. As a minimum, participants should be able to complete two lengths (50 yards) of the pool. Both advanced and beginner swimming tracks are available. Nationally and internationally ranked coaches provide instruction.

Registration Period: Ongoing

Dates & Times: April 1–June 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

* May also register for a single month (4-week session)

Program Fee:
 Quarterly (12 wks) Monthly (4 wks)
 M \$100 M \$50
 NM \$180 NM \$70

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:

Sundays, April 15, May 13 and June 10, 12:30–6 pm
Friday Night Family Swim: Fridays, April 13 and 20, May 4, 11 and 18, June 8, 15 and 22, 7–8:30 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: Vanessa 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

**BTS Spring Launch
 New Schedule
 Begins April 16.**

**See page 2 for
 more information.**

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/post-natal 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 if you can't make whole session. *Join our 6-week session anytime.*

Prenatal Aqua Dates & Times:

April 2–May 7; May 14–June 25
 Mondays 5:45–6:30 pm Suzanne/Cortney
 April 5–May 10; May 17–June 21
 Thursdays 5:45–6:30 pm Krista

Prenatal Yoga Dates & Times:

April 4–May 9; May 16–June 20
 Wednesdays 7–8 pm Juliane
 April 14–May 19; May 26–June 30
 Saturdays 9–10 am Juliane

Pre/Postnatal Fitness Dates & Times:

Tuesdays, April 10–May 8, 5:15–6:15 pm Krista

Program Fee: M \$55 / NM \$80

Drop-in fee for any of above: M \$10 / NM \$15

Mom and Baby Stroller Workout

A stroller fitness class combining cardiovascular and strengthening exercises to create a fun experience for you and your baby. You will be exercising outside, weather permitting, otherwise indoors. *6-week session.*

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

Dates & Times: Tuesdays, April 10–May 15, May 22–June 26, 8:30–9:15 am

Program Fee: M \$55 / NM \$80

Small Group Yoga for New Moms

We offer yoga for new moms. Babies are welcome to attend. A minimum of four participants are needed for classes to begin.

For pre/postnatal programs, contact: Laura McDonagh x3913 or lmcDonagh@schosp.org

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: Laura McDonagh x3913 or lmcDonagh@schosp.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, April 9–May 14, 9–10 am or 6–7 pm
Saturdays, May 26–June 30, 8–9 am

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

Total Control™ Platinum

Wednesdays, April 4–May 9, 11 am–noon

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

Total Control™ Maintenance

Wednesdays, May 16–June 27, 11 am–noon (No class May 30)

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

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@schoosp.org

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

PERSONAL TRAINING SERVICES

Registration is required.

Personal Training

Are you getting the most out of your workouts? If not, Galter LifeCenter offers one-on-one fitness sessions for the beginner to the advanced exerciser. Our certified personal trainers can customize an exercise plan just for you! In-home and partner training are also available.

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

Semi-Private Personal Training

The best of both worlds: receive the instruction, support and motivation of a personal trainer, but share the cost with a few other people! Groups are limited to three to five people. Workouts will include cardiovascular, strength and flexibility elements. Gather a group of friends, family, neighbors or coworkers and we will schedule a session at your convenience. *6-week session.*

Program Fee: M \$130 / NM \$175

Contact: Laura Olsen, x7317 or lolsen@schoosp.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 lmr@schoosp.org

Find a Workout Partner

Exercise can be a whole lot easier (and more fun!) when working out with a partner. If you are looking for a partner who shares your interests and schedule, fill out our Partner Preference form (found at Galter LifeCenter and online) and drop it off at the Courtesy Desk.

Contact: Sue Talbert x7259 or stalbert@schoosp.org

Workout Partner Meet & Greet

Join us for this casual meet and greet. Our trainers will lead you through a fun circuit-style workout (adaptable to all fitness levels) and you'll have the chance to interact with others who are looking for a partner. You may or may not find a partner—but this is a great way to start the search process.

Dates & Times: Saturday, May 12, 10–11 am

Program Fee: M \$5 / NM \$8

Contact: Sue Talbert x7259 or stalbert@schoosp.org

Wellcoaching

Work one-on-one with a certified coach on goal-setting around exercise, mental / emotional fitness, nutrition, life satisfaction, sleep and 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 around your goals. Each little step is energizing toward the following week—you may surprise yourself with what you can accomplish!

