

## Small Group Personal Training Programs

Dedicated to Excellence  
&  
Committed to You

Our Small Group Personal Training Programs give you the expertise of our Nationally Certified Training Staff at the **MOST ECONOMICAL** price.

Utilize the hottest training methods and implements to achieve your goals. Small group training allows greater focus and attention to specific needs.

For more information please call:

**At Naperville:**  
Jen Alberto (630) 646-5927  
Rob Baranowski (630) 646-5924

**At Seven Bridges:**  
Carol Teteak (630) 646-7920

### To Register for a Fitness or Personal Training Program

**Seven Bridges:**  
Jenny Ibrahim  
(630) 646-7913 jibrahim@edward.org  
**Naperville:**  
Toni Kadera  
(630) 646-5917 tkadera@edward.org

ON-LINE: [www.eehealth.org/fitness-classes](http://www.eehealth.org/fitness-classes)

### Registration Policies

Fitness and Personal Training Programs are subject to minimums/maximums, instructor/location changes, and/or cancellation at supervisor's discretion. To ensure that we do not mistakenly cancel classes that appear to not meet our minimum numbers, **please register at least 3 days prior to the start of program.** There will be no make-up classes unless EEHF cancels a class due to a holiday, instructor absence or building issue. Refunds are only given for medical reasons and require a doctor's note.

## SHOCKWAVE & SeniorSHOCKWAVE

Extreme cross-training at its best, SHOCKWAVE is a high-intensity training (HIT) program that challenges cardio, strength and core in **only 30 minutes!** Utilizing the WaterRower GX machine it offers the most unique workout **allowing max effort with minimal impact!** This fun, fast-paced, 4-station circuit can improve every system in your body providing the most benefits in the least amount of time! Experience SHOCKWAVE and you will understand why it is dubbed as the most efficient total-body workout! **Cost based on min. 5 participants; quad pricing available.**

**At Seven Bridges: 4 WEEK SUMMER SHOCKERS** (30 min. class)  
(Classes held in Personal Training Institute)

**Sunday 8:30am w/Denise**  
**Monday 6:00pm w/Sharon**  
**Wednesday 9:00am w/Sharon or 6:00pm w/Denise**  
**Thursday 9:00am w/Denise**  
**Friday 8:45am w/Denise**

**Senior SHOCKWAVE (Active 55+)**  
**Monday 11:30am w/Sharon**  
**Wednesday 11:30am w/Sharon**

**At Naperville: 4 WEEK SUMMER SHOCKERS** (30 min. class)  
(Classes held on Mezzanine)

**Monday 7:30am w/Brittany, 9:30am w/Heather or 5:00pm w/Thomas**  
**Thursday 12:00pm w/John**  
**Friday 9:30am w/Heather or 12:00pm w/John**  
**Saturday 8:00am w/Brittany**

July 11 - Aug. 6, 2016 Aug. 8 - Sept. 3, 2016

**Fee: Member \$32.00 1 day/wk; \$64.00 2 days/wk**  
**Non-Member: \$42.00 1 day/wk; \$84.00 2 days/wk**

## Super SHOCKWAVE: Kettlebell Edition

The added element of traditional Kettlebell movements allows improvement in muscular endurance, maximal strength, explosive power and aerobic capacity! Not recommended for beginners. **Cost based on min. 5 participants; quad pricing available.**

**At Seven Bridges: 4 WEEK SUMMER SHOCKERS** (45 min. class)  
(Class held in Personal Training Room)

**Saturday 9:00 - 9:45am w/Dan**  
June 4 - 25, 2016 July 9 - 30, 2016 Aug. 6 - 27, 2016

**Fee: Member \$48.00 1 day/wk**  
**Non-Member: \$63.00 1 day/wk**

## Super SHOCKWAVE: Boot Camp Edition

Think your workout can't be challenging AND fun?? You'll see with our Boot Camp Edition! Cardio on the WaterRower with your strength and core training outside. Come ready for the weather and ready to work hard. **Cost based on min. 5 participants; quad pricing available.**

