

# member update

## BORGESS HEALTH & FITNESS CENTER

# Go Green With BHFC e-Newsletter!



### **Fitness Center Hours**

*Open seven days a week*

Monday–Friday,  
5:30 a.m. to 9:30 p.m.

Saturday, 7 a.m. to 6 p.m.

Sunday, 9 a.m. to 4 p.m.

Holidays vary (hours  
posted at front desk)

Stay up to date on all facility programs, services, news and more with the new BHFC e-News Update. Inside each edition you will find important information about holiday hours, schedules, upcoming programs and services, offers for free stuff, and much more to help you make the most of your BHFC membership.

The e-News Update will replace the mailing of Member Update, reducing paper waste and allowing for more timely communication. Members are encouraged to verify their e-mail addresses with the front desk to ensure prompt delivery of these important member communications. A limited number of printed copies of each e-News Update will be available at the front desk for members not able to access e-mail. An electronic link to each edition will also be available at [fitness.borgess.com](http://fitness.borgess.com).

## **Annual Facility Maintenance**

The fitness areas of BHFC will be closed for annual maintenance August 17 through August 22, 2009. On Saturday, August 22, the facility will reopen at 7 a.m. It is necessary to close the fitness areas during this time due to maintenance-related chemicals used for some projects. However, some aquatic classes and open swim times will be offered in the clinical therapy pool and reciprocal membership privileges will be extended at the YMCA during the five days of closure. A schedule of open swim times and details regarding YMCA privileges will be available at the front desk beginning August 6.

## **Look Inside For Links To Facility Information**

Inside this final edition of Member Update, BHFC members will find reference tools for common questions about membership services, programs and more. If you've ever wondered how you can measure your fitness progress, find a new activity that's right for you, sign up for a class, get help staying on track or get started with personal training, this is the reference tool that will help you make the most of your BHFC membership.

## **Member Appreciation Week**

BHFC members will be honored with a week-long celebration of good health September 14-19. Special programs, services, giveaways, refreshments and more will be available to members free of charge during the celebration.



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# Attention Members

## Free Stuff!

Your BHFC membership is packed with freebies for everyone. Here are just a few of the extra benefits available to members free of charge:

- Wireless Internet is available in all public areas on the lower level of the facility. Bring your own laptop or other wireless, Internet-capable device and surf away!
- Blood pressure checks are available during all hours of operation on the fitness floor. Members may use the equipment to check their own blood pressure or request the assistance of a Fitness Specialist. See the fitness desk to get started.
- Members may bring one guest free of charge to exercise with them on their birthday. See the front desk for details.
- Children under age 16 may exercise free with their parents or grandparents during designated Family & Friends times on the lower level. See the front desk for details.



## For Seniors

Seniors are special at BHFC with programs and services for all ability levels and physical limitations. Make the most of your exercise time with these three tips:

- Try free-to-member classes like Back On Track, Aquatic Functional Fitness or Movement Improvement that allow participants to work at their own level and achieve individual health goals. Pick up a schedule of all the free-to-member classes at the front desk or visit [fitness.borgess.com](http://fitness.borgess.com) for a complete listing.
- Sign up for specialty classes, such as Tai Chi, Joints in Motion or Chair Yoga to add variety to your exercise time. Registration and a complete listing of current classes are available 24 hours a day, seven days a week at [wellness.borgess.com](http://wellness.borgess.com) or by phone at 226.8135. Handouts for all upcoming classes are also available at the information kiosk in the lobby on the lower level.
- Contact Senior Program Coordinator, Kristi Piper, at 552.2358 for guidance in choosing exercises that are right for you.

## In The Pool



With three pools, there's fun and fitness for everyone in the water. Whether you enjoy exercising in cool or warm water, you're just starting out, or you're looking for a challenging workout, there's a class that's right for you. Try:

- Free-to-member classes like Deep Water Exercise and All Out Cardio for a challenging water workout or Easy Does It and Just My Speed for self-paced exercise at your level. You could also consider classes like Pilates/Yoga in the pool. This class uses the buoyancy of water to maximize the benefits of traditional Pilates and Yoga movements. A complete listing of all the free-to-member aquatic classes is available at the front desk or at [fitness.borgess.com](http://fitness.borgess.com).
- Classes that address specific conditions like Joints in Motion or Water Exercise For Daily Living. Registration and a complete listing of current classes are available 24 hours a day, seven days a week at [wellness.borgess.com](http://wellness.borgess.com) or by phone at 226.8135. Handouts for all upcoming classes are also available at the information kiosk in the lobby on the lower level.
- Private swim lessons or Aquatic Personal Training. Whether you're a beginner or more advanced, we have an instructor to address your health goals. Call 552.2342 to schedule a lesson or receive more information about any aquatic program.