Contact: x3244 or Wellcoaching@schoosp.org

MIND/BODY HEALTH

Registration is required.

Yoga/Tai Chi Privates and Intro Classes

Would you like to try yoga or tai chi but don't know where to begin? Our instructors will work one-on-one with you to customize a practice for your body and mind to help you achieve your goals. We offer introductory courses to yoga or tai chi as well: you can familiarize yourself with the fundamentals by trying one of these courses. Begin learning the basics of either modality.

Yoga Basics 6-week session

Dates & Times: Mondays, April 16–May 21, 7–8 pm

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

Beginners Tai Chi 8-week session

Dates & Times: Wednesdays, April 11–June 6 (No class April 25), 6–7 pm, Lin Schalek

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

Semi-Private Intermediate Tai Chi 8-week session

Dates & Times: Thursdays, April 12–June 7 (No class April 26), 7:05–8:05 pm, Lin Schalek

Program Fee: M \$150 / NM \$180

Gentle Yoga, If you have some experience and want to move at a slower pace. 10-week session

Dates & Times: Fridays, April 13–June 15, 4:45–5:45 pm, Renee

Program Fee: M \$125 / NM \$165

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, April 12–May 17 and May 24–June 28, 3:30–4:45 pm

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

Yoga for Pelvic Health

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. *One-day workshop and 4-week session.*

Date & Time: Workshop

Saturday, April 14, 2–3:30 pm

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

Dates & Times: Course

Saturdays, May 19–June 9, 2–3:30 pm

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

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. By bringing awareness to habitual neuromuscular patterns, the Method expands options for new ways of moving. Musicians, actors, athletes and seniors have benefited from this Method.

Dates & Times: Sundays, May 20–June 10, 10:30–11:30 am

Program Fee: M \$55 / NM \$80

Pilates Privates - True to the Original Method

Receive tailored, individualized instruction from our certified Pilates instructors. Lessons are available 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. 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: To be Announced

Program Fee: Free

For Pilates Services contact: Pilates Studio x2233 or jpalmer@schoosp.org

Pilates Basics

This introductory class will break down the group mat class witwith the goal of helping individuals participate in larger group mat classes. Taught by Jesse Berg. *6-week session.*

Dates & Times: Fridays, April 6–May 11 and May 18–June 22, 5–5:45 pm
Program Fee: M \$85 / NM \$105

Intermediate/Advanced Pilates Small Group Mat Classes

Classes consist of small, private mat classes for experienced students. There will be intense mat work along with the use of the magic circle and/or arm weights. Classes run 45 minutes. If you are past the beginning stage, you may drop in for a fee.

Dates & Times: April 4–June 21
 Wednesdays 10:15–11 am Cori
 Thursdays 9–9:45 am Jackie
 Thursdays 4:45–5:30 pm Jennifer
Program Fee: M \$170 / NM \$205

Advanced Mat Class

This class is designed for the experienced student to master an advanced workout on their own from memory. Taught by Joe Palla. *12-week session.*

Date & Time: Tuesdays, April 3–June 19, 6–6:45 pm
Program Fee: M \$170 / NM \$205

Pilates Stretch

Join Juliet Cella, certified Pilates instructor, as she guides the class through the Pilates mat exercises with an emphasis on stretching. Learn how Pilates can strengthen your core and increase your flexibility, while creating long, lean muscles. *12-week session.*

Dates & Times: Saturdays, April 7–June 23, 12:15–1 pm
Program Fee: M \$170 / NM \$205

Pilates Challenge for Men

Join certified Pilates instructor Joe Palla for an intense Pilates mat class designed specifically to challenge men. *12-week session.*

Dates & Times: Saturdays, April 7–June 23, 6:45–7:30 am
Program Fee: M \$170 / NM \$205

Partner Up with Pilates

If you are looking for a Pilates partner to share your workouts with—look no further! Join our casual meet and greet. Our Pilates instructors will help guide you to find the support you need. Become a Pilates PAL!

