#### Greetings friends!

Welcome to *Health for the Holidays*! We hope this program will make your holiday season a healthy, happy and joyous time for you and your loved ones.

This incentive program will be very individual. Each person makes goals in each of four areas of importance. Fitness, Nutrition, Stress Reduction and Social Health. Each of these areas is equally important for overall health. There is a log form included with this information. Each week use a different pyramid to keep track of goals and follow your progress. Put a mark in each area as you meet the goal for that week. You can make it as colorful as you want. Use stickers, markers or stamps make it your own. You can also use the "Goals" magnet incentive award to keep track of your goals.

We can all relate to the person who makes great fitness goals only to have their stress level go through the roof in December and then the fitness goals don't seem all that important. So try to make goals in each area. Some of us will already be strong in one area or another. So our goals in that area may be small or minor with more ambitious goals in an area that we know we need more work in.

Each area is symbolized by a different level of the pyramid. You may notice that Fitness is at the bottom followed by Nutrition, Stress

Jane Schroeder, RD Aimee Schneiderhan, RD Oneida Community Health Center 920-869-2711, ext 4829 Management and Social Health at the top. This will help to remind you that some aspects are more important than others. Maybe important is too strong of a word but I think that we try all year long to be good at remembering our health in regards to Fitness and Nutrition but our Stress goes up at the holiday time and Social commitments are part of the season also. The bottom sections of the pyramid are larger than the section closer to the top. Remind yourself of this as you set goals and make your way through the season and this program.

Each week we will send you a newsletter with helpful information, ideas, recipes and sample goals. Use it to make your own goals or use the goal suggestions. You can have the same goal every week in an area if you want or make new goals each week.

We suggest you take a few minutes each week to refocus and recenter yourself for the coming week. You can do this at any time that is best for you but make it a routine and part of you habit. Some people even find it works better to start or end their day with a moment of reflection. Use whatever tools work for you.

At the end of the program, send us your log form to qualify for the incentive prizes. Other information will be sent to you in the weekly newsletter so make sure you look it over each week. Good Luck!



Great Gift Ideas for That Special Someone...

'Workout clothes
'Tuition for a healthy cooking class
'Gift certificate for ballroom or swing dance
'Meditation video, book or CD



# Place of the Week -Neville Public Museum

Art, history and science exhibits, plus special events and educational programs. Take the family to "Bright Blades and Cold Steel", a exciting new exhibit about metallurgy and weapons. 210 Museum Place, Green Bay; 448-4460. Open Tuesday - Sunday with suggested donation of \$3.00 per adult and \$2.00 per child.

Spinach Dip

1 package (10 ounces) frozen
chopped spinach, thawed,
squeezed dry

2 cups nonfat sour cream
½ cup nonfat or reduced fat
mayonnaise

1 can (8 ounces) water chestnuts,
chopped
½ cup thinly diced green onions or
scallions

1 package (1½ ounces) dry
vegetable soup mix

Combine the ingredients in a large bowl. Transfer the dip to a serving dish, cover and chill for several hours. Serve with raw vegetables and whole grain crackers, or use as a filling for finger sandwiches or hollowed-out cherry tomatoes. Yields 4 cups

Nutrition information per tablespoon - 13 calories, O mg cholesterol, O grams fat, O.2 grams fiber, O.7 grams protein and 52 mg sodium.



Survival Tip #1
Start planning the menu for
Thanksgiving dinner and let everyone
know what they are bringing.
Thanksgiving is a potluck meal by
tradition so ease the work and share
the fun.

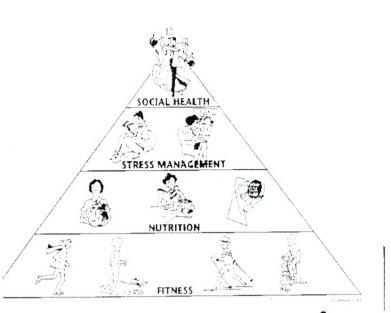
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# HEALTH FOR THE HOLIDAYS NEWSLETTER

WEEK 1

Building your Holiday Health Pyramid

Congratulations on your decision to join us in Health For The Holidays. Take a few minutes to plan your week of activities. Commit to one fitness, one nutrition, one stress management and one social health activity during the week. Below you will find some helpful suggestions or you can make up your own goal. It's okay to do more than one activity from each category, but be certain to follow through with your plans to



complete the pyramid. Once you've selected your activities for the week, write them in down on the space provided below. Try to be specific about the details of your activity for even a deeper commitment.

