



Galter
LifeCenter
The science of feeling better

LIFESTYLES
NEWSLETTER
FOR MEMBERS, ASSOCIATES,
HEALTHCARE PROFESSIONALS
AND FRIENDS

5157 North Francisco Avenue
Chicago, Illinois 60625
773-878-9936
GalterLifeCenter.org

An affiliate of Swedish Covenant Hospital

Code Blue: When a member collapses during a morning exercise class, a medical fitness team is put to the test

With a fondness for running, as well as several backpacking trips and two marathons under his belt, Larry Gordon has always been relatively active.

So when the Ravenswood resident began experiencing heart problems in his early 40s, he searched for ways to help reduce his risk of more serious problems.

Larry began closely monitoring his diet and increasing his levels of physical activity. For the past seven years, he has been a part of a morning boot camp class at Galter LifeCenter, Chicago's premier medical fitness facility located on Chicago's north side.

Still, as much as he tried to reduce his preventable heart disease risk factors, Larry's heart had other ideas. In February 2013, during a routine fitness test as part of his boot camp class, Larry went into cardiac arrest and collapsed. "I took off to run a mile, and I don't remember the end of the run," he says.

A terrifying experience

At the start of every boot camp session, participants are tasked with running a mile, doing a set of pushups and taking other tests to assess their health and help them establish their fitness goals.

It was during this initial run that Larry, 56, collapsed, landing him in the hospital for 11 days.

Larry's trainer, Caitlin McGrath, was leading the class that day. "I have been trained in CPR for 16 years, and I have had an occasional person get overheated," she says. "But I've never experienced a code blue."

Larry's wife, Barbara, describes the phone call she received that morning. "Caitlin called to tell me what happened, and that they'd called 911. It was very, very scary."

A speedy response

Caitlin describes the events that took place immediately after Larry collapsed.

First, she enlisted the help of Leo Morales, a Galter LifeCenter fitness specialist. Along with other staff members, Caitlin and Leo were able to begin CPR and administer a shock using an on-site automated external defibrillator (AED) device.

IN THIS ISSUE

- 1 Code Blue
- 2 Summer Member Appreciation Events
- 2 Updates from the Director
- 2 Wellness Fest
- 2 Facility Updates
- 3 Member Promotion
- 3 Body Training Systems July 2013 Group Fitness Launch
- 3 What's New at Swedish Covenant Hospital
- 4 Calendar
- 10 Events at Swedish Covenant Hospital
- 11 Ask the Expert
- 11 Employees of the Quarter

Coordinating Editors:

Francie Habash

Kristin Walters

Katie Hollobaugh

MEMBERSHIP

SUMMER MEMBER APPRECIATION EVENTS

IT'S BBQ AND NATIONAL DANCE DAY!

Galter LifeCenter's annual Summer Barbeque and Fun Fest falls on National Dance Day! Come for the dance and stay for a terrific spread of delectable summer items on the grill (veggie burgers are the favorite). Let's not forget the pickles, chips and coleslaw too! Games and prizes for the children will be set up on the front lawn. Join us from 11:30 a.m. to 1:30 p.m. on Saturday, July 27 and enter the raffle to win a personal training or nutrition session with one of our personal trainers or certified dieticians.

HAPPY SUMMER CONTINUES

Beautiful summer days remain a constant as August continues. Be sure to take time to cool off when you tuck into Galter LifeCenter for your daily fitness commitment. Whether it's Pilates, yoga, boot camp or kettlebells, refreshment in your strengthening awaits you. Stop by the Courtesy Desk on Wednesday, August 21 and enter the raffle for a chance to win a one-hour massage with one of our certified massage therapists.

SEE YOU IN SEPTEMBER

September marks the return to school and offers opportunities to fine tune your accomplishments. Recommit to finish strong and get an early start to your 2014 goal setting with one of our coaches. Take a look at our Wellcoaching services online. Be sure to stop by the Courtesy Desk on Thursday, September 19 and pick up your special gift of inspiration and enter the raffle to win a Wellcoaching session with one of our certified Wellcoaches.

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

UPDATES FROM THE DIRECTOR



Dear Galter LifeCenter members,

Summer is rapidly approaching, and I know you're ready to get out and enjoy all the city has to offer. As you're soaking up the sun, take advantage of new mobile apps from Galter LifeCenter and Swedish Covenant Hospital which can help you take care of yourself and your family while you're on the go.

Later this summer, Galter LifeCenter will launch a new mobile app (look out for updates on GalterLifeCenter.org for the official release date). The app will allow you to access our complete schedule of classes. Our enhanced search feature will make it easy for you to browse classes by instructor or activity type, ensuring that you have the most up-to-date information about our classes and events, right at your fingertips.

The free app will also allow you to stay in touch with other members and set goals and challenges for yourself. Want to run a 10K by the end of the summer? Our new app will help you stay on track.

Additionally, make sure to download Swedish Covenant Hospital's new InQuicker app which is designed to help you and your family get quality, convenient treatment for non-critical emergencies. The app lets you hold a space in the Swedish Covenant Hospital emergency room when your primary care physician is not available (for example, during evening or weekend hours). This allows you to wait for your appointment in the comfort of your home, instead of the emergency department waiting room. The Swedish Covenant Hospital InQuicker app is currently available for the iPhone and iPad; it will soon be available for Droids and other devices.

Galter LifeCenter and Swedish Covenant Hospital are taking steps to make sure that you have access to all of the fitness and medical services you need to support your active lifestyle.

Stay mobile,

Art Slowinski

Director of Operations, Galter LifeCenter

WELLNESS FEST

Join us for our FREE Wellness Fest on **Saturday, September 21** from noon—2 p.m. Bring your family and neighbors! Open to everyone including the community, this event will highlight all the Wellness departments including Women's Health, Nutrition, Pilates, Yoga and Mind/Body classes. View demonstrations, talk to a Registered Dietitian, and enter a raffle for prizes and more! Information for everyone in your family so come and learn about how these modalities are part of the science of making you feel better.