Dates & Times: Monday, April 23 and Thursday, April 26, 7:45–8:15 am; Wednesday, April 25, 6:30–7 pm; Friday, April 27, 10:15–10:45 am
Program Fee: Free

Pilates for Weight-Lifters

Designed specifically for weight-lifters, this class will use the Pilates apparatus to improve your biomechanics, muscular balance, as well as develop the core-centered foundation necessary to be a better weight-lifter and a stronger body.

Date & Time: Saturday, April 21, noon–1 pm
Program Fee: M \$25 / NM \$35

Pilates Reformer/Mat Workshop

This is a specialized workshop for Pilates students with previous reformer experience. You will learn how to modify the reformer routine for the mat. In taking away the external support of the reformer, you will be forced to go deeper within your powerhouse for support.

Date & Time: Saturday, May 19, 1–2 pm
Program Fee: M \$25 / NM \$35

Pilates Apparatus Workshop for Seniors!

Find out why it is so important to get off the floor and utilize the Pilates apparatus and what the benefits can do for you. A certified Pilates instructor will explain the benefit of the Pilates equipment and guide you through several exercises on the reformer and other equipment.

Date & Time: Friday, June 15, 12:30–1:30 pm
Program Fee: M \$20 / NM \$30

Pilates for a Healthy Back Workshop

You will learn how Pilates can help you improve the quality of your life through exercise. You will learn exercises and modifications that will give you the knowledge and skillset to keep your back strong and in balance.

Date & Time: Saturday, June 23, 1–2 pm
Program Fee: M \$25 / NM \$35

For Pilates programs, contact: Pilates Studio
 x2233 or jpalmer@schosp.org

SPECIALTY CLASSES

Registration is required.

Athletic Group Training

Join in for a fun, functional athletic workout. You will get fit using the trendy new fitness toys: Kettlebells, Ropes, TRX, BOSU and Gliders. It will be a strength focused workout that will keep you interested, while you get strong, fit and powerful. In the four week sessions you are able to attend as many classes as you want for the flat fee. *Three 4-week sessions.*

Dates & Times: Session 1: April 3–April 28; Session 2: May 1–May 26 (No class the week of May 27); Session 3: June 5–June 30
 Tuesdays and Thursdays, 8–9 pm and Saturdays, 8–9 am
Program Fee: one session M \$75 / NM \$100 or three sessions M \$190 / NM \$250

Group Rowing

Are you tired of your same cardio workouts: spinning, the elliptical, stationary bike, the treadmill? 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, April 19–May 31, 7–8 am (no class May 3)
 Saturdays, May 5–June 16, 12:15–1:15 pm (no class May 19)
 Thursdays, June 14–July 19, 7–8 am
 Saturdays, June 30–August 4, 12:15–1:15 pm
Program Fee: M \$ 80 / NM \$110

Intro to Rowing

Dates & Times:
 Thursday, April 12, 7–8 am
 Saturday, April 14, 12:15–1:15 pm
 Thursday, June 7, 7–8 am
 Saturday, June 23, 12:15–1:15 pm
Program Fee: M \$10 / NM \$20

Running club

If you want to run for recreation, health, competition or need motivation, than this club is for you. Enjoy social and competitive company from fellow members during weekly runs and workouts. Ask yourself— is it time to get more serious, or am I tired of running by myself? If you answered yes, then join this club for runners of any level, from beginners to marathoners.

Dates & Times: Tuesdays and Thursdays, April 17–May 24; June 5–July 12, 6:15–7:15 pm
Program Fee: M \$120 / NM \$165

For more information, contact: Leslie Mras, x7341 or lmras@schosp.org

Total Body Conditioning Express

Total Body Conditioning Express combines intervals of strength training and basic hi/lo aerobic conditioning (simple choreography). Experience high-energy cardio training on the floor, and body sculpting utilizing your own body and hand weights for resistance. Exercises utilized with tone and shape, assist in burning loads of calories, raise your overall fitness and stamina, improve coordination and agility, and develop overall strength through resistance training.

Dates & Times: Thursdays, April 19–May 24, 4–4:30 pm
Program Fee: M \$45 / NM \$70

Dance with Glee

Come to this workshop and do some of your favorite numbers from Glee, and blast away some calories doing it. You will learn a favorite new routine and be able to leave the class dancing like you are one of the cast.

