

Get-Fit Classes at Hangtime Sports

April 13 – May 21, 2009

Participate in unlimited Get-Fit classes at Hangtime Sports for one low fee. The schedule below allows you to mix classes to experiment and achieve total body fitness. Hangtime classes are supervised by certified health care professionals from MidMichigan Medical Center–Midland’s Rehabilitation Services. Our Get-Fit program is designed to help you achieve your personal fitness goals. Not sure where to start? Ask about our Personal Fitness Coaching for one-on-one appointments.

Unlimited classes: \$95 for 6 weeks (10% discount for members of the Physical Therapy & Fitness Center).

Punch cards now available – A card for 6 classes is \$45 and a card for 12 classes is \$70.

The drop-in fee is \$10 per class as space allows.

Space is limited so please register early!

	Monday	Tuesday	Wednesday	Thursday
Circuit Training	3:30-4:30 p.m.			5:30-6:30 p.m.
Dow Race Training (April 14 – June 2)		5-6 p.m.		
Pilates-Yoga Fusion		6:30-7:30 p.m.		6:30-7:30 p.m.
SilverSneakers®	10:30-11:15 a.m.		10:30-11:15 a.m.	10:30-11:15 a.m.
Yoga for Wellness	5:15-6:15 p.m.		5:15-6:15 p.m.	

Circuit Training– This class has all the variety you need to stay motivated. We’ll combine strength training, cardio and core exercises to challenge your body each class.

Dow Race Training – This is an 8-week class in preparation for the Dow Run/Walk. You can attend as part of our get-fit classes or enroll in just this class series for \$25. If you use our punch cards you can attend the 8-week session for only 3 punches!

Pilates-Yoga Fusion – A fun, unique blend of traditional pilates and yoga exercises formulated to maximize tone, strength and flexibility of the entire body. No prior experience required.

SilverSneakers® – Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance and a chair is used for seated and/or standing support. **This class is open to all as part of our Get fit program, and at no cost to current SilverSneakers members.**

Yoga for Wellness – This class is designed to introduce beginners to the basics of yoga. This safe style will combine movement with breathing techniques while emphasizing proper body alignment. Increases strength, tone and flexibility and assists in reducing stress.

For more information or to register, please contact the
Physical Therapy & Fitness Center at Hangtime Sports at **(989) 837-7290**.

MidMichigan
Medical Center
Midland

Physical Therapy & Fitness
at Hangtime Sports
1321 East Wackerly
Midland, Michigan 48640
Phone (989) 837-7290
HangtimePT@midmichigan.org