## Group Exercise

More than machines and weights, group exercise classes provide motivation and excitement for all ability levels. Some of the many free options for our members include:

- High-energy classes like Step, Hi-Low Aerobics or Cardio Challenge. These classes provide a fast-paced, challenging workout. You can also work out at your own level with a customized class like Total Body Conditioning.
- Active Yoga, Mild Yoga, Pilates and Synergy allow participants at all ability levels to build core strength and flexibility. Add targeted classes like All Ball and Guts & Butts to focus on problem areas and take your workout down to the floor.
- For superior calorie burning, try Spinning. Participants in this fun, fast-paced biking class can burn up to 600 calories in just 40 minutes! A variety of classes are offered in the air-conditioned privacy of the Spin Studio.

For details on all of these group exercise classes, pick up a schedule at the front desk or visit [fitness.borgess.com](http://fitness.borgess.com).



## Fitness and Training

Expert guidance and tools to measure your progress are readily available on the fitness floor. To make the most of your time, consider one of these services:



- If you're uncertain how to use a machine or perform a particular exercise, or you're looking for a suggestion to change up your exercise routine, Fitness Specialists are available to help free of charge.
- If you've been working on your own for a while and aren't happy with the results, try the one-on-one expert guidance of a Personal Trainer. Individual hours or a discounted package of hours are available for purchase.
- Body-composition analysis and non-fasting cholesterol tests are valuable tools to periodically measure your progress toward specific health goals. Both can be scheduled at any time with a Fitness Specialist for a nominal fee.

See how a Fitness Specialist can help you reach your goals. Stop by the fitness desk or call 552.2251.

## Massage, Skin Care and More

Borgess Integrative Medicine offers a wide variety of standard and specialty massage services, as well as Elina Herbal Skin Care products and services, hypnotherapy, acupuncture, naturopathy and colon hydrotherapy.

Visit [integrative.borgess.com](http://integrative.borgess.com) or call 552.2282 for more information.

## Weight Loss & Nutrition Counseling

Whether you're struggling to lose weight or seeking to improve your health through better nutrition we have the expert guidance to assist you toward your goal.

### Eating Coach

With group or individual sessions available, an Eating Coach can teach you how to eat mindfully for natural weight control. Call 552.2358 for more information and pricing.

### Nutrition Counseling

From managing your weight to lowering your cholesterol or learning about heart disease risk factors, our registered dietitian has the information you need to achieve your health goals. Call 552.2200 to learn more.

### Fitness from All Angles

Offered periodically throughout the year, this motivational group weight loss program will give you the guidance and support you need to succeed. For additional information, call 552.2251.



**BORGESS**

Health &  
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3025 Gull Road  
Kalamazoo, MI 49048

269.552.BFIT (2348)  
wellness.borgess.com

PRST STD  
U.S. Postage  
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Kalamazoo, MI  
Permit No. 844

## Member Resource Center

Front Desk . . . . . 552.2348  
*(racquetball reservations, membership questions, lost and found, general facility information, and changes to hours of operation or schedules)*

Fitness Desk . . . . . 552.2251  
*(schedule appointments with trainers, ask fitness questions and schedule a body composition or non-fasting cholesterol test)*

Accounting . . . . . 552.2304  
*(questions about membership accounts, changes to billing account, membership leaves and payment over the phone)*

Stay `n Play . . . . . 552.2370  
*(schedule reservations for child care up to one week in advance)*

Pool Wall Phone . . . . . 552.2345  
*(schedule a make-up time for group lessons)*

Pool Coordinator . . . . . 552.2342  
*(schedule private swim lessons, reserve the pool for a party, and questions about adult aquatics and youth programs)*

Senior Program Coordinator . . . . . 552.2358  
*(assistance for seniors in choosing the right activities)*

Group Exercise Coordinator . . . . . 552.2343  
*(comments and suggestions regarding group exercise classes)*

The Professionals at Borgess . . . . . 226.8135 or  
**wellness.borgess.com**  
*(register for classes 24 hours a day, seven days a week)*

Borgess Integrative Medicine . . . . . 552.2282  
*(massage, skin care, acupuncture, naturopathy, hypnotherapy, and colon hydrotherapy information and appointments)*

Weight-Loss Programs . . . . . 552.2358  
*(Eating Coach individual and group training)*

Medical Services . . . . . 552.2200 or  
**fitness.borgess.com**  
*(nutritional counseling and fasting cholesterol testing)*



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