Date & Time: Saturday, April 28, 2:30–3:30 pm
Program Fee: M \$10 / NM \$20

Jazz/Musical Theatre Dance Fusion

Dance Fusion is a rhythmic, percussive dance form seen primarily in commercial venues such as Broadway shows, The Academy Awards, dance revues and music videos. Jazz classes are a great work-out and a fun way to release tension while attaining a body awareness that can be applied to everyday activities.

Date & Time: Tuesdays, April 17–May 22, 11 am–noon
Program Fee: M \$60 / NM \$80

Treadmill Fitness Class

Unsure of what to do on the treadmill? Or are you bored from always hitting the “Quick Start” button? Take this course that will cycle through hills, intervals, “sprints,” and more to improve fitness, add variety, and fun to your program. Workouts can be adapted to walkers or joggers.

Date & Time: Mondays, April 16–May 21, 7–8 am; Wednesdays, April 18–May 23, 6–7 pm
Program Fee: M \$80 / NM \$110

Treadmill Training

This treadmill class will take you through hill and speed intervals for 30+ minutes. Improve your aerobic efficiency, power and speed. The class may leave you breathless but the camaraderie will make it fun! Prior running experience is necessary—must be able to jog for at least 30 minutes consistently.

Dates & Times: Mondays, April 16–May 21, 6–7 am; Wednesdays, April 18–May 23, 7–8 pm
Program Fee: M \$80 / NM \$110

Tumble 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 and move around using our imaginations. For 3–5 year olds. *7-week session.*

Dates & Times: Thursdays, April 19 – May 31, 10–11 am
Program Fee: Members Only \$70
Contact: Diana Dimas, x5804 or ddimas@schosp.org

For all special events programs, contact: Megan Slattery, x2023 or mmslattery@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 Friare, Maki Uechi-Brooker, Maria Elipas, and Kate Kinne. Daytime and evening classes available. *12-week day and evening session.*

Dates & Times: FREE info session, Tuesday, April 10, 7 pm. Session runs Tuesdays and Thursdays, April 19–July 10, 6–8 pm

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

Special Nutrifitness Express for Educators, 8-week session

Dates & Times: FREE info session, Monday, June 18, 10 am. Session runs Mondays, 9–11 am, Wednesdays and Thursdays, June 25–August 16, 9–10 am

Program Fee: M \$650 / NM \$800

Nutrifitness Maintenance

For those individuals who have already completed the Nutrifitness for a NU You class, this maintenance class continues the twice weekly group workouts and provides a couple of "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 Friare and Peter Marcy. *12-week session.*

Dates & Times: Tuesdays and Thursdays, April 3–June 21, 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, April 12–June 28, 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, April 18, May 16, June 20, 5–6 pm

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

Nutrition for an Active Lifestyle

Are you starting a new exercise plan, running your first 5k, a marathon or participating in triathlon training here at Galter Life Center? Either way, you need to know how to best fuel your body to meet your goals and perform the best that you possibly can. Learn tips about pre and post activity fueling as well as the low down on sports beverages, bars and gels. Taught by Jennifer Maloney, RD.

Date & Time: Thursday, April 26, 7–8 pm

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

Vegetarian Basics

Have you ever thought about incorporating more plants in your diet or eating less meat? Learn simple ways to transition to a plant-based diet, and all of the health benefits that are associated with it. Taught by Suzanne Dressel, RD.

Date & Time: Wednesday, May 9, 7–8 pm

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

Untangling the Web of Nutrition Information

Are you weary of sorting through the many websites that claim to be "the right source" for your nutrition information? Join Galter Life Center's nutrition experts, Registered Dietitian, Syeda Farid in understanding the best way to find the most reliable nutrition information on the internet.

Date & Time: Wednesday, June 20, 12–1 pm

Program Fee: M \$10 / NM \$20

Partnering with Swedish Covenant Hospital

FREE LECTURES

Sleep, Diet & Weight Loss

Did you know that cutting back on sleep reduces the benefits of dieting? Experts from Swedish Covenant Hospital's Sleep Center will explain the relationship between getting a good night's sleep and keeping a trim waistline.