#### Fitness

- Walk as far and as fast as comfortable before work, lunch, or after work.
- Perform yard or housework for20 minutes or more
- Visit a local park with hiking trails and go for a 30 minute hike
- Do 15 minutes of stretching and calisthenics before bed

Your Commitment:				

#### Nutrition

- Eat 2 4 servings of fruit
- Try a new vegetable
- Drink at least 6 cups of water
- Try a low-fat recipe
- Your Commitment:\_\_\_\_

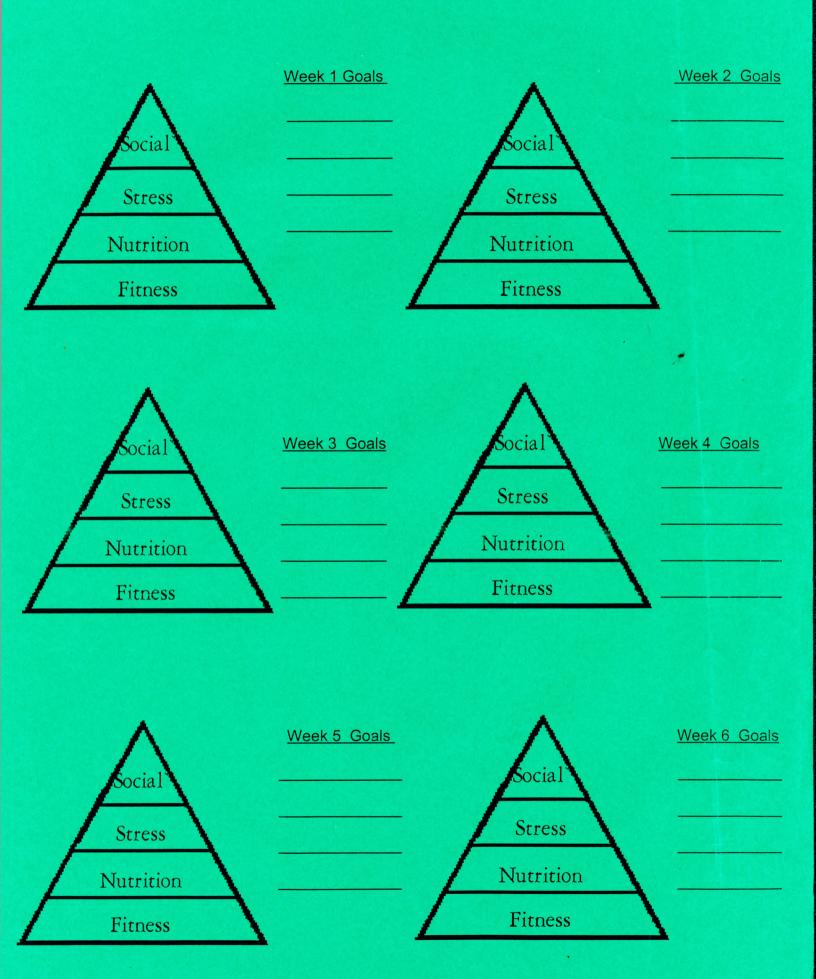
#### Stress Management

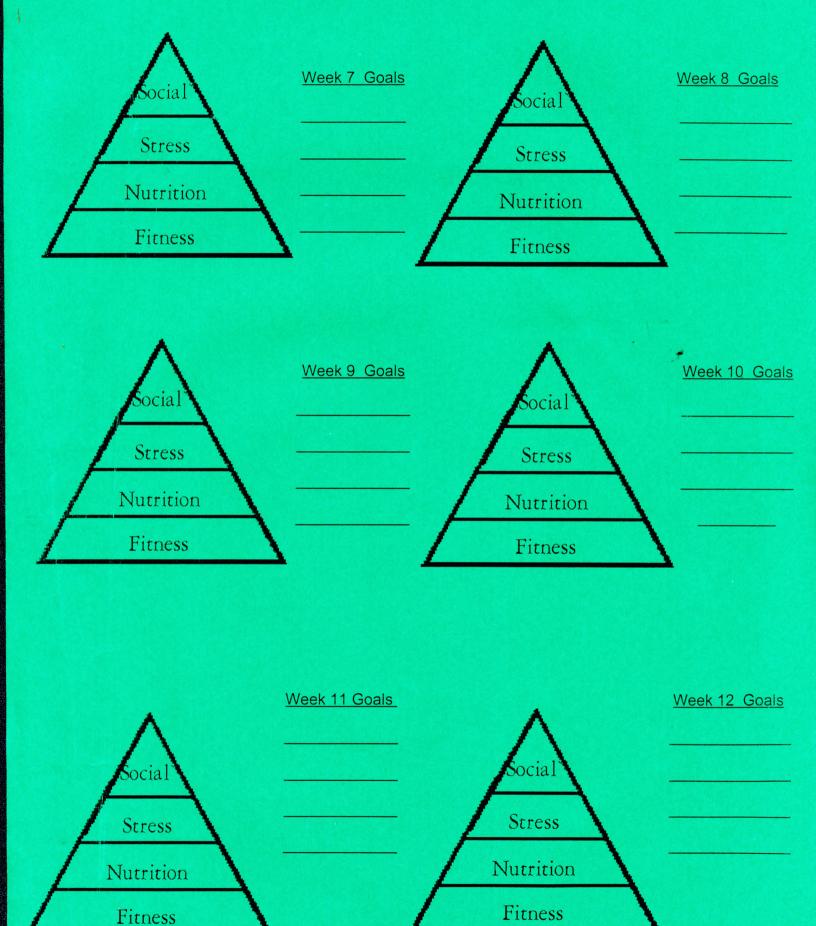
- Arrive at work an hour early to get organized
- Start a saving account for major purchases instead of buying on credit
- Perform a least-favorite task first
- Make enough food for left-overs
- Your Commitment:\_\_\_\_

#### Social

- Start/update a family scrapbook
- Send flowers to a friend or family member
- Write a letter to parents, grandparents
- Volunteer for a community event
- Your Commitment:

# ★ Health for the Holidays Log Form ★





Fitness

Social Health - write a letter - volunteer - do a favor - smile

Thanks for joining Health for the Holidays! Enclosed is your signup incentive gift. You can use it as a reminder of your goals for the week, put an inspirational thought up where you can see it, or for anything you want. Some people may want to keep one goal list at work and one at home. This magnet can help in either place. Please call us if you have any questions or if there is anything we can do for you. Have a Healthy Day!

Jane & Aimee Oneida Community Health Center 920-869-2711