CONTACT DELIA ARROYO Darroyo@SwedishCovenant.org OR EXT. 7353

FACILITY UPDATES

Floor Refinishing

We will be refinishing our flooring in Studio 1 and Studio 3 this summer. The dates of the refinishing are:

Studio 3 - July 1-4

Studio 1 - August 29-September 1

Special schedules will be available during these closures with room changes for certain classes.

East Pool Closure

The East Pool will be closed August 5 to September 1 for remodeling of the floors and overall pool area. Special schedules will be available for class changes during this time.

Thank you for your patience while we make improvements to our facility.

WHAT'S NEW AT SWEDISH COVENANT HOSPITAL

BY NICOLE JOSEPH

An "A" for safety, once again!

Swedish Covenant Hospital has received an "A" hospital safety grade for the third time in a row from The Leapfrog Group. Our team-based approach to patient care, including our fall and injury prevention measures and our dedicated medical staff and Magnet-designated nursing staff, helped contribute to this recognition. Less than a third of hospitals nationwide received an "A." Our hospital outranks local competitors and is in the same category as The University of Chicago, Rush University Medical Center, NorthShore University HealthSystem and Northwestern Memorial Hospital. "This score puts us in good company in the highly competitive Chicago health care market," say Janis Rueping, vice president of quality improvement and risk management at Swedish Covenant Hospital. "We attribute these results to our staff, our teamwork and our collaborative approach to safe patient care." To learn more about why we continued to be recognized for excellence in safety, visit SwedishCovenant.org/safety.

"There's an app for that."

Our InQuicker service, which allows patients to sign up for a spot in our emergency room and wait at home until their scheduled appointment time (for non-critical emergencies only), is now available to download onto an iPhone or iPad! InQuicker helps to minimize stress and increase comfort by allowing you to wait in the comfort of your home instead of the ER waiting room. Our new app shows you the next available appointment times, and it even opens Google Maps to help you get to the hospital using your mobile device. InQuicker considerably reduces the amount of time spent in the ER. For more information, visit SwedishCovenant.org/InQuicker.

Improved cancer care






As part of Swedish Covenant Hospital's ongoing commitment to enhancing treatment and care opportunities for our patients, we have recently begun an oncology affiliation with Rush University Medical Center. This affiliation merges clinical, research and academic programs at Swedish Covenant Hospital with those at Rush. Under the guidance of Site Leader Jeffrey Cilley, M.D., the new affiliation will result in a host of service and treatment enhancements. "The complexity of cancer care requires a multi-disciplinary and collaborative approach," says Dr. Cilley. "We're able to collaborate with the physicians at Rush and come up with a collective treatment plan, which enhances patient care." To learn more about the Swedish Covenant Hospital cancer care affiliation with Rush University Medical Center, visit SwedishCovenant.org/cancerservices.

FOR MORE INFORMATION ON ANY OF THESE SERVICES VISIT SWEDISHCOVENANT.ORG

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

Join us for our July '13 launches as we all learn why **keeping calm will keep us moving on!** Experience the benefits of how exercise can help you de-stress, boost your self-esteem, distract your mind from daily worries and make you happier. You will have fun with new moves, fun instructors and fellow members. There will be raffles and refreshments. You need to be registered to enter the raffle. Please register at the Courtesy Desk.

Launch classes are Saturday, July 13

-  Group Core, 7:30-8 a.m.
-  Group Power, 8:15 a.m.
-  Group Ride, 11:30 a.m.
-  Group Kick, 12:30 p.m.
-  Group Step, 4 p.m.

The new group fitness schedule begins July 8.

NATIONAL DANCE DAY

Join us for our Fourth Annual National Dance Day Party on Saturday, July 27. You will shake, dance and learn some new moves with the Galter LifeCenter dance team. It will be a little Zumba, Group Groove and National Dance Day Dances of the present and past. Details of National Dance Day will be posted closer to event date.

CONTACT MEGAN SLATTERY FOR MORE INFORMATION, MMSLATTERY@SWEDISHCOVENANT.ORG OR EXT. 2023.



SUMMER 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: _____

Must present card when joining. Offer good for new memberships only.
 Certain restrictions apply.

For more information, contact a Membership Representation at 773-878-9936, ext. 7308 or email membership@swedishcovenantn.org.

Expiration date: _____

PERSONAL FITNESS STRATEGY

We want to provide you with the tools you will need to create a Personal Fitness Strategy that is best for you. We offer several options designed to help you build your PFS:

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. This appointment may include some physical fitness testing, come dressed to move.

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.

Program Fee: Free to new members, within the first three months of joining / Current members \$25

Contact: A Fitness Coach to schedule tests or re-tests, x7358 or fitness@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 who 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.

HEART RATE TRAINING

Registration is required.

Cardio Coaching

- Train smarter not harder
- Understand heart rate zone training and what it means for you
- Be effective and efficient with each training session you do

A cardio coach will help you utilize a 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 an accurate way to measure your intensity or exertion level. Learn the right amount of time and intensity needed to get results!

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

Contact: Leslie Mras x7341 or lmras@schosp.org

PolarPalooza

Come on, polar challengers – join us for a taste of Galter LifeCenter! Each Saturday you'll experience a workout that may not be part of your regular routine. No points, zones or competition. Just an easy-breezy summer sampler to get you primed for fall. Open to past polar challenge participants only.

Dates & Times: Saturdays, July 20–August 24, 9–10 am

Polar Challenge Smart Talk

Open to anyone considering joining our Polar Challenge, as well as registered participants and previous players. Our coaches will give you insider tips to help you hit the ground running when the challenge begins.