Date & Time: Thursday, April 19, 6:30–7:30 pm

Location: The Book Cellar, 4736 N. Lincoln Ave.

Reservation: 773-878-6888

Straight Talk Series: Go with your Gut

Dr. Kavita Singh, gastroenterologist from Swedish Covenant Hospital, and a registered dietitian from Swedish Covenant Hospital and Galter LifeCenter will explain why some microorganisms are beneficial to your digestive system, what they are and how you can get them from your food and other supplements. Samples of probiotics and more provided by Whole Foods Market Sauganash.

Date & Time: Tuesday, May 22, 7–8 pm

Location: Galter LifeCenter, 5157 N. Francisco Ave.

Reservation: 773-878-6888

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, April 3, 4:30–5:30 pm: BodyMedia/Nutrition info, Kate Kinne, RD

Wednesday, May 30, 5:30–6:30 pm with Suzanne Dressel RD for National Senior Health and Fitness Day

Program Fee: Free

For all Nutrition programs and services, contact:

Nutrition Services x6723, unless otherwise noted

Dinner Series: Women & Heart Disease

An estimated 42 million women are living with some form of heart disease, but many are unaware of the threat they face. Dr. Kamran Aslam, a cardiologist and electrophysiologist from Swedish Covenant Hospital, will discuss prevention, signs and symptoms while you enjoy a gourmet three-course meal. This event is part of our ongoing dinner series which combines information and great local cuisine.

Date & Time: Monday, April 16, 6:30–8:30 pm

Program Fee: \$35 admission ticket (includes tax and gratuity).

Location: Uncommon Ground, 1401 W. Devon Ave.

Reservations: 800-838-3006.

Senior Wellness Fair

Hear a presentation about ways to stay healthy as you age. Then, meet a variety of health professionals, make your own scented body lotion and experience several health screenings, including balance, BMI and blood pressure.

Date & Time: Thursday, May 3, 9–11:30 am

Program Fee: Free

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

Reservation: 773-878-6888

Practical Parenting Series

Join Dr. Andy Sagan, pediatrician and medical director of Swedish Covenant Medical Group Pediatrics, as he discusses proactive strategies to help new and expectant parents navigate the early stages of parenthood.

Successful Feeding Strategies for Infants and Toddlers

This class is intended for expectant parents and parents of infants.

Date & Time: Monday, April 16, 7–8:30 pm

Time Outs and Discipline

This class is for parents of children age 1 to 4 years.

Date & Time: Monday, June 4, 7–8:30 pm

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

Program Fee: \$10 per couple, per event

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: April 11 & 18, May 2 & 23, June 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: x 7321

TIPS FROM THE TRAINER by Maki Uechi-Brooker, M.Ed.**HERE'S THE SKINNY ON THE MINI: ARE MINIMALIST SHOES RIGHT FOR ME?**

Choosing the appropriate athletic shoes can enhance performance, prevent injuries, and promote overall comfort. Finding the right pair can be overwhelming given the overabundance of choices, ranging from traditional running and training shoes to minimalist versions: those highly-flexible shoes (such as the Vibram FiveFinger and Nike Free) which have little-to-no cushioning and allow you to articulate through the entire foot. The debate over which is better is ongoing as there are numerous variables to consider. We want to help you make an informed decision when choosing what type of shoe is right for you.

Who should be wearing minimalist shoes? Swedish Covenant Hospital physical therapists Nicki Bell and Jason Walters recommend that you:

- Should first have a relatively good baseline fitness level and currently be participating in a running /walking program.
- Must be free of pre-existing conditions and current foot and knee injuries.
- Should not wear them if you are a new exerciser.
- Should consult with a physical therapist, orthopedic physician or podiatrist. Galter members can schedule a free 15-minute “Meet the Physical Therapist” session for guidance and to create a plan. This program is offered twice per month on Wednesday evenings.

How do you transition from a typical athletic shoe to a minimalist version? The process should be progressive and can take up to six months. Create a wear schedule, starting out by walking around in your minimalist shoes for about 30-60 minutes during normal daily activities three times per week over several weeks. Then, use a pyramid technique, running in them for about 15 minutes, three times per week, building the time to 30 minutes and beyond.