Fitness - walk for 20 minutes - park at the far end of the parking lot - stretch

DIABETES

ONEIDA COMMUNITY

HENLIN GENTER

Stress Management - organize a little every day

Nutrition - make a shopping list - eat fruit - drink more water - limit caffeine

Weekly Goal

# HEALTHWORKS



FITNESS CENTER

2640 West Point Rd., Green Bay, WI 54304, (920) 490-3730

# -TAILOR-MADE TRAINING-

An opportunity to discuss plateaus and receive a new workout program from a Wellness Specialist.

## \*DO YOU NEED ANOTHER ORIENTATION INVOLVING DIFFERENT **EXERCISE EQUIPMENT?**

If so, Healthworks advises you to take advantage of what our knowledgeable staff can offer!



Tailor-Made Training is a 30 minute appointment with a trainer. A new program will be designed for you and will include:

- \*Proper safety and technique demonstrated
- \*Seat adjustments
- \*Appropriate weight for your training

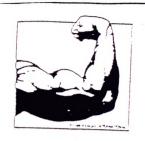
We recommend to receive Tailor-Made Training every 5-6weeks.

"In order to create change, you must make change!" Tailor-Made Training can do just that!

#### Interested?

Visit Healthworks to schedule an appointment to meet with a Trainer today! Fee Required- only \$10.00! Limit 1 appointment per month per member.

\*Effective September 7th. 1999\*



FITNESS CENTER



2640 West Point Road, Green Bay, (920)490-3730

# PERSONAL TRAINING

"ONE on ONE" training with a certified trainer.

# Experience the benefits for YOURSELF!

OUR CERTIFIED AND PROFESSIONAL STAFF ARE KNOWLEDGEABLE IN THE EXERCISE FIELD AND ARE EAGERLY AWAITING TO HELP YOU OBTAIN YOUR FITNESS GOALS!

