





**Franciscan**

**OMNI HEALTH & FITNESS**

810 Michael Drive  
Chesterton, IN 46304

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Effective: January 9th--March

Revised Date: 1-05-2012

## Land Exercise Classes

### **Piloxing: 45 minutes**

Boxing, Pilates and sassy dance moves all rolled into one great workout. Class will alternate from standing core work, boxing moves and sleek sultry dance moves. Powerful and playful.

### **Bootcamp Blast: 45 minutes**

Did somebody say burpees? Come ready to work hard. Burpees, push-ups, lunges, jump squats and many more dynamic moves to get your heart pumping and calories burned.

### **Sit and Strength: 45 minutes**

During this class, there are chairs for you to sit in while you strengthen your body with weights and band work. This is a great way to help your body without all of the impact on your joints.

### **Butts & Guts: 30 minutes**

This is a 30-minute strengthening class to tighten all those trouble spots. A variety of equipment will be used to tone and tighten the abs and lower body.

### **Instructor's Choice: 45 minutes**

This class is a variety class where each instructor brings something different; step, cardio drumming, kickboxing, strength, Power Yoga or bootcamp.

Come see which great workout the instructor has in store for you.

### **Strength -n- Balance: 45 minutes**

This class will help improve your strength, balance, flexibility, & gait patterns. Although this class specializes in members 50+, it is open to anyone wishing to improve strength, balance & stability.

### **Chi Balance: 45minutes**

This is a beginner class, which focuses on balance, breath-work, & relaxation for maximum energy (Chi) and health. Appropriate for all ages. Wear loose clothes.

### **ChiMovement: 45 minutes**

Class will focus on slow moving meditation with emphasis on Chi (Energy) awareness and meditation.

### **Total Body Conditioning (TBC): 45 minutes**

Upbeat, fast-paced class that focuses on total body conditioning. Class uses a variety of equipment designed to target all muscle groups. Muscle stamina, strength and endurance are top priority with a touch of balance and stability.

### **Yoga Moves: 45 minutes**

This class guides you through a series of yoga postures to improve muscle stamina and flexibility. Focus in this class is on the MTS (modify to suit) philosophy. Appropriate for all fitness levels.

### **Yoga Flow: 60 minutes**

Increase flexibility and muscle stamina through flowing yoga poses. Class also focuses on breath work and relaxation incorporating the mind, body and spirit for overall strength and wellness. Appropriate for all fitness levels.

### **NIA: 75 minutes**

Nia creatively integrates movements, concepts & philosophies from both Western and Eastern traditions. Benefits of this specialty class include cardiovascular conditioning, flexibility, strength, balance, relaxation & endurance. Last 15 min. is for meditation and relaxation.

### **ZUMBA: 45-60 minutes**

Ditch the workout and join the PARTY. Get your cardio workout with latin dance moves and fun atmosphere. This class is upbeat and nonstop movement. Go bust a move!!

### **Hyper Kick: 60minutes**

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. You strike, punch, kick and kata your way through calories to superior cardio fitness.

### **60 Second SWEAT: 30 minutes**

This class is made up of 60 second intervals involving cardio and plyometrics with little rest between sets. Participants are encouraged to work at their own pace with guidance and motivation provided by instructor. Challenge yourself!

### **ZUMBA Gold: 45 minutes**

This class still uses all of the latin music, just less jumping, twists and turns. So come join the party!!

### **Tabata Time : 45minutes**

All exercises are timed intervals. Give it all you got for 20-30 seconds, rest and repeat. A total body workout geared to increase muscular endurance and strength. Energize your metabolic system with this fun approach to fitness.

## Aqua Exercise Classes

### **Hydro Strength: 45 minutes**

This class is a gentle way to strengthen each muscle group without the bounce. Different equipment and muscle control is used throughout the class. Great class for those looking to build strength in an aqua environment.

### **Early Splash: 50 minutes**

High intensity water aerobics that is gentle on the joints. This class will get that heart pumpin' and leave you feeling ready to face the day's challenges. All fitness levels welcome.

### **Aqua Flex: 45 minutes**

Join our Certified Arthritis Aqua Instructor for a water warm experience that will focus on balance, range of motion and strength. This class is gentle and great for beginners, especially those with arthritis.

### **Aqua Flow: 45 minutes**

This is a gentle-based class that helps get the body moving! Increase your range of motion and ability to move with low impact aerobic moves, stretches, and low resistance strength exercises in the warm water pool.

### **Total Body Worx: 60 minutes**

This energetic cardio class uses the dynamic properties of water to generate a fun and challenging workout. This class employs a full array of aqua equipment for a blast of interval training combining cardio and strength.

### **Aqua ZUMBA: 60 minutes**

Ditch the workout and join the dance party in the WATER. Cardio-based workout with Latin dance moves. This class is lots of fun, high energy, great cardio and easy on the joints. Come make some waves!

### **H2O Challenge: 45 minutes**

This class uses a variety of equipment for each muscle group. Focus on increasing muscle stamina, cardiovascular improvement and maximizing your workout efforts in a gentle environment.

### **Deep H2O: 50 minutes**

This class will be held in the deep end of the pool involving float belts, weights and noodles. Very gentle on joints and a great full body workout.

### Private/Group Swim Lessons:

Designated lessons will be held on Wednesday and Friday evenings as well as Saturday midmorning for ages 3 to 11 years. A DHWI Water Safety Instructor (WSI) accompanies all classes. This is a fee-based class and you can pick up registration forms at the front desk.

## Spin Classes

**Rise and Ride:** Early risers need fun too! Come sprint, jump, and climb with us. Great music, instructor and workout to start your day off BRIGHT and early.

**Speedy Spin:** Energetic spinning from start to finish. High intensity riding that will challenge you and leave you feeling excited about your efforts and workout.

**Pedal Pushers:** Join the journey and joy of riding. Tough climbs, fast sprints combined with a song on the scenic route provides for an adventure and great workout. Be inspired.

**Spikey Spin:** Mix it up with some different moves and challenges each week in this class. Upbeat music and instruction to help you pedal your way through a healthier lifestyle.

**Cruisin' Crushers:** Come enjoy the ride. Class consists of unique music and spin moves to get your legs moving and your heart pumping filled with climbs, sprints and intervals to maximize workout.

**Crank it Up:** Don't be afraid to turn the knob. This class is about challenging yourself to crank up the resistance and intensity on your spin bike. The instructor wants to know "Can you work just a little bit harder?"

**\*Orphan Spin:** This class is designed to come and practice your best moves. There will not be an instructor teaching, music will be provided, but everyone pushes each other to reach their limit!

### Spinning Policy

Due to the popularity of the class and limited number of bikes available, you must sign-up for the class at the front desk, in person, no sooner than 30 minutes prior to the start of class. If you do not have a number, you will not be allowed to spin. It is **highly recommended** that everyone stays hydrated throughout class. This is for your own safety and well being. Come and enjoy the experience.

### Walk-in Policy

*All classes, except fee based, are conducted on a walk-in basis. However, for your safety and the courtesy of the other class participants, you will be discouraged from participating in the class if you arrive after the first five minutes.*