






# January 2011 Highlights



**The Center for Health + Wellness**  
 www.tchw.org • 417 East Johnson Street • (910) 596-5400



<p>Looking for a childcare solution when school is out for the day...then consider <b>Kids Camp</b> Jan. 17 8:00am-5:00pm          Limited to 12 participants (age 5-12)          \$20/child for members          \$25/child for non-members          Please bring a bag lunch.          Morning &amp; afternoon snacks will be provided.          Don't forget to bring a swimsuit and towel!</p> 		<p><b>Fitness Tip:</b> 3 Simple Ways to Keep Energy Levels Up</p> <ol style="list-style-type: none"> <li>1. Eat smaller meals/snacks every 3-4 hours to help balance blood sugar.</li> <li>2. Include complex carbs (such as whole grains and fruits) plus protein in your meals/snacks. These digest slowly and leave you feeling full longer.</li> <li>3. Drink more water. Most people feel sluggish when they are dehydrated.            Check out our Facebook site for more tips!</li> </ol>
<p>Get Ready for the <b>Sampson County Super Sprint Triathlon</b> on March 12  <u>Information Sessions</u>          Jan. 10 5:30pm-7:00pm          Jan. 20 5:30pm-7:00pm          **Register for the triathlon at <a href="http://www.fsseries.com">www.fsseries.com</a>          **Swim Clinics available by request, see Dameon for more information</p> 		<p><b>Massage Therapy</b>          Make it your New Year's resolution to improve your health through regular massage.          **To schedule an appointment or for more info**          Call Trinity @ 910-916-0289          *If you have an old gift certificate purchased from the Wellness Center, Trinity will redeem them.</p>
<p><b>Women's Health Series</b>          "Urinary Incontinence"          Jan. 17 at 6:30pm with Dr. Reagan in the classroom</p>		<p><b>Swim Lessons</b>  <u>Jan 11-27 (Tues &amp; Thurs)</u>          3-5 yr olds 3:30pm-4:00pm                            6:30pm-7:00pm          6-10 yr olds 7:00pm-7:30pm           Children-\$35 members/\$50 non-members          Register at the front desk (596-5400).          Payment must be made upon registration.</p>
<p><b>Sleep Apnea</b>          Support Group          Jan. 25 at 6:00pm in the classroom</p>	<p><b>Sugar Buddies</b>          Diabetic Support Group          Jan. 4 at 6:30pm in the classroom</p>	<p>Family Time Hours  <b>Pool/Basketball/Racquetball</b>          Tuesday, Thursday, Friday 2pm-4pm          Saturday 12pm-2pm          &amp; Sunday 1pm-4pm  <b>Pool Only</b>          Thursday 7:15-8:30pm &amp;          Friday 5:30-7:30pm</p>
<p>Health Education Classes          Controlling Diabetes          Weight Loss          Wednesday's at 9am in the classroom          Register at the front desk or call 596-5400</p>		<p>Is your child interested in joining the <b>swim team</b>? If so, please contact Dameon Jones at 596-5412 for more information.</p>
<p>Reserve your birthday pool party for January/February          Call Lynn @ 596-5400</p> 		

HOURS OF OPERATION	
MONDAY-THURSDAY	5:30AM-9:30PM
FRIDAY	5:30AM-8:00PM
SATURDAY	7:00AM-2:00PM
SUNDAY	1:00PM-5:00PM

PLAYCENTER HOURS	
MONDAY & WEDNESDAY	3:30PM-7:30PM
MONDAY-WEDNESDAY	8:00AM-11:00AM

# Who's Teaching What? Jan 3 - Jan 8, 2011

Please note January changes:

Early Bird Spin - Tuesday, 5:30 am (come on in and get on back to the Spin Room)