### WHETHER IT'S FOR: GENERAL CONDITIONING

\*Tone Muscles/Increase Metabolism

\*Decrease stress

\*Increase flexibility

\*Increase your energy level

\*Increase your cardiovascular fitness level \*Improve overall physical fitness

#### ADVANCED TRAINING

#### PERSONAL TRAINING CAN BENEFIT YOU!

WHETHER IT'S GENERAL OR ADVANCED TRAINING YOU WANT, PERSONAL TRAINING CAN HELP YOU BE SUCCESSFUL!

#### Prices

1 Hour Session

\$30.00

\*5-1 Hour Sessions \$125.00

\*10-1Hour Sessions \$200.00

\*Packages include one free fitness assessment and nutritional analysis\* \*\*Please see the Personal Training Binder at the front desk for policy and procedures\*\* \*Effective: September 7, 1999\*

### O N E I D A HEALTHWORKS



2640 West Point Rd., Green Bay, WI 54304, (920) 490-3730

### ASSESS YOUR FITNESS LEVEL!!

A Fitness Assessment measures the major components of physical fitness, to include:

Resting Blood pressure, Body Weight, Body Composition, Flexibility, Muscular Strength, and Cardiovascular Fitness.

An assessment provides many benefits:

- -assesses your current fitness level by identifying your strong/weak areas
- -assists in establishing goals,
- -keeps you motivated,
- -to evaluate your progress,

We recommend scheduling an assessment every 3 months. See the prices below for details. Components may also be assessed separately. Appointments can be made at our reception desk. Please allow 45 min. for your appointment. Note: Please Limit caffeine consumption 1 hour prior to your appointment. Also, wear comfortable clothing and exercise shoes.

-----PRICES-----

A fitness Assessment is available at the following cost:

Fitness Assessment	\$20.00
Each Component:	
Body Fat Analysis	\$5.00
Flexibility	\$5.00
Cardiovascular Fitness	\$5.00
Muscular Strength	\$5.00



# ATTENTION!!!...

THE ROPES AND CHALLENGE
COURSE WILL NOW BE OPEN
WEDNESDAY NIGHTS FROM 4:30
TO 7:00 PM.

THE COST IS \$7.00 PER PERSON.

PARTICIPANTS HAVE TO SIGN

UP AT THE FRONT DESK BY 8PM

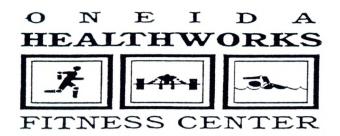
TUESDAY NIGHT TO

PARTICIPATE IN WEDNESDAYS

CLIMB.

MAXIMUM 5 PEOPLE PER NIGHT.

FIRST CLIMB WEDNESDAY, JULY



#### Hours of Operation:

Weekdays 6:00 a.m. - 9:00 p.m. Weekend hours are seasonal 2640 West Point Road, Green Bay, WI 54304 Telephone: (920)490-3730 Fax: (920)490-3899

"Oneida Healthworks Fitness Center is dedicated to providing quality fitness programs and professional services to improve the health and wellness of all ages of people of the Oneida Nation for the next seven generations."

Oneida Healthworks is a corporate fitness facility that has been established to meet the needs of the people of the Oneida Nation. Memberships are available for: Oneida Members, Oneida Employees (to include spouses and children), other Tribal Affiliations, and the General Public.

#### **AMENITIES**

Swimming Pool
Indoor Track
Gymnasium
Strength Equipment
Cardiovascular Equipment
Separate Free-Weight Area
Certified Aerobic Instructors
Certified Personal Trainers
Certified Athletic Trainers
Towel Rental Service
Fitness Apparel
Beverage/Supplements
Outdoor Ropes Course
Cardio Theater
Family Activity Room

#### **PROGRAMS**

Aqua Classes/Swim Lessons/Laps
Walking/Running Classes
Intramural Court Sports
Aerobic/Step/Resistance Classes
Indoor Cycling Classes
Tae Kwon Do/Self Defense Classes
Cardio Karate Classes
Elder Fitness Programs
Kids Fitness Programs
Nutritional Advisement
Fitness Assessments
Personal Training Services
Youth Programs
Recreational Climbing

Interested in our Services/Programs?

Program schedules are available at the reception desk.