Date & Time: Saturday, August 10, 9–10 am

Program Fee: Free

Polar Challenge

This popular program uses Polar heart rate monitors, team workouts (4 people) with a trainer, cardio coaching and competition to get you fitter, faster, stronger! Meet for 11 weekly workouts with your team; score points by training smart and making fitness improvements. Top 3 teams split a prize bank of Galter LifeCenter gift cards. Fee includes heart rate monitor. We recommend attending our Smart Session on August 10. Enrollment ends at 1 p.m. on Labor Day.

Dates: September 9–November 24

Program Fee: M \$525 / NM \$625 *Members and nonmembers deduct \$200 if you own a Polar FT60 heart rate monitor.

Contact: Caitlin McGrath, x3244 or polar@schosp.org

WORKSHOPS/COURSES

Registration is required.

Semi-Private Myo-Release and Stretch Class

45-minute class using the foam rollers, myo – balls and tennis balls created to alleviate aches and pains and attain fascial release in the major muscle groups. Learn the tools and techniques, feel the benefits of fascial release. Groups are limited to four people. Various times are available, please call if interested.

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

Dance Concepts Training

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

Dates & Times: Wednesdays, July 10–August 14 and September 4–October 9, 4:30–5:30 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, September 7, 10–11 am

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

Rip Trainer Clinic (NEW)

Join Jesse to try another cool innovation from TRX: the Rip Trainer! This tool uses bungee cord-like tension to develop core strength, explosive power, flexibility and endurance through movements related to everyday life and sport. Limited to four participants.

Date & Time: Saturday, September 14, 10:30–11 am

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

Boot Camp Fitness = New sign up method!

New method for Boot Camp class sign up will begin for the July 2013 session. You can now purchase Boot Camp as sessions! Buy 1, 6, 12 or 18 class sessions. Come as often as you want or whenever you can.

Details:

Instead of registering for a specific class you will purchase a series sale.

- Purchase Boot Camp series sales at the Courtesy Desk. You can purchase 1, 6, 12 or 18 session packages and use them as you go (see below for package prices).
- There will be a firm two month expiration date on sessions purchased. Please only purchase what you can use. Most Boot Camp sessions are 6 weeks; Allowing for a two month expiration gives you two extra weeks to use your entire pass. Refunds will only be given if injury or illness (note from a Dr. will be required) occurs.
- Each time you come in for a Boot Camp class you must check in at the Courtesy Desk.

Dates & Times: Monday, July 8–Saturday, August 17

M/W/F: 5:30–6:30 am

M/W/F: 6:30–7:30 am

M/W/F: 8–9 am (all women's)

T/Th: 9:30–10 am

Th: 7–8 am (H₂O Boot Camp) - Land based Boot Camp style workouts done in the East Pool.

Sat: 11 am–noon

Program Fee: M 1-\$15, 6-\$70, 12-\$130, 18-\$180

NM 1-\$20, 6-\$100, 12-\$180, 18-\$235

For all Boot Camp programs, contact:

Leslie Mras, x7341 or lmras@schosp.org

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 class size. Taught by Maki Uechi-Brooker, Joe Palla and Jesse Berg. *6 and 12-week sessions.*

Beginner/Intermediate TRX Training

Dates & Times: (6 weeks)

Mondays, July 22–August 26, 6:50–7:50 am

Thursdays, July 25–August 29, 5:15–6:15 am

Thursdays, July 25–August 29, 5–6 pm

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

Dates & Times: (12 weeks) (No class November 28)

Mondays, September 9–November 25, 6:50–7:50 am

Tuesdays, September 10–November 26, 7:15–8:15 pm

Thursdays, September 12–December 5, 5:15–6:15 am

Thursdays, September 12–December 5, 5–6 pm

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

Intermediate/Advanced TRX Training

Dates & Times: (6 weeks)

Thursdays, July 25–August 29, 5:30–6:30 am

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

Dates & Times: 12 weeks (No class November 28)

Mondays, September 9–November 25, 5:45–6:45 am

Thursdays, September 12–December 5, 5:30–6:30 am

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

TRX—Kettlebell Fusion

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

Dates & Times: Thursdays, September 26–December 19, 6–7 pm (No class November 28) and Saturdays, September 28–December 21, 8–9 am (No class November 30)

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

TRX—Jump Rope Fusion Clinic

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

Date & Time: Saturday, September 21, 10–11 am

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

Jump Rope Training

How can you burn a ton of calories in just 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, September 3–October 8, 7:30–8 am

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

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, 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 six participants. Taught by Maki Uechi-Brooker. *12-week session.*

Dates & Times: Mondays, September 16–December 2, 8–9 pm and Wednesdays, September 18–December 11, 7–8 pm (No class November 27)

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

Intro to Rowing

Dates & Times:

Thursday, July 11 and September 12, 7–8 am

Monday, August 19, 7–8 pm

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

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

Group Rowing

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

Dates & Times: Thursdays, July 25–August 29 and

September 19–October 24, 7–8 am

Mondays, July 8–August 12 and August 26–October 7, 7–8 pm. (No class September 2)

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

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

BOSU-Core Synergy

This is a Pilates-inspired class that will teach you core strength, body awareness and stamina.

Dates & Times: Tuesdays and/or Thursdays, August 13–October 3, 6:15–7 am

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

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

BOSU—Mobility and Stability for the Active Aging

This class will have fun exercises that will help improve your balance. You will learn techniques to become mobile and stable to help keep you on your feet.

Dates & Times: Tuesdays, September 3–September 24, 1:15–2 pm

Program Fee: M \$40 / NM \$90

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

Circuit Craze

Want to come and blast through a workout in a half hour? Then come to Circuit Craze. You will hit four stations that will target the full body and use a variety of equipment in this half hour power circuit. Come prepared to have fun and sweat. The circuit will have something new every week. *6-week session.*

Free Trial Dates & Times: Tuesday, July 16 and September 10, 7–7:30 am and 8:30–9 am

Dates & Times: Tuesdays, July 23–August 27 and September 17–October 22, 7–7:30 am and 8:30–9 am

Program Fee: M \$40 / NM \$60

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

MMA Course NEW

Each class will consist of an MMA (mixed martial arts) style work out to improve your strength, agility, endurance, balance, flexibility and mental toughness. We will introduce techniques from the popular Brazilian Jui Jitsu, wrestling and Muay Thai styles. No experience required. Ages 18 and above.