Evening Power Plunge (water) - Tuesday/Thursday 6:15 pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>Spin Studio</b>		5:30 - 6:15am Spinning				-
		Lisa				
<b>Group Fitness Studio</b>	8 - 9 am Cardio/Strength	8:15 - 9:00am Spin	8 - 9:30 am Cardio/Strength + core 30/30/30	8 - 9 am STEP	8:15 - 9:00am Spin	
	Robin	Janice		Nancy	Janice	
	9 - 10 am YOGA	9 - 10 am LineDancing	Yvonne	9 - 10 am YOGA		
	Robin	Becky		Nancy		
	10:30 - 11:30 Zumba Gold Debra		10:30 - 11:30 Zumba Gold Debra			
<b>POOL</b>	9:15 - 10 am Power Plunge		9:15 - 10 am Power Plunge		9:15 - 10 am Power Plunge	
	Susan		Susan		Susan	
<b>Therapy Pool</b>	10:15 - 11 am WarmWater		10:15 - 11 am WarmWater		10:15 - 11 am WarmWater	
	Susan		Susan		Susan	
<b>Studio</b>		4:30 - 5:30 pm Fat Burner		4:30 - 5:30 pm Fat Burner		
		Christine		Christine		
<b>Spin Studio</b>	5:30 - 6:15 pm Spinning		5:30 - 6:15 pm Spinning		<b>Please note changes:</b>  <b>Early Bird Spin!</b> <b>Tuesdays, 5:30 am</b>  <b>Evening Water Classes</b> <b>Tuesday/Thursday</b> <b>6:30 pm</b>	
	Nancy		Tonya			
<b>Group Fitness Studio</b>	5:30 - 6:30 pm ZUMBA	5:30 - 6:30 pm YOGA	5:30 - 6:30 pm ZUMBA	5:30 - 6:30 pm YOGA		
	Elizabeth	Heather	Elizabeth	Lisa		
<b>Group Fitness Studio</b>	6:30 - 7:30 pm STEP Express	6:30 - 7:30 pm Strength/Tone	6:30 - 7:30pm Cardio-MAX	6:30 - 7:30 pm Strength/Tone		
	Yvonne	Nancy	Eric	Lisa		
<b>POOL</b>		6:15 - 7 pm PowerPlunge		6:15 - 7 pm PowerPlunge		
		Jan		Jan		

# January 2011

This schedule runs thru January 31, 2010.

Please see weekly "Who's Teaching What" for schedule details.

## NEW with the Classes!

Early Bird SPIN – Tuesdays only, 5:30 am – 6:15 am

(Just a little shake-up to see if we can create more early morning interest in the class)

Evening Power Plunge classes now offered Tuesday and Thursday!

Even though it is NOT a class, it may look like one! There is a group of fitness enthusiasts who gather in the aerobics room at 5:30 am for intense (some might say "insane") video workouts. All are welcome! Alfredo DiPinto has been kind enough to share his resources.

Again, anyone is welcome to join in.

## Class Descriptions

**30/30 (Cardio/Strength)** – 30 minutes each of cardio (step or hi/low) & strength (weights, bands, bars, balls—what ever the instructor chooses!) High intensity

**30/30/30 (Cardio/Strength/Core)** – add 30 minutes more of core training (abs/gluts, legs—mat work) to 30 minutes of Cardio and 30 minutes of strength. High intensity

**Step** – Challenging cardio class—choreographed on the bench, ends with a few minutes of Ab work and a quick but relaxing cool down. High intensity

**Fat Burner** – A variety of formats—step, hi/lo, bands, balls—keep it fun. Moderate intensity

**Yoga** – Increases flexibility and strength – and soothes your soul. Low intensity

**Strength or Strength-n-tone** – It's high-intensity strength-training with cardio work for real results. We'll use weights, bands, bars, balls – whatever!

**Zumba** – Easy-to-follow latin-type dance steps. Fun and addictive! Moderate Intensity

**Zumba Gold** is a little slower paced! Low intensity

**Line Dancing** – Easy-to-follow dances. Low Intensity

**Instructor's Choice** – any of the above, definitely worth your while. Moderate intensity.

**SPIN** – A high energy, non-impact indoor bicycle ride – integrates music, camaraderie and fun.

**Power Plunge** – In the swimming pool – High energy, minimal impact! A great way to improve cardiovascular fitness and muscle tone – Safe for all fitness levels, swimming skills are not needed.

**Warm Water Class** – In the warm water therapy pool – Please note free swim times, also.

Slow, rhythmic movements help improve strength, balance and range of motion. Also helps relieve discomfort caused by hip, knee, or back problems, arthritis, and fibromyalgia.