

get motivated. get pumped. get going. get moving. get energy.

# get fit with Healthworks!

## featured classes

### Evening Nutrition Series

Wednesdays, 5:30 – 7:30 pm

April 5 – April 26

June 7 – June 28

Series includes four, two-hour classes. \$15/class or \$50 for complete four-class series for members; \$25/class or \$85 for four-class series for non-members.

new

### Swim & Trim

A 12-week aquatics and nutrition program designed for individuals with a body mass index > 25 or those 30 pounds or more greater than their recommended body weight. Combines low impact, low intensity aquatic exercise with nutrition education.

Mondays/Wednesdays

7:30 – 8:15 am

Summer Session: May 15 – August 2

Fall Session: August 21 – November 8

Cost: \$130

### Cooking Classes

Cost: \$30 per class

#### > Brunch Ideas

New, exciting and healthy brunch ideas will be featured in this demonstration-based class.

Tuesday, April 4

11:30 am – 1 pm

#### > Grilling & Chilling

Learn quick and easy recipes that make the most of fresh produce with a special emphasis on grilling from the garden.

Wednesday, May 17

4-6 pm

## get support.

WakeMed Rehab offers the following support groups and activities:

- CVA (Stroke) Support Group  
919-350-8845
- Brain Injury Support Group  
919-833-9634
- Spinal Cord Injury Support Group  
919-350-7087
- Club REACH  
919-350-2997
- Cardiac Rehab  
Stress Management  
919-350-8602

## get informed.

Call for registration and fee information.

919-350-8602



## spring programs

### Lecture Series free

One-hour lectures covering a variety of health, wellness, fitness and nutrition topics.

April 26: Urinary Incontinence, 8:30 – 9:30 am

May 24: Adapting Exercise for Special Conditions, Noon – 1 pm

### Nutrition Series

Wednesdays, 8:30 – 10:30 am

April 5 – April 26

May 17 – June 7

June 28 – July 26

Series includes four, two-hour classes. \$15/class or \$50 for complete four-class series for members; \$25/class or \$85 for four-class series for non-members.

### Power Diet

Perfect for those who can't take cholesterol medication or those wanting the most heart-protective food plan available.

Thursday, April 13 and April 20, 6-8 pm

WakeMed Cary Hospital

Thursday, June 8 and June 15, 6-8 pm

WakeMed Raleigh Campus

### Kids in Motion: Youth Fitness Class

12-week fitness program for children ages 6-11 in need of physical activity. Kids will engage in activities including sports, aerobics, games, light weightlifting and more, all in a non-competitive environment. Program includes education session on nutrition, exercise and health awareness.

April 17 – July 6

July 10 – September 28

6:30 – 7:30 pm

Participation options:

3 days per week: Monday/Tuesday/Thursday: \$160

2 days per week: Tuesday/Thursday: \$120

### Yoga

Tuesdays, May 9 – August 8

Cost: \$140

### Weigh to Go!

New 4-week format!

Thursday, 4:30 – 5:30 pm

April 27 – May 18; June 1 – June 22

\$60 members; \$75 non-members

Program provides support and structure for those trying to lose weight and make lifestyle changes. Classes include 30 minutes of nutrition education and 30 minutes of fitness instruction and participation.

### Shapedown

Special, non-dieting weight management program for children and teens. Designed for families, this course takes a unique approach to curb the drives to overeat and be inactive. Family (parents and one child) sessions available with a licensed dietitian.

Cary Family YMCA

Tuesdays, April 11 – June 13

6-7:30 pm

Mandatory Orientation: April 4, 5:30 – 7 pm

A.E. Finley YMCA

Wednesdays, April 12 – June 14

6-7:30 pm

Mandatory Orientation: April 5, 5:30-7 pm

\$500 for 11-week session.

## ongoing programs

Enroll at Any Time



### MS Exercise

Land-Based Classes

Class focuses on improving the quality of life and mobility for people with multiple sclerosis. Light aerobic activity, strength training, coordination, functional exercise and deep stretching.

Tuesdays and Thursdays, 11:15 am – Noon

\$30/12 classes

### MS Aquatics Classes

An aquatic exercise and movement program for those with multiple sclerosis designed to improve range of motion, strength and ability to perform activities of daily living.

A.E. Finley YMCA

Tuesdays and Thursdays, 2:30 – 3:15 pm

\$30/12 Classes

Banks D. Kerr Family YMCA

Tuesdays and Thursdays, 10:30 – 11:15 am

\$30/12 Classes

### Safeway to Fitness

Monday/Wednesday/Friday

WakeMed Health Park

6:30 – 7:30 am, 8:30 – 9:30 am

Monday through Friday: 9:45 – 10:45 am

For adults needing a fun, challenging and rewarding group fitness environment combined with health education and risk factor assessment. Weekly blood pressure and daily heart rate monitoring included.

12-class pass: \$60

Banks D. Kerr Family YMCA

Beginning April 4

Tuesdays and Thursdays, 12:15-1:15 pm

\$60/month

Cary Family YMCA

Beginning April 3

Mondays and Wednesdays, 2:30 – 3:30 pm

\$60/month

### Personal Training

One-on-one fitness instruction, motivation and/or variety in exercise routines. Appropriate for individuals of all fitness levels. 30, 45 and 60 minute sessions available. Member and non-member prices available.

### Personal Training Plus

Available on land or water for those who would benefit from supervised exercise, those requiring assistance or those recently discharged from physical therapy. One-on-one sessions designed around individual needs and abilities.

\$25 for 30-minute session.

### Massage

15-minute session: \$20

30-minute session: \$40

45-minute session: \$50

60-minute session: \$60

### Personal Wellness Profile

A comprehensive assessment of health habits and lifestyle practices. Screenings include full lipid panel cholesterol, blood pressure screening and body composition. All participants receive an 18-page profile that provides health information to encourage healthier lifestyles and behavior change.

\$75 members; \$125 non-members

### Deep Water Aquatics

Offered at Gypsy Diver's Aquatic Center

3651 Bastion Lane, Raleigh

Tuesdays and Thursdays, 6:30 – 7:30 am

Non-impact workout performed in deep water. Appropriate for all fitness levels; individuals determine intensity by choosing their own level of exertion. Instructors are certified professionals from WakeMed.

5-class pass: \$20