#### Enrollment

Membership applications are located at the reception desk. Memberships can be paid by cash, check, credit card or electronic funds transfer (EFT). Oneida Employees may deduct their membership cost weekly through payroll deduction. Forms are available at Healthworks.

#### Fitness Assessment

An assessment includes: resting blood pressure, body weight, body composition, flexibility, muscular strength, and cardiovascular fitness. From this assessment, your progress can be monitored and realistic goals can be established.

If interested, schedule an appointment at the reception desk.

Cost of complete fitness assessment is \$20.00, or \$5.00 for each component.

Please allow 45 minutes for your appointment.

#### Equipment Orientation

Healthworks Staff strongly recommend that members receive an orientation of the equipment. Orientations include: how to set and use the equipment properly, a description of the muscles being used, how and when to increase the resistance, and any safety precautions. If interested, schedule an appointment at the reception desk.

Please allow 45 minutes for your orientation. No fee for this service.

#### Personal Training Service

Certified Personal Trainers are available to assist you with your specific needs. If you desire a more one-on-one approach or need additional motivation, schedule an appointment with one of our trainers at the reception desk.

This service requires an additional cost.

#### Tailor Made Training Service

If you would like your exercise routine (program) redesigned to achieve greater results, then tailor made training is for you. For a minimal fee, a trainer will meet with you to review your current exercise program and assess the necessary changes you need to make. Please schedule your 30 minute training appointment at the reception desk.

#### Healthworks Corporate Membership Rates:

Oneida Member/Employee....\$ 50.00 per year (14 years of age and up)
(Spouse included).....\$ 50.00 per year
Other Tribal Affiliation.....\$140.00 per year
Oneida/Employee Family .....\$100.00 per year
(Children 14-17 years of age)
Oneida/Employee Youth......\$2.00 per year
(Children ages 13 and under)
Oneida/Employee Elder Family. ...\$75.00 per year
Oneida/Employee College Student....\$10.00 per yr.

#### Healthworks General Membership Rates:

General Public....\$350.00 per year
General (Married Couple).....\$475.00 per year
General Family..... \$525.00 per year
(Children 14-17 years of age)
General Public.....\$225.00 per 6 months
General Public.....\$125.00 per 3 months

\*Elders (over age 55)50% off the rate that applies.
\*Corporation Discount Rates available.

Healthworks adult memberships are available for people 14 years of age and older.



2640 West Point Road, Green Bay, WI 54304 (920) 490-3730

#### SUMMER PROGRAM SCHEDULE

(\*Effective June 1st through September 1st, 2000)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 -7:00 a.m.	Aqua Challenge (Teresa)	Step & Sculpt (Rotation)	Aqua Challenge (Teresa)	Cardio Karate (Rotation)	Aqua Challenge (Teresa)
9:00 - 10:00 a.m.		Escrima Weapon (Kevin)			Escrima Weapon (Kevin)
9:15 - 10:00 a.m.	Elder Pool (Teresa)	Fit-4-Kidz (3-6 yrs.) (Rotation)	Elder Strength (Nicole)	Elder Exercise (Rotation)	Fit-4-Kidz (3-6 yrs.) (Rotation)
10:00- 11:00 a.m.	The state of the s	Jiu Jitsu Ground Fighting (Kevin)			Jiu Jitsu Ground Fighting (Kevin)
10:15 -11:00 a.m.	Nice-N-Ez (Rotation) Studio  Ease Those Aches (Teresa) (Pool)	Water Ex (Teresa) Pool	Ez Step (Rotation) Studio  Ease Those Aches (Teresa) (Pool)	Water Ex (Teresa) Pool	Water Ex (Teresa) Pool
12:10-1:00 p.m.	Cardio Karate (Kevin)	Power Cycling (Nicole)	Step & Sculpt (Rotation)	Pure Intensity (Nicole)	Bodywalk & Lower Body Toning (Rotation)
5:00- 6:00 p.m.	TKD Beginners All Ages (Kevin)			TKD White/Yellow All Ages (Kevin)	
5:10 - 6:00 p.m. Studio 5:15 - 6:00 p.m. Pool		Cycle Challenge (Jeff)  Aqua Challenge (Teresa)	Cardio Karate (Kevin)	Step & Sculpt (Rotation)  Aqua Challenge (Seth)	Cardio Karate (Jeff)
6:00 - 7:00 p.m.	TKD (White/Yellow) (Kevin)		TKD All Levels/Ages (Kevin)	TKD (Green Belt & Above) All Ages (Kevin)	
7:00 - 8:00 p.m.	TKD (Green Belt & Above) (Kevin)		Escrima Weapon (Kevin)		

<sup>\*</sup>This program schedule is subject to change. Changes will be posted inside the facility prior to the change. If our class schedule does not meet your needs, we welcome your suggestions. Please fill out a form and place it in our suggestion box, located in our lobby area. See reverse side of schedule for class descriptions.

