

FITNESS CLASS SCHEDULE

2012.01.05

Wellness & Lifestyle Medicine Center

Located on the grounds of the Castle Medical Center in the
Harry and Jeanette Weinberg Medical Plaza and Wellness Center, Suite 105

MON

8:00-8:45 a.m.

QIGONG

with Elizabeth
Chen Christenson

8:45-9:45 a.m.

INTERVAL TRAINING

with Cindy Carvalho

10:00-11:00 a.m.

LONGER LIFE

with Cindy Carvalho

11:30 a.m.- noon

LUNCH CRUNCH

with Cindy Carvalho

4:00-5:00 p.m.

PILATES

with Eileen Towata

5:00-6:00 p.m.

TOTAL BODY WORKOUT

with Eileen Towata

TUES

8:45-9:45 a.m.

BONE BUILDER

with Eileen Towata

10:00-11:00 a.m.

STEADY ON YOUR FEET

with Eileen Towata

WED

8:00-8:45 a.m.

FLEXIBILITY FOCUS

with Heather Bessee

8:45-9:45 a.m.

CORE CONDITIONING

with Cindy Carvalho

10:00-11:00 a.m.

LONGER LIFE

with Cindy Carvalho

11:30 a.m.- noon

LUNCH CRUNCH

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TOTAL BODY WORKOUT

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FLEXIBILITY FOCUS

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INTERVAL TRAINING

with Cindy Carvalho

10:00-11:00 a.m.

LONGER LIFE

with Cindy Carvalho

11:15 a.m.- noon

EXERCISE FOR LIFE

with Cindy Carvalho



ALL classes and participants require pre-registration and a one-time fitness assessment (Fee: \$25).

A medical clearance may be deemed necessary. **Please call 263-5050 for details.**

Class size is limited. The Wellness Center reserves the right to cancel or change class at any time.

Fee: \$40/month or \$100/quarter for classes (FREE to CMC Employees and YMCA members on a space available basis.)

YMCA members must complete assessment and registration forms.)

Wellness Center Fitness Class Descriptions

Bone Builder*

This class may improve bone density and prevent further bone loss. The exercises strengthen muscles, improve balance, and reduce the risk of falls while enhancing daily activities and improving posture. Participants must be able to get up and down off the floor. (This class is an osteoporosis friendly class, but all are welcome. Level of difficulty: Medium)

Core Conditioning*

This class utilizes steps, free weights, elastic bands & tubing, as well as body weight, while challenging participants to develop total body and core strength. General fitness and balance are required. Participants must be able to get up and down off the floor (Level of difficulty: Medium to challenging)

Exercise for Life

This class is designed to enhance activities of daily living and meet the special needs of the older adult. The class is chair based, but includes some standing exercises. A gentle warm-up followed by various exercises using resistance bands, handheld weights and the participants own bodyweight are used to build muscular strength, endurance and improved balance. (Level of difficulty: Easy)

Flexibility Focus*

Start the day with energizing movements and breathing exercises that improve flexibility, balance, and mental focus. This class incorporates yoga and other mind-body techniques. (Level of difficulty: Easy to medium)

Interval Training*

Alternating between cardio and strength exercises, this class provides the best of both types of training in a manageable routine. Class also includes strengthening exercises for the abs and back, done on the floor. The class concludes with stretching. (Level of difficulty: Medium to challenging)

Longer Life

This class is designed to help the participants preserve and improve their quality of life through physical activity. Resistance bands, body weight, and hand weights are incorporated into this class to help build strength, endurance, and flexibility. The class can be done sitting or standing. (Level of difficulty: Easy to medium)

Lunch Crunch

Maximize your lunch break by fitting in a great cardio and strength workout. The class includes a warm-up, heart-pumping activity, and a cool-down. (Level of difficulty: Medium to challenging)

Pilates*

This class teaches awareness of breath and alignment of the spine, and strengthens the deep torso muscles. For those who have had previous Pilates (or a comparable) experience. (Level of difficulty: Medium to challenging)

Qigong

Meditation, physical movement, mind-body integration, and breathing exercises are incorporated in this class that helps cleanse the body of toxins, restore energy, and reduce stress & anxiety. (Level of difficulty: Easy)

Steady on Your Feet

For those that are concerned about their balance or who might have fallen in the past. Address balance challenges while standing or walking, stretching, and strengthening of key balance muscles.

Total Body Workout*

Turn on the music and the high energy in this one-hour class that includes an energizing aerobic workout and strengthening segment. Come prepared for a variety of challenges as hand weights, steps, resistance bands, balls, and foam rollers are incorporated into this fun and effective workout. (Level of difficulty: Medium to challenging)

*For classes that incorporate floor exercises, please bring a mat or towel.

Castle Medical Center
Wellness & Lifestyle Medicine



Wellness & Lifestyle Medicine Center
642 'Ulukahiki Street, Suite 105
Kailua, Hawai'i 96734
Tel: 808-263-5050 Fax: 808-263-5054
CMCWellness@ah.org