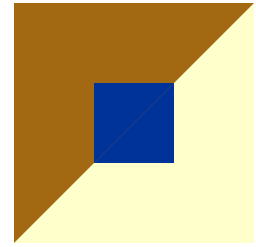


# AULTMAN ORRVILLE SPORTS & WELLNESS



365 S. Crown Hill Rd, Orrville, Ohio 44667 330-684-4732

## 2014 FALL CLASSES: October-December

### GROUP EXERCISE :

**T.E.A.M. Training** (Together Everyone Achieves More) is a boot camp style class for intermediate/advanced exercisers who are looking for a group setting to encourage and challenge each other to higher levels of health & wellness. The class format includes group training work and individual workouts to meet each person's specific goals/needs.

*Tuesday & Thursday 5:30—6:15pm*  
*Wednesday & Friday 9:15—10:00am*  
*Saturday 9:15-10:00am*  
*Members: \$10 per month*  
*Non-Members: \$30 per month*

**Fit, Fun, & Functional Class** is for individuals 60 & older who wish to improve strength, endurance, flexibility, mobility, and balance. The goal is to be functionally fit for activities of daily living and/or recreational activities. Using a group setting, participants can encourage one another and challenge themselves based on their ability. Individual exercise time is also included to meet each participant's needs.

*Tuesday and Thursday 9:00-9:45am*  
*Members: \$10 per month*  
*Non-Members: \$30 per month*

### CLINICAL EXERCISE :

**Breaking The Pain Chain (Arthritis Foundation)** is a designed program for people who want to be an active participant in their arthritis management. The goal of the program is to empower participants to effectively manage their arthritis and related chronic pain through the understanding of the different types of arthritis and the effect of pain on the physical, emotional, and social aspects of life.

*Thursday (4 Week Session) 10:00am-12:00pm*  
*Oct. 30, Nov. 6, 13, 20*

*Program Cost: \$40*

**Preregistration is required (deadline 10/23/14).**

Call the Arthritis Foundation to register at 216-285-2836 or 800-245-2275 ext. 6416.

**Understanding Stress Management & Exercise** is a weekly class focused on education, exercise, and hands-on activities to help with stress management. The goal of the program is to understand how the body responds to stress and learn tools and resources to help manage stress and promote a healthy lifestyle.

*Monday (6 Week Session) 5:30-6:25pm*  
*Nov. 3, 10, 17, 24, Dec 1, 8*

*Members: \$30 per session*

*Non-Members: \$75 per session (includes 6 wk. Membership)*

**All classes are held at Aultman Orrville Sports and Wellness.  
For registration, please see a staff member or call (330)-684-4732.**

**Don't delay, space is limited. Call to sign up today!**