#### \*\*\*\*\*CLASS DESCRIPTIONS\*\*\*\*

AQUA CHALLENCE...This class is designed for individuals of all fitness levels. It consists of exercises performed in the water designed to challenge your cardiovascular systems and strengthen your upper & lower body. The class meets three times per week in the mornings and twice per week in the evenings. (Participants must be 14 yrs. or older).

ELDER POOL, STRENGTH, EXERCISE...Welcome elders!!! These classes are designed to provide our elder members with an enjoyable and balanced weekly exercise routine. On Mondays class meets in the pool to perform group exercise routines using resistance devices to stretch & strengthen your muscles; Wednesdays we walk on our indoor track, cycle and lift weights, and Thursdays we perform an aerobic dance and stretching routine in a group setting, to include chair exercises to improve range of motion/flexibility. Come join us from 9:15 - 10:00 a.m. for some exercising fun!

CYCLE CHALLENCE...This class is designed for individuals of all fitness levels. It is an indoor cycling class designed to challenge your cardiovascular systems and get your blood pumpin'. It is performed in a class room setting where the instructor is present to motivate you throughout your entire ride, taking you on pleasure trips along the way. Sign in, Limit = 13. Level II

NICE-N-EZ....This class is perfect for the "beginner" exerciser. It consists of lo-impact floor patterns, which are easy to follow. Toning exercises and/or weight sculpting are performed after the aerobic portion, followed by stretching. Modifications and alternative cues are given to suit your individual needs. You can be sure to enjoy this one! It'll really keep you movin'.

WATER EX...This class is designed for individuals of all fitness levels. The class format consists of strengthening and stretching exercises to improve flexibility and balance through full range of motion. The class meets three times a week for 45 minutes in the pool area. Participants will also receive great cardiovascular benefit and leave feeling rejuvenated! (Participants must be 14 years of age or older).

<u>EZ STEP</u>...This class is perfect for a beginning stepper. It consists of stepping up and down on the step platform consistently to music in a class setting. The instructor will instruct each move individually until participants can follow with ease before introducing another one. You will be sure to receive aerobic benefit and enjoyment in this easy to follow step class.

STEP & SCULPT...This class is designed to motivate participants to challenge themselves: physically, aerobically and mentally. Modifications are given throughout the class to meet the needs of all levels. Power, Strength, Balance, Coordination and Skill levels can be improved. Challenge yourself to get fit in this creative and rewarding class!

<u>POWER CYCLING...</u> This class is held over the noon hour, and is recommended for intermediate or advanced fitness participants. It is an indoor cycling class designed to condition your cardiovascular systems while providing you with enjoyment of traveling to far and near places. Cycling will be performed both in and out of the saddle, just like outdoor riding. (Limited to 13 participants, Sign in available at front desk) Level III (Intermediate to Advanced Cyclists)

<u>CARDIO KARATE</u>...This class meets on Mondays at noon, Thursday morning and Wednesday & Friday evenings. It is designed to motivate participants to challenge their cardiovascular systems while incorporating karate moves, i.e.: kicks, punches, agility drills, thus improving strength, skills, balance and flexibility. The instructor demonstrates proper form and technique throughout the class and provides participants with continuous feedback and motivation. This class is challenging for both men and women of all levels. (Sign in available at front desk, Limited to the first 22 participants).

<u>FIT-4-KIDZ...</u> This class meets on Tuesday mornings in the gymnasium for children ages 3-6 years. This is a staff supervised program and parents are welcome to workout at this time. The class consists of teaching the children the benefits of exercising properly, to include: warm-up, cardiovascular conditioning, muscular strength, cool-down, flexibility, and nutrition. Your children may learn more than you possibly know about exercising. It is a fun class that will exercise both their bodies and their minds.