Dates & Times:

Wednesdays, July 10–August 14, 7–8 pm

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

Contact: Francie Habash, x7343 or fhabash@schosp.org

Women's Self Defense Course NEW

Proper Preparation Prevents Poor Performance! Performance for what? That possible unpleasant altercation on the streets. Learn some basic self-defense techniques and strategies to help keep you safe in the city. The techniques you will be taught have been assembled from Krav Mega, Wrestling and Brazilian Jiu Jitsu. This class is designed to help you become more alert, help you remain calm, and if need be, defend yourself against bigger stronger aggressors.

Dates & Times:

Thursdays, July 11–August 15, 8–9 pm

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

Contact: Francie Habash, x7343 or fhabash@schosp.org

MMA and Women's Self Defense courses taught by Joshua Camarena Certified MMA and Self Defense Instructor.

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

INTEGRATIVE THERAPY

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

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

Acupuncture

Contact: Sandy Sumi, x6773
Cliff Morland, x6740

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

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

Watsu Aquatic Therapy

Contact: Kristin Hovious, x7466 or Diane Novak, x7356

Prices: starting at \$55/session

UPDATE: Beginning July 1, we will require payment upon booking and a credit card on file. Sessions can be purchased online, in person or over the phone. Messages can now be booked with our Concierge, x8699 or glcprograms@swedishcovenant.org

Meditation

In times of uncertainty, it's easy to become stressed out, which can compromise our health. Learn how to personally manage your overall well-being. Meditation has several proven health benefits:

- Lower blood pressure and heart rate
- Reduce muscle tension
- Reduce stressful hormones, including cortisol
- Enhance overall sense of well-being

Dates: Saturdays, June 29–July 27, 10:15–11 am

Saturdays, August 3–September 7, 10:15–11 am

Dates: Mondays, July 1–July 29, 4:45–5:30 pm

Mondays, August 5–September 9, 4:45–5:30 pm (No Class Saturday, August 31 or Monday, September 2.)

Program Fee: 5 Sessions: M \$59 / NM \$75

Brain Game Night

We all know there are scientific benefits to boosting brain health; however, we're going to focus on the fun. Join us for an evening of brain boosting activities and socializing! Snacks provided.

- Workout the brain
- Boost memory
- Have fun

Dates: Friday, July 12, 6–8 pm

Program Fee: M \$10 / NM \$15

For Integrative Therapy Programs, contact: Heather Alfnejd, x7723 or halfnejd@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.

Date & Time: Saturday, September 21, 8–10 am

Contact: John Joyce, x7347

SENIOR AND ADULT FITNESS

Arthritis Foundation Aquatic Program

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

Dates & Times:

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

Arthritis Foundation Exercise Program

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

Dates & Times: Mondays, 1:30–2:15 pm

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

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

AQUATICS PROGRAMS

Please see GalterLifeCenter.org/Aquatics for current programs, schedules and registration dates.

Aquababies Session #4

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. 7-8 week session.

Weekdays and Weekends

Wednesdays	11–11:30 am	6 mos.–18 mos.
Wednesdays	3–3:30 pm	6 mos.–24 mos.
Thursdays	10–10:30 am	6 mos.–18 mos.
Saturdays	7:45–8:15 am	6 mos.–18 mos.
Saturdays	8:15–8:45 am	18 mos.–24 mos.
Saturdays	noon–12:30 pm	6 mos.–24 mos.
Sundays	9:30–10 am	6 mos.–12 mos.
Sundays	10–10:30 am	12 mos.–18 mos.
Sundays	10:30–11 am	18 mos.–24 mos.
Sundays	11:30 am–noon	6 mos.–24 mos.
Mondays	11–11:30 am	6 mos.–18 mos.

Online Registration: M August 4 / NM August 11

In House Registration: M August 5 / NM August 12

Dates: September 4–October 27 (No class Monday, September 2) (Make-up dates: October 28–November 3)

Program Fees: Weekdays: M \$71.50 / NM \$93.50
 Weekends: M \$76.50 / NM \$98.50
 Monday: 7 weeks M \$62.50 / NM \$82

Advanced Aquababies Session #4

Recommended for children ages 2–3 who have established a solid comfort level in the water. The goal of this class is to cultivate and build on the skills taught in Aquababies. 7–8 week sessions.

Weekdays and Weekends

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

Online Registration: M August 4 / NM August 11

In House Registration: M August 5 / NM August 12

Dates: September 4–October 27 (No class Monday, September 2) (Make-up dates: October 28–November 3)

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

*Monday (7 weeks): M \$70 / NM \$92

Semi-Private Aquababies Session #4

Semi-Private Aquababies is designed to provide specific instruction that fits the needs of children from ages 6 months old up to a Level 2 swimmer (typically age 3 ½). There are 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). Classes are 30 minutes long. 8-week session.

In House Registration Only: M August 5 / NM August 12

Dates & Times: September 3–October 27 (Makeup dates: October 28–November 3); Saturdays 8:30 am–noon, Sundays 8:30 am–3 pm and Tuesdays 4–5 pm

Program Fee: M \$100 / NM \$125

Learn-to-Swim Session #4

Learn-to-Swim is designed for any child who has advanced through our Aquababies and Advanced Aquababies programs and/or is ready to begin the process of learning to swim independently in a group setting. The recommended age for this program is 3 to 6 years old. Children will start to learn basic independent skills and body movement in a safe and comfortable environment. The instructors are trained to implement the Galter LifeCenter aquatic standard and are WSI Red Cross certified. We provide a 4 to 1 student to instructor ratio and ensure safety by using tailored made standing platforms in the water.