**At Naperville: 4 WEEK SUMMER SHOCKERS** (45 min. class)  
(Class held on Mezzanine and outside)

**Wednesday 8:30 - 9:15am w/Renee**  
July 13 - Aug. 3, 2016 Aug. 10 - 31, 2016

**Fee: Member \$48.00 1 day/wk**  
**Non-Member: \$63.00 1 day/wk**

## RunSMART

*What your body needs besides running!* Are weakness, injury or inexperience are holding you back from reaching your endurance event goals? With 25+ years of fitness and 29 marathons behind her, Laurie Lasseter (Certified Personal Trainer & RRCA Running Coach) has created a proven format to **aid in improving running efficiency while reducing the risk of common ailments** such as plantar fasciitis, knee & IT band pain, shin splints and low back issues. **Train smart...run more! Cost based on min. 5 participants; trio and quad pricing available.**

**At Seven Bridges:** 6 week sessions (1 hour class)  
(Class held in Aerobic Studio)

**Saturday 12:30 - 1:30pm**

June 11 - July 30, 2016\* Aug. 6 - Sept. 17, 2016\*\*  
\*NO CLASS 7/2 OR 7/23 \*\*NO CLASS 9/10

**Fee: Member: \$96.00 1 day/wk**  
**Non-member: \$126.00 1 day/wk**

## Functional Sport Assessment (FSA)

Our Functional Sport Assessment allows observation of body sites commonly prone to injury in youth & teen athletes throughout a series of movement & performance tests. Structural and functional status is reported along with Training Recommendations. Assessment Profile can include the following and is based on needs of the sport:

- Posture & Movement
- Core Stability
- Power, Speed, Agility & Quickness
- Cardiovascular

**At Seven Bridges:**  
Call or e-mail to schedule your FSA today:  
**630-646-7920**  
[carol.teteak@eehealth.org](mailto:carol.teteak@eehealth.org)

**Fee: All Athletes Up to 18yrs \$40.00**

## Teen Summer School Special

Help keep your kids active! Join this after-school exercise program! Enjoy exercise and your journey to a healthy weight. This circuit class includes a group warm-up, cool-down and flexibility exercise. Ages 12+ Please contact Jen Alberto at (630) 646-5927 for more information.

**At Naperville:** 8 week Session  
**Tues. and Thurs. 3:30 - 4:30pm**

Jun. 7—Jul. 28, 2016 Aug. 9—Sept. 29, 2016

**Fee: Participant Member: \$32.00 Non-member: \$77.00**  
**Supporter Member: \$16.00 Non-member: \$39.00**

## Hard Core For Men

Join John DePasquale as he takes you through the ultimate workout! Excuses are for people who don't want it bad enough. Take the CHALLENGE, unleash the BEAST!

**At Naperville:** 8 week sessions

**Mon. and Wed. 6:00 - 7:00am**

Jun. 6—Jul. 27, 2016 Aug. 8—Sept 28, 2016

## Parkinson's Cycle

**EHFC 7Bridges stays ahead of the pack with our Parkinson's Cycle program!** The program follows the parameters of a recent Cleveland Clinic study and incorporates them into an indoor cycle class. Connie Truesdale, veteran Personal Trainer and certified cycle instructor, will perform an initial assessment on each participant then lead the class through a gradual cardiovascular progression on the bike. Increase in brain activity and reduction in symptoms have been revealed after performing the required RPM's (rotations per minute) and cycling protocols.

**At Seven Bridges:** 12 week session (1 hour class)  
(Class held in Spin Studio)

**Tues. and/or Thurs. 10:00 - 11:00am**

June 28 - Sept. 15, 2016 Sept. 20 - Dec. 15, 2016\*  
\*NO CLASS 11/22 & 11/24

**Fee: Member: \$76.00 1 day/wk**  
**Non-Member: \$190.00 1 day/wk**  
NOTE: SAVE 10% WHEN YOU SIGN UP FOR BOTH DAYS!

## Delay the Disease® Exercise for Parkinson's

This unique and specialized fitness program will empower those with Parkinson's to incorporate exercise into their weekly routine to help **counteract and delay the symptoms** of the disease and **enhance their quality of life!** Join Connie Truesdale, Delay the Disease® Exercise Specialist and Certified Personal Trainer, as she leads you through this **research-based** program.

