

Get-Fit Classes at Hangtime Sports

September 14 – October 23, 2009

November 2 – December 18, 2009

Participate in a variety of 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		5:30-6:30 p.m.		5:30-6:30 p.m.
Mat Pilates		6:30-7:30 p.m.		6:30-7:30 p.m.
Happy Feet			5:15-6 p.m.	
Pilates-Yoga Fusion	6-7 p.m.		6-7 p.m.	
SilverSneakers®	10:30-11:15 a.m.		10:30-11:15 a.m.	10:30-11:15 a.m.

Please note, there will be no classes the week of November 23.

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.

Mat Pilates – Pilates movements stretch and strengthen the body without stressing the joints. Benefits include toned abdominals, improved posture, muscular control, increased circulation and tension relief.

Happy Feet – This class is designed for runners and walkers of all levels of experience. It will be held outside (weather permitting) progressing with time and distance. Use this class to prepare for a 5 or 10K run or walk, or just to help to improve your overall endurance and fitness.

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.**

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

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