There are 3 main levels in Learn-to-Swim, based on the child's current ability :

Level 1: Child ranges from being nervous or uncomfortable (not willing to put their face in the water (1A) all the way to willing to go underwater, blow bubbles and kick independently on a barbell. (1B)

Level 2: Children range from high level of comfort and assisted independence with the instructor and teaching tools (capable of using our teaching platform and barbell independently) (2A) to basic freestyle swimming up to five yards with breathing. (2B)

Level 3 : Children work on building skills such distance, rotary breathing and the breaststroke pull and kick to move into our West Pool programs (3A)

Please see our website for more information. 8-week sessions.

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

Online Registration: M August 4 / NM August 11

In House Registration: M August 5 / NM August 12

Dates & Times: September 4–October 27 (Makeup dates: October 28–November 3)

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

Intermediate Learn-to-Swim #4

Intermediate Learn-to-Swim is for any child who is ready to move from our East Pool to our West Pool and pursue above Level 3 swimming skills. This is the next step towards preparing for technical development and increased endurance. The student must have the ability to swim multiple lengths in a 25 yard pool. The student can swim front crawl with lateral breathing and back stroke. The student also needs to have a basic understanding of breast stroke, kick and pull. 7-8 week sessions.

Mondays 4–4:45 pm (No class September 2)
 Fridays 4:45–5:30 pm
 Saturdays 6:30–7:15 pm

Online Registration: M August 4 / NM August 11

In House Registration: M August 5 / NM August 12

Dates & Times: September 6–October 26 (Makeup dates: October 28–November 3)

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

Monday M \$83.50 / NM \$105.50

Advanced Learn-to-Swim #4

This class 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. The student must have the ability to swim multiple lengths in a 25 yard pool. The student can swim front crawl with lateral breathing, back stroke and breast stroke. The student has a basic understanding of the dolphin kick. 7–8 week sessions.

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

Online Registration: M August 4 / NM August 11

In House Registration: M August 5 / NM August 12

Dates & Times: September 6–October 26 (Makeup dates: October 28–November 3)

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

Monday Class M \$83.50 / NM \$105.50

Swim Club Session #4

A swim team setting that gives children who are able to swim the length of a 25 yard pool and moved through our Intermediate/Advanced Learn-to-Swim programs, the opportunity to develop their swimming skills in a fun, supportive environment. Designed for children and youths seeking to develop advanced swimming skills to prepare for a “swim team”. This program is coached by experienced competitive coaches. 8-week sessions.

Online Registration: M August 4 / NM August 11

In House Registration: M August 5 / NM August 12

Dates & Times: Saturdays, September 7–October 26 (Makeup date: November 2), 7:15–8:15 pm

Program Fee: M \$100 / NM \$125

Masters Swimming Program Session #3

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. Price includes: Up to five dry-land practices per month for registered Masters participants, two

Postal timings, 2–4 coaches clinics/year, specific training for Big Shoulder event.

Mondays, Wednesdays, Fridays	5:45–6:45 am
Tuesdays and Thursdays	noon–1 pm
Tuesdays and Thursdays	5:30–6:30 pm
Saturdays	6:45–8 am
Dry Land	
Wednesdays	6–7 pm

Registration: Open

Dates & Times: July 1–September 30

Program Fee: Quarterly (12 wks) M \$100 / NM \$125

Family Swim Day Session #4

These are designated times that gives our members and their immediate family the opportunity to swim at Galter LifeCenter. Immediate family is defined as the legal guardian who must be a member. There is a minimum of one adult per two children. This program takes place in the East Pool and children must be 13 years of age or younger. Bring your immediate family and come have a day of fun at Galter LifeCenter! Registration opens two weeks prior.

Dates & Times:

Sunday Family Swim: Sunday, September 8, 12:30–2 pm and 2:15–3:45 pm

Friday Evening Family Swim: Fridays, July 12, July 19, August 2, 7–8:30 pm. September 6, September 13, September 20, 6–7:30 pm.

To register, contact: Courtesy Desk x5660

For all aquatics programming info contact: Vannessa Recinos, Aquatics Program Supervisor x8015 or vrecinos@schosp.org

Private Swimming Lessons

Did you always want to learn how to swim but were unsure of where to begin? As Illinois's only MFA Certified Facility our private swim instructors are trained in the Galter LifeCenter standardized teaching style as well as WSI certified. Whether you are training for a triathlon, improving a specific skill, or have a few friends who you want to learn with, Galter LifeCenter invites you to participate in private swim lessons. We offer solo, duos and trio lessons for swimmers of all ages are. Adult private swim lessons are typically matched with an instructor sooner than a child based on availability and schedule flexibility. Currently we are not taking child private swim lessons requests on the weekends. Please visit Galterlifecenter.org/aquatics/private swim lessons for further information and to fill a private swim lesson in-take form.

Program Fee:

Package of 3 Solo lessons: M \$60 / NM \$72

Package of 6 Solo lessons: M \$108 / NM \$13

Package of 12 Solo lessons: M \$192 / NM \$240

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

Comments or suggestions regarding the aquatics department 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. Health-care provider's release is required for prenatal. Postnatal may start six weeks postpartum. Minimum participation is required to begin session. We offer a drop-in fee after class is in session. *Join our 6-week sessions anytime.*

Prenatal Aqua Dates & Times:

Mondays July 8–August 12 5:45–6:30 pm

*Mondays August 19–September 30 5:45–6:30 pm

***Prenatal Aqua will be FREE for Members from August 19–September 30 due to East Pool Closure**

Prenatal Yoga Dates & Times:

Sundays July 7–August 11 9–10 am

Sundays August 18–September 22 9–10 am

Program Fee: M \$60 / NM \$85 (No class September 2)

Mom and Baby Stroller Workout

A body conditioning workout that allows new moms to bond with their baby as they get back in shape. Bring your stroller and plan to go outdoors (weather permitting). Strengthen your core and relieve your aching back and shoulders. *6-week session.*