**At Seven Bridges:** 12 week session (45 minute class)  
(Classes held in Aerobic Studio)

**BEGINNER/INTERMEDIATE CLASS** (for new/less mobile participants)  
**Tuesday 12:30 - 1:15pm**

**ADVANCED CLASS** (for more functionally active and mobile participants)  
**Wednesday 11:45 - 12:30pm**

June 28 - Sept. 14, 2016 Sept. 19 - Dec. 14, 2016\*  
\*NO CLASS 11/22 & 11/23

**Fee: Member: \$57.00 1 day/wk**  
**Non-member: \$142.50 1 day/wk**

## Healthy Motion Exercise for Parkinson's

Improve how well you move by thinking bigger is better! Enhance your motor performance (*i.e. balance, coordination, gait and trunk mobility & strength*) with exercises that promote **bigger** movement patterns in our proven **Health Motion** program. Begin with a series of seated and standing active stretches, move into weight-shifting exercises then on to larger, more exaggerated motion-based combinations...some which **may include vocal challenges to improve speech!** Research shows this distinct approach can boost the quality and speed of motion used in every-day life activities for those with PD as well as seniors and other special populations. The movement patterns can be multi-directional and provide a cardiovascular aspect for improved overall health.

**At Seven Bridges:** 12 week session (45 minute class)  
(Class held in Aerobic Studio)

**Wednesday 12:30 - 1:15pm**

June 29 - Sept. 14 Sept. 21 - Dec. 14, 2016\*  
\*NO CLASS 11/23

**Fee: Member: \$57.00 1 day/wk**  
**Non-member: \$142.50 1 day/wk**

# Free Fitness Services

## Fitness Profile

This assessment is a great way to establish your baseline fitness level. Your 60 minute appointment includes:

- Health history review
- Resting heart rate and blood pressure
- Height and weight measurement
- Body composition measurement
- Flexibility test
- Strength test
- Cardiovascular endurance test

## Senior Profile

Another great way to establish your baseline fitness level, this specialized 60 minute appointment includes:

- Health history review
- Resting heart rate and blood pressure
- Mobility and balance assessment
- Age appropriate strength and endurance assessment
- Exercise prescription based on test results

## Teen Orientation

A requirement for all new teen members aged 12—15, this is the best way to get acquainted with our facilities:

- Club rules and etiquette explained
- Orientation to cardio and strength machines
- Basic program design based on teen's goals

## Equipment Orientation

Let our Fitness Specialists help get you acquainted with our Cardio and Strength equipment. During this 60 minute appointment, you will get:

- Health history review
- Resting and target heart rate calculation
- One-on-one equipment orientation
- Individualized exercise program based on your Fitness Profile results and personal goals

**Stop by or call the Fitness Office to make your appointment for any service mentioned above!**

Seven Bridges: (630) 646-7921 or Naperville: (630) 646-5926

## Nutrition Orientation

Do you have questions about what and/or how often you should be eating? Learn the basics of nutrition and different food groups. This half hour consultation includes food log analysis, modifications for a healthy lifestyle, an overview of common nutritional plans, and individualized dietary recommendations for specific weight management.

### At Naperville:

By appointment only; contact Brittany Smith or Mary Bielawski at 630-646-5926.

## Refresh and Progress at Naperville

A free class for those looking to “refresh and progress” with their workouts. This is a chance to add variety to a stale workout routine. Re-learn some of our new equipment and make sure your machine settings are correct. This is a 60 minute class with 3-4 participants.

## Tweak Week at 7Bridges

If your current exercise routine isn't producing the results it used to, it's time to mix things up. Let our fitness experts tweak your workout to help get you back in business! Schedule your FREE 15-minute, one-on-one appointment during the first full week of every month at the Fitness Consultation Office.

## Lectures and Workshops

The world of health & fitness is constantly progressing and can sometimes be hard to keep up with. We will help put things into perspective by bringing you up-to-date information during our monthly lecture and workshop series offered at both facilities. **See Fitness Office & individual flyers for more details.** Sign up at the Fitness Office.