How are the minimalist shoes best used? For training purposes only. Run no more than five miles on softer surfaces, like the treadmill or an indoor running track.

Is it safe to run a marathon or long distances in this type of shoe? Absolutely not! No more than five miles are recommended.

Do minimalist shoes correct foot issues or do they perpetuate them? In theory, minimalist shoes allow the intrinsic muscles of the feet to work more efficiently, ultimately building up the arch. This is helpful for those with low arches.

Nicki further indicates that while strengthening the feet muscles plays an important part in running form and injury prevention, strengthening the hip ABDuctors, hip extensors (gluteus medius and minimus), and core, balanced with stretching the calves, hamstrings and feet are equally important in running proficiency and decreasing the risk of injuries.

Additionally, she strongly advocates a focus on running form over the type of shoes. Without a solid foundation in your running technique, the shoe you wear makes no difference.

There is no one answer to whether or not a minimalist shoe is right for you. It is best to consider your foot structure, gait, running form, fitness level and goals, exercise activity and current health condition. When in doubt, always consult a health care professional. Run safe!

FIND AN EXPANDED VERSION OF THIS ARTICLE AT WWW.GALTERLIFECENTER.ORG

EMPLOYEES OF THE QUARTER**Katie Oproglidis**

Katie has been with Galter LifeCenter for over a year. Katie began as a Courtesy Desk representative and now works as a GLC Program Representative in our Call Center. Katie always works hard to make sure members and guests are being helped. Katie uses the facility regularly and is an active young lady. We are thrilled to have her as part of our staff!

**Ed Whitaker**

As one member noted, “Ed is always helpful and never too busy to answer my questions.” He brings that same service and energy to everything he does. Ed has been a Fitness Specialist since 2008 and has recently become a certified Personal Trainer and Group Core Instructor. His quiet, strength motivates people to do their best.

Holiday Hours:

Sunday, April 8, Easter
Galter LifeCenter and KidCenter Closed

Monday, May 28, Memorial Day
LifeCenter open 8 a.m.-1 .pm.
KidCenter open 8:30 a.m.-12:30 p.m.



Pictured above left: Patient working with a physical therapist in the Balance Center at Swedish Covenant Hospital.

Pictured above right: Members working out on the BOSU equipment.

Core Concerns

continued from front cover

in a higher likelihood of falling.

Stabilizing your core for better movement

Jesse Berg, a Pilates and group fitness instructor, recommends improving balance and body awareness by gradually strengthening the core muscles. He said a good way to start is by practicing yoga, Pilates or other core exercise routines on a stable surface, like a mat. These exercises develop and maintain core muscles in the trunk and torso, stabilize the spine and pelvis and make movement more efficient and less stressful to muscles and joints.

As your form improves and your muscles adjust over time, you can work with a trainer and progress to a more intense routine that may incorporate other forms of exercise or equipment, like a BOSU ball, Berg said.

BOSU balls provide an unstable surface that requires your body to not only stabilize and work the target muscles, but also maintain your center of gravity over a surface that is constantly changing. Berg warns that although BOSU balls can be very beneficial for some people, many fitness instructors discourage their clients from using them due to the increased risk of injury if the ball is used incorrectly.

“BOSU is more challenging and requires better form and understanding than other core activities,” Berg said. “But it has many different uses, and with a trainer’s help you can find a routine most beneficial for you.”

At Galter LifeCenter and Swedish Covenant Hospital we have many ways to help you improve your balance.

Stop into our new Pilates Studio on the first floor, meet with a personal trainer or take our new free Group Core class. As part of Swedish Covenant Hospital’s rehabilitation services, the Vestibular Rehabilitation and Balance Retraining Program offers the most comprehensive balance rehabilitation possible, expert help and effective treatment for those suffering from balance-related conditions. In this program, specially trained physical therapists help patients overcome balance issues and restore this vital function of balance to everyday life.



FOR INFORMATION ON ANY OF THE ABOVE PROGRAMS, PLEASE EMAIL COMMUNICATION@SWEDISHCOVENANT.ORG AND THE APPROPRIATE DEPARTMENT WILL CONTACT YOU.

5157 North Francisco Avenue
Chicago, Illinois 60625
773.878.9936
www.galterlifecenter.org