



## Wellness Programming

### Prenatal and Post Natal Simply Strength

This specialized class includes resistance band training, free-weights, and functional training that will make you stronger for delivery and help contribute to a quicker “bounce-back” post delivery. Have more energy during and after pregnancy!

**Physician Approval is required when starting this program.**

### Prenatal Yoga/Yoga for Flexibility

This is an all level Yoga class that explores the full range of yoga positions. Emphasis is placed on improving balance and flexibility in all area muscle groups. Participants are challenged physically while simultaneously achieving a meditative state. Modifications are made for our pre and post natal students.

### Stroller Babyfit

This is a class that combines strength, cardio, and spending time with your baby! Through the use resistance bands, the resistance of your baby, and the resistance of a stroller, we will form a toned, fit new you!

### Cardiac Rehab Phase IV

The Phase IV program is designed for individuals at high risk of, or has a history of, cardiac disease. The program combines cardiovascular and light resistance training to strengthen your body as a whole, with an emphasis on strengthening your heart!

**Physician Approval is required when starting this program.**

### Wellness 180

**Phase I-** Initial 8-week monitored program designed to help you develop a healthier lifestyle based upon your needs. Phase one is heavily focused on cardiovascular health and fitness. The class consists of 45 minutes of heart rate monitored cardio and 15 minutes of warm-up and cool-down.

**Phase II-** After successful completion of Phase I, this 8 week program keeps you moving in the right direction. You will receive continued education and supervision with our professional staff. Phase II includes education and programming of the Cybex equipment along with continued cardiovascular health.

**Phase III-** Keep on track toward a healthier you with a strategic 16 week group exercise program.

**Phase II-** 16 week Team Training one day a week with a personalized exercise program for each individual in the program 1 time a month. This final phase of Wellness 180 will keep you in your top physical condition for life.

**Physician Approval is required when starting this program.**



# Wellness Programming

November 1<sup>st</sup>, 2011 - January 1<sup>st</sup>, 2012

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## MONDAY

8:00-9:00am	Phase IV Cardiac Rehab	Amanda
3:45pm-4:45pm	Wellness 180 Phase I/II/III	Jennifer/Amanda
5:00-6:00pm	Wellness 180 Phase I/II/III	Jennifer/Amanda

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## TUESDAY

6:00-7:00am	Wellness 180 Phase I/II	Amanda
9:30-10:30am	Wellness 180 Phase I/II	Jennifer/Amanda
10:30-11:30am	Wellness 180 Phase III	Jennifer/Amanda

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## WEDNESDAY

8:00-9:00am	Phase IV Cardiac Rehab	Jennie
3:45pm-4:45pm	Wellness 180 Phase I/II/III	Jennifer/Amanda
5:00-6:00pm	Wellness 180 Phase I/II/III	Jennifer/Amanda
6:00-7:00pm	Pre/Post Natal Simply Strength	Amanda

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## THURSDAY

6:00-7:00am	Wellness 180 Phase I	Amanda
8:30-9:30am	Wellness 180 Phase II/III/IV	Amanda
9:30-10:30am	Wellness 180 Phase I/II	Jennifer/Amanda
10:30-11:30am	Wellness 180 Phase III	Jennifer/Amanda
1:30-2:30pm	Therapeutic Yoga	Fiona

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## FRIDAY

8:00-9:00am	Phase IV Cardiac Rehab	Amanda
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## SATURDAY

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## SUNDAY

11:30-12:30	Pre and Post Natal Pilates	Rachael
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