Dates & Times: Tuesdays, July 9–August 13 and August 20–September 24, 8:45–9:30 am

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

Prenatal Fitness

Attention moms-to-be or new moms. Join in this course to combine cardio, strength and stretch; all components for a healthy mom and baby. This class is done on land. Healthcare provider's clearance is needed for prenatal. *6-week session.*

Dates & Times: Thursdays, July 11–August 15, 5:45–6:30 pm

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

Fit After Fifty

If you're a woman who is part of the Baby Boomer Generation, this course is for you! Fight osteoporosis, menopause and other conditions that join you at this age with this fun new class that includes cardio, strength training, balance and core work. *6-week session.*

Dates & Times: Saturdays, July 13–August 17 and August 24–September 28, noon–1 pm

Program Fee: M \$87.50 / NM \$112.50

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

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 sessions.*

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

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, July 15–August 19, 5–6 pm

Saturdays, August 17–September 21, 9–10 am

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

Total Control™ Platinum

Wednesdays, July 17–August 21, 11 am–noon

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

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

For 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, for more information or to be matched with a trainer

Group Personal Training

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

Program Fee:

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

Small Group M \$90 / NM \$120

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

Semi-Private Training

Train with Megan and Catie and enjoy the camaraderie of a small group while you get fitter together! *6 and 8-week sessions. Limited to four participants.*

Dates & Times: Saturdays, July 13–August 17 (6 weeks) and September 14–November 2 (8 weeks), 10–11 am

Program Fee: (6 weeks) M \$135 / NM \$175 and (8 weeks) M \$175 / NM \$235

Contact: Amy Petersen, x7318 or apetersen@schosp.org

Semi-Private Training

Train with Peter and enjoy the camaraderie of a small group while you get fitter together! *4 and 8-week sessions. Limited to 6 participants.*

Dates & Times: Saturdays, July 20–August 10 (4 weeks) and September 7–October 26 (8 weeks), 9–10am

Program Fee: (4 weeks) M \$90 / NM \$120 and (8 weeks) M \$175 / NM \$235

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

Wellcoaching

Work one-on-one with a certified coach on goal-setting for exercise, 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.” 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.

For Pilates programs and events contact: Pilates Studio x2233 GLCpilates@schosp.org or Delia Arroyo, x7353

Please Note: Register for any Pilates Mat Class before July 2, 2013 for a reduced fee.

Intro to Pilates

This course is designed to introduce new students to the basics of Pilates. Gradually you will introduce your body to the conditioning method of Pilates on the mat. Taught by Laura Martinelli. *6-week sessions.*

Dates & Times:

Mondays, July 8–August 12 and August 19–September 23, 7-7:45 pm

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

Pilates Basics

Ideal class for those new to Pilates or in a beginner's level class. Taught by Laura Martinelli. *12-week sessions.*

Dates & Times:

Mondays, July 8–September 23, 12:05–12:50 pm

Program Fee: M \$175 / NM \$210

Advanced Pilates Mat Classes

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

Dates & Times: July 9–September 26

Tuesdays 6–6:45 pm Joe

Thursdays 4:45–5:30 pm Jennifer

Program Fee: M \$175 / NM \$210

Pilates Challenge for Men

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

Dates & Times: Saturdays, July 13–September 28, 6:45–7:30 am

Program Fee: M \$175 / NM \$210

Pilates Stretch

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

Dates & Times: Saturdays, July 13–September 28, 12:15–1 pm

Program Fee: M \$175 / NM \$210

Pilates Tower Classes (NEW)

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

Dates & Times: July 8–September 16 (No class September 2)

Beginning Tower

Mondays	8–8:50 am	Cori
Thursdays	Noon–12:50pm	Juliet
Fridays	1–1:50pm	Laura
Saturdays	9–9:50 am	Joe

Intermediate Tower

Mondays	6–6:50 pm	Joe
Tuesdays	5:30–6:20 am	Joe
Wednesdays	10–10:50 am	Cori
Wednesdays	6:30–7:20 pm	Joe
Thursdays	9–9:50 am	Jennifer
Saturdays	8–8:50 am	Joe
Sundays	10–10:50 am	Joe

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

Yoga/Tai Chi Privates

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. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows 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.

Zen Yoga

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

Dates & Times: Thursdays, July 11–August 15 and August 22–September 26, 4:15–5:30 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, July 12–September 13, 4:45–5:45 pm

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

Hamstrings, Hips and Core, Oh My! (NEW)

This yoga course is geared for runners and cyclists. It will include fabulous feet strengtheners and stretches as well as yoga poses for relaxing your leg muscles after a long run or cycle.

Dates & Times: Saturdays, July 6–July 27, 8:30–9:30 am

Program Fee: M \$65 / NM \$80

Pilates H2O (NEW)

Pilates H2O is a 45 minute class using alignment principles of Peyow Aqua Pilates to increase dynamic stability, improve posture and strengthen core muscles using dumbbells, noodles and the resistance of the water. Appropriate for beginner to seasoned athlete.

Dates & Times: Thursdays, September 19–October 24, 6:30–7:15 pm

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

Beginning Tai Chi in the Healing Garden

Tai Chi is a choreographed sequence of movements characterized by an emphasis on relaxation, slowness, coordination and mindfulness, resulting in profound feelings of well-being. Among its benefits are improved bone density, brain function, mobility, balance and cardio fitness, enhanced circulation, boosted metabolism and increased strength in the lower body.

This class will teach the “Long Form, part 1”, developed by master H.H. Lui. It is more complex and challenging than the morning tai chi classes. Instructor Lin Shook Schalek has practiced Master Liu's Long form since 1972. If bad weather, class will be held in studio 4.