**At Seven Bridges:** 30-60 minutes  
*Edward Educates*

**At Naperville:** 30-60 minutes  
*Fit Mind Workshops*

# Fitness Services & Programs

## Cholesterol Screening

Take the first step toward lowering your risk for heart disease - know what your cholesterol levels are! This screening is performed using a simple finger stick and no fasting is required. As part of this screening, you will also get your blood sugar (glucose) tested. Walk-ups are welcome anytime OR you can sign-up during any Cholesterol Screening Week at either facility:

**At Seven Bridges:** See Fitness Office for details  
**Naperville:** See Fitness Office for details

**Fee: Members: \$20.00 Non-Members: \$25.00**

## Metabolic Rate Testing at 7Bridges

Stop guessing how many calories you should eat everyday to aid in reaching your health and wellness goals! We can give you exact numbers using hospital-based technology. The Resting Metabolic Rate Test (RMR) measures how much oxygen your body uses in 10 minutes to calculate the amount of energy (calories) you burn during rest. Your unique results are explained and a printout is given for your convenience. To schedule an appointment stop by or call the Fitness Consultation Office at 630-646-7921.

### At Seven Bridges:

PRIOR TO TEST: No exercise or caffeine and at least 4 hours of fasting are recommended

**Fee: First Test: Member: \$40.00 Non-member: \$65.00  
Re-Test: Member: \$28.00 Non-member: \$53.00**

## Diabetes Exercise

This **8-week** class is designed specifically for Type 2 diabetics. Participants will receive education materials as well as support from other class participants and instructors. The class emphasizes glucose control through 30 minutes of cardiovascular exercise and strength training. See Fitness Department for more information.

**At Naperville:** 8 week sessions; 2 times/week

**Mon./Wed. 9:00 - 10:00am**  
**Tues./Thurs. 4:30 - 5:30pm**

Jun. 6—Jul. 28, 2016 Aug. 8—Sept. 29, 2016

**At Seven Bridges:** 8 week sessions; 2 times/week

**Tues./Thurs. 11:00 - 12:00pm OR 6:00 - 7:00pm**

June 28 - Aug. 18, 2016 Aug. 23 - Oct. 13, 2016  
Oct. 18 - Dec. 15, 2016 (NO CLASS 11/22 & 11/24)

**Fee: Participant Member: \$32.00 Non-member: \$77.00**  
**Supporter Member: \$16.00 Non-member: \$39.00**

## Back on Track

This **8-week** class is designed to work with the treatment and management of cancer by enhancing aerobic capacity, muscular strength and flexibility. Individuals progress at their own pace. Physician recommendation is required. Please contact Jen Alberto at (630) 646-5927 for more information.

**At Naperville:** 8 week sessions; 2 times/week.

**Mon./Wed. 5:30 - 6:30pm**  
**Tues./Thurs. 11:00am—12:00 pm or 6:00—7:00pm**

Jul. 25—Sept. 15, 2016 Sept. 26—Nov. 17, 2016

**Fee: Participant Member: \$32.00 Non-member: \$77.00**  
**Supporter Member: \$16.00 Non-member: \$39.00**

## Cholesterol Healthercise

This **8-week** class is designed to improve your cholesterol levels through education and exercise. Whether you have already been diagnosed with high cholesterol or are trying to prevent it, exercise is a necessary weapon in the fight against dyslipidemia and heart disease. Please contact Jen Alberto at (630) 646-5927 for more information.

**At Naperville:** 8 week sessions; 2 times/week.

**Mon./Wed. 4:00 - 5:00pm**

Jul. 25—Sept. 14, 2016 Sept. 26—Nov. 16, 2016

**Fee: Participant Member: \$32.00 Non-member: \$77.00**  
**Supporter Member: \$16.00 Non-member: \$39.00**

### Fitness Department Contact Information

**Seven Bridges:**  
Fitness Office—(630) 646-7921  
Fitness Coord.—(630) 646-7920 carol.teteak@eehealth.org  
**Naperville:**  
Fitness Office—(630) 646-5926  
Fitness Supervisor—(630) 646-5927 jalberto@edward.org  
Fitness Coord.—(630) 646-5924 rbaranowski@edward.org

# Fitness Programming

Free Services,  
Fitness Programming  
&  
Small Group Personal Training

Summer 2016

**Edward-Elmhurst**  
HEALTH & FITNESS