<u>PURE INTENSITY</u>... If you enjoy pushin' yourself to the limit, you'll surely enjoy this pure intensity workout. This class involves maximizing your cardiovascular potential and muscular strength and endurance. Participants will perform a variety of intense exercises to include: walking/running (sprints), stair climbing, jumping rope, push-ups, sit-ups, etc. Tired of the same old thing? Challenge yourself to this newly designed workout for pure satisfaction.

MARTIAL ART CLASSES... (TKD, Escrima & Jiu Jitsu Ground Fighting) Additional cost/membership required, see Martial Art schedule for details. Instructor: Master Kevin Schoenebeck.



# 2640 West Point Rd. Green Bay, WI 54304 Phone 490-3730 Spring/Summer Pool Schedule

Effective July 1st, through September 2nd, 2000

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00 AM	AQUA CHALLENGE		AQUA CHALLENGE		AQUA CHALLENGE
7:00-7:30 AM	ADULT SWIM		ADULT SWIM		ADULT SWIM
7:30-9:00 AM					GROUP RENTAL
9:15-10:00 AM	ELDERS				LESSONS 9:30-10:00
10:15-11:00AM	EASE THOSE ACHES	WATER EX	EASE THOSE ACHES	WATER EX	WATER EX
11:00-12:00 AM	GROUP RENTAL	ADULT SWIM	GROUP RENTAL	ADULT SWIM	GROUP RENTAL
12:00-1:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00-4:00 PM	GROUP RENTAL	GROUP RENTAL	GROUP RENTAL	GROUP RENTAL	GROUP RENTAL
4:00-5:00 PM	LESSONS 4:15 -5:00	LESSONS 4:45-5:15	LESSONS 4:15 - 5:00	GROUP RENTAL	GROUP RENTAL
5:00-6:00 PM	LESSONS 5:00-5:45	AQUA 5:15-6:00 CHALLENGE	LESSONS 5:00-5:45	AQUA 5:15-6:00 CHALLENGE	FAMILY/REC Favorite toy hour
6:00-7:00 PM	FAMILY/REC	FAMILY/REC	FAMILY/REC	FAMILY/REC	FAMILY/REC
7:00-8:00 PM	FAMILY/REC	FAMILY/REC	FAMILY/REC	FAMILY/REC	GROUP RENTAL

ADULT SWIM: Ages 14 years and older. Choose activity: Lap Swim, Water Walking, or practice your strokes and skills

<u>REC/FAMILY SWIM</u>: Ages 6 months and older are welcome. All children under the age of 10 must be accompanied by an adult in the water. NO DIVING ALLOWED!

LAP SWIM: Restricted to 14 years and older. Swim laps only.

<u>AQUA CHALLENGE</u>: This class is designed for individuals of all fitness levels. It consists of movements in the water that will challenge your cardiovascular system and also tone and strengthen your upper and lower body (ages 14 and older).

<u>WATER EX</u>: This class is designed for individuals of all fitness levels. We will focus on strengthening, stretching, range of motion, and balance (ages 14 and older).

<u>EASE THOSE ACHES</u>: This is a special class for those individuals who suffer from arthritis or are just starting to exercise and need to ease back into an exercise program.

GROUP RENTAL: This time is available for group rentals, contact Teresa for more information 490-3730.

FAVORITE TOY HOUR: During this time you may bring a Clean pool toy from home to use in our pool. No Water Guns!

SWIM SUITS ARE REQUIRED FOR POOL USE. NO SHORTS! Boy's and Men's suits must have a lining.

HAIR THAT IS LONGER THAN SHOULDER LEVEL MUST BE TIED BACK! NO BOBBY PINS! THIS MEASURE IS BEING ENFORCED TO PREVENT MEMBERS FROM HAVING TO WEAR SWIMMING CAPS. PLEASE MAKE SURE THAT YOUR HAIR IS TIED SECURELY BEFORE ENTERING THE POOL.

LIFEGUARDS MAY ASK INDIVIDUALS TO LEAVE DUE TO UNSAFE SWIMMING SKILLS!