Date & Time: Wednesday, July 10–August 28, 6:30–7:30 pm

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

For all Mind/Body programs, contact: Delia Arroyo, x7353 or darroyo@schosp.org, unless otherwise noted

YOUTH FITNESS

Registration is required.

Yoga for the Tween

Your child will improve their strength, flexibility, and coordination as they bark in downward dog, hiss in cobra pose, flutter their wings in butterfly, and spread their branches in tree pose. They will learn self-respect and respect for others through group games and lessons in basic anatomy. This hour-long class will help your child cultivate a lifetime of joy, peace and wonder. Visualization and breathing exercises are used to help your child's men-

tal and physical balance and concentration, which they can apply to everyday situations. Children ages 7–12 years old. *8-week sessions.*

Dates & Times: Wednesdays, September 11–October 30, 4:30–5:30 pm

Program Fee: M \$80 / NM \$95

Zumbatomic Lil' Starz (Ages 4–7)

If you're looking for a fun, safe fitness class for your child, try Zumbatomic! This hour-long class combines Latin, hip hop and world dance moves set to inspiring music. The instructor will break down each song's routine step-by-step and will include 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. *8-week sessions.*

Dates & Times: Sundays, August 4–September 29, 1:45–2:45 pm (No class September 1)

Program Fee: M \$80 / NM \$95

For all Youth Fitness programs, contact: Diana Dimas, x5804 or ddimas@schosp.org

NUTRITION SERVICES

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

Private Nutrition Counseling

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

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

Fitmate

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

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

Wellfit

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

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

Individual Nutrifitness

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

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

Nutrifitness for a NU You!

Become a 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. What have YOU got to LOSE? The group class includes:

- Once weekly workouts with a certified personal trainer
- Nutrition lectures given by a registered dietitian and group sessions with a certified Wellcoach
- Comprehensive lab work from Swedish Covenant Hospital's Outpatient Lab
- Measurement of Resting Metabolic Rate
- Pre and post class fitness assessments
- You may be able to use your flexible medical spending account dollars!

Taught by Peter Marcy, Maki Uechi-Brooker, Delia Arroyo and Kate Kinne. *12-week session.*

Free info Session Date & Time: Thursday, September 12, 7–8 pm

Dates & Times (Two courses offered):

Tuesdays, September 24–December 10, 6–8 pm

Thursdays, September 26–December 19, 7–9 pm

Program Fee: M \$475 / NM \$650

"Express" Nutrifitness for a NU You!

Lose weight, drop inches, reduce blood pressure, cholesterol and more in this "express" version of our comprehensive group weight loss program that is designed for clients who are overweight or with medical conditions directly related to weight gain. Teachers, this one is for you—designed to coincide with your summer break! *8-week session.*

Dates & Times: July 8–August 29, Mondays, 9–11am and Wednesdays and Thursdays 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, the maintenance class continues the twice weekly group workouts. Stay on track with the healthy habits you started in the Nutrifitness class, with the support of fellow classmates and motivating instructors! Taught by Jandra Fraire, Delia Arroyo and Peter Marcy. *12-week session.*

Dates & Times: Tuesdays and/or Thursdays, June 25–September 17 and September 24–December 17, 6–7 pm

Program Fee: 2 Days per week: M \$350, NM \$535

1 Day per week: M \$198, NM \$292, 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 would 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 life-style and other topics deemed important by the group. Stay on track with the healthy habits you started in the Nutrifitness class, with the support of fellow classmates and motivating instructors! *12-week session.*

Dates & Times: Saturdays, September 21–December 7, 12:30–1:30 pm

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

BodyMedia FIT® Weight Loss Package

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

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

Easy Summer Meals

Come join us to discover new ways to have some fantastic summer-time foods without breaking the "calorie" bank. Recipes from Lickety-Split Cookbook will be utilized as well as recipes from Whole Foods. Registered dietitians will share ways to make healthy and tasty recipes so that you can stick to your nutrition plan. A Whole Foods representative will also share the best ways to pick the freshest produce. A cooking demonstration and a sampling of all of the day's recipes will be provided.

Dates & Times: Monday, July 15 6:30–7:30 pm

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

Back to School RD Table

Back to school healthy lunch and snack ideas. Stop by the information table and get to know your registered dietitians. Have your nutrition questions answered.

Dates & Times: Sunday, August 11, 2–3 pm

Program Fee: Free

RD Nutrifitness INFO TABLE

Stop by to meet a registered dietitian, Maryam Naziri, from Galter LifeCenter to learn more about our new Nutrifitness Program.

Dates & Times: Tuesday, September 10, 6:30–7:30 pm

Program Fee: Free

For all Nutrition programs and services, contact:

Nutrition Services, x6723, unless otherwise noted

Events at Swedish Covenant Hospital

Diabetes Community Center

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

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

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

Rehabilitation Medicine Services

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

Contact: Rehab Department at 773-989-1682

Meet the Physical Therapist

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

Dates & Times: Wednesdays; July 10, 24; August 14, 28; September 11, 25; 4-6 pm

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

Program Fee: Members only FREE

Joint Replacement Program Class

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

Dates & Times: Tuesdays, 2-3:30 pm

Contact: 773-878-6888 to schedule an appointment

Pulmonary Rehab Phase II

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

Cardiac Rehab Phase II

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

Medical Fitness Program

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

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

Contact: 773-878-8200, x 7321

GALTER LIFECENTER HAS A NEW TAGLINE: THE SCIENCE OF FEELING BETTER



Galter
LifeCenter

The science of feeling better

By achieving medical fitness certification, we have made a deliberate decision to offer something different. What we offer is more profound than just "fitness."

Medical fitness means we are experts in the science behind how a person's body functions, and how it responds to physical activity and wellness modalities.

The benefits for you are that we know how wellness strategies can improve your health, enable you to reach your goals and ultimately, help you feel better.

Along with Swedish Covenant Hospital, Galter LifeCenter is a key component of a campus-wide commitment health and safety. Our expertise is an extension of the medical care that physicians and nurses provide. We are the trusted source for wellness, fitness, nutrition and dozens of other specialties that keep our community feeling better.

