

FITNESS CLASS SCHEDULE

Wellness & Lifestyle Medicine Center

Located on the grounds of the Castle Medical Center in the
Harry and Jeanette Weinberg Medical Plaza and Wellness Center, Suite 105

MON	TUES	WED	THURS	FRI
		Pilates 8:00-8:40 Eileen Towata		Dynamic Stretching 8:00-8:45 Cindy Carvalho
Functional Fitness 8:45-9:45 Cindy Carvalho	Better Bones 8:45-9:45 Eileen Towata	Core Conditioning 8:45-9:45 Cindy Carvalho		Functional Fitness 8:45-9:45 Cindy Carvalho
Longer Life 10:00-11:00 Cindy Carvalho	Build Your Balance 10:00-10:45 Eileen Towata	Longer Life 10:00-11:00 Cindy Carvalho		Longer Life 10:00-11:00 Cindy Carvalho
Lunch Crunch 11:30-12:00 Cindy Carvalho		Lunch Crunch 11:30-12:00 Cindy Carvalho		

All fees waived for CMC Associates. LivingWell points may be earned.

ALL classes and participants require pre-registration and a medical clearance may be deemed necessary. Please call 263-5050 for details.

Class size is limited. The Wellness Center reserves the right to cancel or change class at any time.

Fee: \$10/class or \$10/day, \$40/month, or \$100/quarter for classes

Castle Medical Center
Wellness & Lifestyle Medicine



Wellness & Lifestyle Medicine Center
642 'Ulukahiki Street, Suite 105
Kailua, Hawai'i 96734
Tel: 808-263-5050 Fax: 808-263-5054
cmcwellness@ah.org

Class Descriptions

Better Bones*

Weight-bearing and muscle- strengthening exercises are important for building and maintaining bone density. This class will include both types, as well as exercise to improve posture and assist in performing activities of daily living and biomechanically sound technique. Class includes floor work; participants must be able to transition up/down from the floor. **Level of difficulty: Medium.**

Health Tip: In addition to uncontrollable risk factors such as age, there are controllable risk factors such as activity level (National Osteoporosis Foundation). Choose an active lifestyle for better health, better bones.

Fact: More than 55% of Americans age 50+, women and men, have osteoporosis or are at risk for the disease.

Build Your Balance

This class focuses on increasing strength and improving balance. The majority of exercises are done standing and may include use of resistance bands, steps, and other equipment for progressive challenge. **Level of difficulty: Easy to medium.**

Health Tip: Health is not the only predictor of risk for falls. Environments that are cluttered and /or poorly illuminated, for example, pose significant risks for falling. (American College of Sports Medicine)

Fact: One in three older adults (age 65+) falls each year. (CDC)

Core Conditioning*

This class utilizes steps, free weights, elastic bands & tubing, as well as body weight, while challenging participants to develop total body and core strength. General fitness and balance are required. Participants must be able to get up and down off the floor. **Level of difficulty: Medium to challenging.**

Dynamic Stretching* (New)

Stretches that emphasize controlled movement and active tightening of muscles to move joints through their full range of motion. Focused on increasing blood flow through the joints and muscles and improving flexibility, joint range of motion, balance and activities of daily living. **Level of difficulty: Easy to medium.**

Health Tip: ACSM guidelines recommend that stretching activities be done at least two days per week. If you have lost some joint motion or feel stiff, range of motion or stretching activities should be done daily.

Fact: Benefits of stretching include: Increases in physical and mental relaxation, improved posture, and greater freedom of movement, release of muscle tension, reduction in muscle soreness and reduction in risk of injury. (ACE)

Functional Fitness* (Interval Training)

This class incorporates a variety of intervals using resistance tubing, dumbbells and one's own bodyweight to enhance strength, balance, agility, coordination and cardiovascular fitness to promote health and wellness. **Level of difficulty: Medium to challenging.**

Health Tip: Aerobic exercises stimulates the cardiovascular system which strengthens the heart, increases lung capacity, improves circulation, and helps maintain a healthy weight and blood pressure! (AHA)

Facts: Nearly 40% of individuals over the age of 55 do not participate in any leisure time activities. (AHA)

Longer Life

This class blends aerobic exercise to improve stamina, muscle strengthening and endurance exercise to support activities of daily living, balance exercises to reduce risk of falls, flexibility to maintain muscle balance, and relaxation for overall health for older adults of all fitness levels. **Level of difficulty: Easy**

Health Tip: The loss of strength and stamina is attributed to a reduction of physical level activity with age. Exercise can slow the loss of muscle due to inactivity and can help to rebuild muscle and bone mass. (AHA)

Facts: Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity. (CDC)
Active people with high blood pressure, high blood cholesterol and other diseases are less likely to prematurely die than inactive people with these conditions. (AHA)

Lunch Crunch*

Maximize your lunch break by fitting in a great cardio and strength workout. The class includes a warm-up, heart-pumping activity, and a cool-down. **Level of difficulty: Medium to challenging**

Pilates*

This class teaches awareness of breath and alignment of the spine, and strengthens the deep torso muscles. For those who have had previous Pilates (or a comparable) experience. **Level of difficulty: Medium to challenging**

*For classes that incorporate floor exercises, please bring a mat or towel.