#### SWIMMING LESSONS July 3, Thru Sept. 2, 2000

Pre-School ALL LEVELS Tuesday 4:45-5:15 pm or Friday 9:30-10:00am

Parent-Tot Tuesday 4:45-5:15pm

Youth Level I & II Wednesday 5:00-5:45 pm

Youth Level III & IV Monday 4:15-5:00 pm

Youth Level V&VI Wednesday 4:15-5:00 pm

Adult All LEVELS Monday 5:00-5:45 pm

\*If the Class that you need is full please put your name on our waiting list. We will open up another class from this list if we are able to get an extra instructor. We also occasionally have spots that open up in a class due to cancellations. <u>Lessons are \$15.00 for Club members and \$25.00 for non club members.</u>

#### Things For You To Know

- ♦ All students must wear a Swimsuit. Men's and boy's suits must have a lining.
- Long hair needs to be tied back.
- We will be rotating class levels, so if you do not see the level that you need, please do not put your child in the next level, the correct level will be offered in the future.

  (Please feel free to offer suggestions of times and classes.)
- Classes are held twice a week for 4 weeks or once a week for 8 weeks.
- Pre-School Classes are for ages 3-6. Youth Classes are for ages 5-18. Adult Classes are for ages 16 and up. Parent Tot classes are for ages 6 months to 2 years.

\*\*UPDATES MAY BE MADE TO THIS SCHEDULE. CHANGES WILL BE POSTED INSIDE OUR FACILITY AND/OR NEW SCHEDULES WILL BE PUT OUT.

IF OUR POOL SCHEDULE DOES NOT MEET YOUR NEEDS WE WELCOME YOUR SUGGESTIONS.

PLEASE SEND ME A NOTE VIA E-MAIL (TERESA HOLSCHUH-SIEJA) OR PUT IT IN MY MAIL BOX (FRONT DESK FITNESS CENTER.) PLEASE CALL 490-3730 FOR ADDITIONAL INFORMATION.

<sup>\*</sup>Class dates reflect possible makeup dates.



2640 West Point Road, Green Bay, WI 54304 Telephone: (920) 490-3730 Fax: (920) 490-3899

# MARTIAL ARTS / SELF DEFENSE

## CHILDREN - WOMEN - MEN - ALL AGES

#### NEW SCHEDULE STARTING SEPTEMBER 21, 2000

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio kickboxing 12 noon to 1pm	9 to 10am. Escrima weapon class.	No Morning class	No Morning Class	9 to 10 am Eskrima Weapon Class.
5:00-6pm No class at this time.	10 to 11am. Jiu Jitsu groundfighting class.	5:10 to 6pm Cardio- Kickboxing	5 to 6 pm class. Beginners only · All Ages·	10 to 11am. Jiu Jitsu ground class.
6 to 7 pm White - Yellow Belts only. All Ages	No PM Class	6 to 7 pm. All Levels. All Ages.	6 to 7 pm. All belts, All Ages.	No PM Class
7 to 8 pm Green Belt and Above. All Ages	No PM Class	7 to 8 pm. Eskrima Weapon class.	7 to 8 pm. Jiu Jitsu Class.	No PM. Class

# FEES: 8- WEEK <u>BEGINNERS</u> SESSION: \$15.00 - FITNESS CENTER MEMBERS \$50.00 - NON-FITNESS CENTER MEMBERS

OTHER PRICING OPTIONS ARE: 3-Months -\$30.00 Healthworks members -\$90 -non members 6-Months - \$50 members - \$150 non members 1-Year - \$90 members - \$275 for non members

#### TAE KWON DO CLASS

The Tae Kwon Do class is a great physical exercise and a way an individual can develop self confidence, self discipline and respect for others. Tae Kwon Do uses hand and feet techniques in methods of self defense. This class is for men, women, and children, ages 5 and up. It can be a great family activity.

#### ESKRIMA CLASS

This class is very exciting for those people interested in studying weapons and weapon defense techniques.

The class provides the student with fundamental concepts and utilization of double sticks, single stick, hand to hand, and knife disarms are taught. An introduction into different styles of Eskrima are presented so that the student can get a better idea of the different opportunities he or she can explore. This class is for ages 12 and up.

#### JIU JITSU CLASS

This class is a physically demanding class which takes place on the mat. Its grappling techniques are the ultimate in self defense on the ground. The class is taught several positions on the ground for self defense. The class also covers submission holds and locks and counters to submission holds and locks. This class is for ages 12 and up.