What makes you feel better? Share your stories with us on facebook.

INTRODUCING THE SYNERGY360

by Maki Uechi-Brooker, M. Ed

Introducing the SYNRGY360! It is a complex and functional training system that synergizes various types of fitness goals, training modalities, and exercises. The unit design allows for multiple training applications to occur in one continuous cycle which can increase heart rate and caloric expenditure. Training applications included are:

- TRX Suspension Trainer
- dip, pull up and monkey bars
- single and dual pulley cable motion left and right
- rebounder with medicine ball (2-10 lbs)
- heavy rope and kettlebell training
- step platform
- boxing bag
- TRX Rip Trainer
- looped exercise bands

Training on the SYNRGY360 is fun! It accommodates all exercisers from the novice to the advanced. This system is designed to allow you to work more efficiently on:

- general fitness conditioning
- pre and post rehabilitation
- youth and senior fitness
- sports performance
- high-intensity interval training

Exercisers can achieve health-related and sport-specific improvements in the following areas:

- muscular strength and endurance
- aerobic fitness
- balance and coordination
- speed, agility, power and reaction time
- body composition

There are numerous exercises and progressions that can be performed on the SYNRGY360. While it might be tempting to just jump in and start using the new equipment, it's best to first learn how to properly set it up and execute the movements correctly. Our fitness staff is happy to show you the ropes!

The key to a safe and effective workout—on the Synrgy or anywhere—is to first establish a structural movement baseline. This reduces potential risk for joint dysfunction, overuse injuries, and/or relapses from previous injuries.

In a perfect world, our bodies would each be structurally balanced but that is not the case for most of us. When joints lack mobility the neuromusculoskeletal structure is compromised, forcing the joints to compensate. This compensation leads to dysfunctional movement, injuries, and pain. It is therefore recommended that you are able to perform primary movement patterns in a static posture before progressing to dynamic movements.

Follow this training progression:

- 1) Enhance joint mobility and restore joint stability
- 2) Perform basic movement pattern training
- 3) Advance to more traditional load and performance movement training.

You can regress and progress exercises at any time by changing stance, moving from stable to unstable surfaces and from static and dynamic movements. These changes help create better results!

EMPLOYEES OF THE MONTH



February
Joe Palla

Joe has been instrumental in executing all that Pilates has to offer: privates, mat classes, tower classes, even

TRX classes! Joe received comments for his excellent positive instruction as well for helping a prospect join Galter LifeCenter! if you're interested in checking out Pilates he is an asset. Congratulations Joe!



March
Stoil Stoilov

Stoil has been instrumental in maintaining all fitness equipment in optimal condition with a minimum number of down days. We are

lucky to have Stoil as a part of our TEAM! He works very hard and is great at what he does. Thanks!



April/May
Mary Manthy

Mary has received praise on her teaching abilities and assistance on the floor! Members are enjoying her classes. "Awesome Zumba"

as they put it! She also received praise for stepping outside her comfort zone to help teach a class. Make sure to stop into one of her classes.



Code Blue: When a member collapses during a morning exercise class, a medical fitness team is put to the test

continued from front cover

“I never knew how I would react in a situation like that, especially when I knew the person fairly well,” says Caitlin, who has trained with Larry for seven years and says she feels a special bond with the Gordon family.

The speed with which Caitlin and the rest of the Galter LifeCenter team moved helped save Larry’s life.

Next, Cristina Bura, a Courtesy Desk Representative on duty at the time, remembered that she had checked in a physician resident from Swedish Covenant Hospital earlier that morning. She rushed off to find him on the fitness floor. When she informed Dr. Jaxel Lopez Sepulveda of what happened, they both hurried back to help Larry.

The team’s efforts on the scene helped stabilize Larry until an ambulance arrived to take him to the Swedish Covenant Hospital emergency department. “The doctors said that he had such little oxygen deprivation that none was even detected,” Caitlin says. A team of heroes. Larry and Barbara say they are thankful for the experienced care of staff from both the fitness center and the hospital for their efforts that day.

“The reason he looks this good today is because he was treated within a minute and a half,” Barbara says, smiling at her husband. “I remember feeling so lucky that he had been here.” Larry says that he was comforted by the wide range of people who were invested in his health during his hospital stay. “I dealt with so many people, and everybody was wonderful,” he says.

Today, Larry’s health is improving, and he is working out with the cardiac rehabilitation team at Galter LifeCenter. He has recently been given the green light to start running again—for only 15 minutes at a time—but he says it feels great. His goal is to run a 5K by the end of this summer.

According to the Gordons, Larry’s health troubles have caused him to reevaluate his lifestyle and become even more proactive in taking care of his health.

“I’ve had coworkers who have gone to the doctor for the first time in years after they learned about what happened to me,” he says. He recommends that people who suffer from a major cardiac event ease back into exercise in a safe, monitored environment. “Set goals. It can be hard to fight the depression that comes after something like this, but you can get past it.”

Holiday Hours:

Thursday, July 4, Independence Day

Galter LifeCenter open 8 a.m.–1 p.m.

KidCenter open 8:30 a.m.–12:30 p.m.

Monday, September 2, Labor 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
773-878-9936
GalterLifeCenter.org

FOR MORE INFORMATION ON SWEDISH COVENANT HOSPITAL’S CARDIAC REHABILITATION PROGRAM PLEASE CALL 773-878-8200, EXT. 7321 OR VISIT THEM ONLINE AT [HTTP://SWEDISHCOVENANT.ORG/MEDICAL-SERVICES/CARDIOLOGY-HEART-SERVICES/CARDIAC-REHABILITATION](http://SWEDISHCOVENANT.ORG/MEDICAL-SERVICES/CARDIOLOGY-HEART-SERVICES/CARDIAC-REHABILITATION).