

SPIRE Fit Newsletter

Spring 2018

Feb. 26th to May 31st

Hours of Operation

Fitness Center

*Monday-Thursday 5:45am-9:00pm
Friday 5:45am-8:00pm
Saturday 8:00am-4:00pm
Sunday 10:00am-2:00pm

Recreation Pool**

Monday-Thursday 8:00am-8:30pm
Friday 8:00am-7:30pm
Saturday 8:00am-3:30pm
Sunday 10:00am-1:30pm

Competition Pool**

Monday-Thursday 5:30am-10:00am/3:00pm-8:30pm
Friday 5:30am-10:00am/3:00pm-7:30pm
Saturday 9:00am-12:00pm
Sunday 10:00am-1:30pm

** Pools Close 30 minutes prior to building closing. Times listed are pool closing times not building closing. Hours Subject to Change. Please refer to Pool Closings for any special hours.

Upcoming Closings & Holiday Hours

March 2, 3rd - Competition Pool CLOSED

March 9, 10, 11 - Competition Pool CLOSED

March 16, 17, 18 - Entire Aquatics Center CLOSED

April 1st - SPIRE CAMPUS CLOSED

May 27-28 SPIRE CAMPUS CLOSED

May 29 to June 3 - Recreation Pool CLOSED

** Competition Pool configuration may vary depending on activities scheduled.**

LAND & WATER GROUP

EXERCISE CLASSES

February 26th to May 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Splash #1 8:00a-845a		Silver Splash #1 8:00a-845a		Silver Splash #1 8:00a-845a	Pilates Class 8:00a-9:00a
Water Aerobics (Deep) 9:00a-9:45a	Cycle Express 9:00a-10:00a	Water Aerobics (Deep) 9:00a-9:45a	Cycle Express 9:00a-10:00a	Water Aerobics (Deep) 9:00a-9:45a	Total Body Fitness 9:00a-10:00a
Silver Splash #2 10:15a-11:00a	Circuit Express 10:00a-10:30a	Silver Splash #2 10:15a-11:00a	Circuit Express 10:00a-10:30a	Silver Splash #2 10:15a-11:00a	
Silver Splash #3 11:15a-12:00p	Yoga 10:30a-11:30a	Silver Splash #3 11:15a-12:00p	Yoga 10:30a-11:30a		Cycle Express 10:00a-11:00a
Tai Chi 11:00a-12:00p					
	SilverSneakers Classic 11:30a-12:15p			Senior Chair Stretch & Balance 11:30a-12:15p	
	Senior Cycle 12:15p-12:30p				
			Brick 4:00p-5:30p		
	Stairs 101 5:00p-5:30p	Chisel Your Middle 5:00p-5:30p			
		Sculpt Express 5:30p-6:00p			
	Water Fusion 6:30p-7:15p	Cycle 6:00p-7:00p	Water Fusion 6:30p-7:15p		

Highlighted Classes are FREE to Members; Non Members may take free classes for \$5.

Drop in Rates for Paid Classes: Member \$4; Non Member \$8

5 Paid Class Punch Passes can be purchased for: Member \$15; Non Member \$30

Punch Passes Expire 2 Months from Purchase Date

ALL Class Participants must register at SPIRE Fit PRIOR to taking Class

Classes Not Maintaining a 4 Person Minimum will be Cancelled

Group Exercise Class

Descriptions

BALANCE YOURSELF (FREE TO MEMBERS) - Work on strengthening your core and mind/body connections. This is a great class for all levels.

BOOT CAMP (PAID CLASS) - This high intensity total body workout uses plyometrics, calisthenics, and more to push you to your limit. Modified exercises are provided to take the class at your level. No coordination required.

CHISEL YOUR MIDDLE (FREE TO MEMBERS) - This 30 minute class is designed as an intense workout that effectively targets the entire abdominal and back region. Crunch it into your busy schedule to get the results you have longed for.

CIRCUIT EXPRESS (FREE TO MEMBERS) - Open to all levels, this circuit is designed to get results in a short time. Cardio and strength are worked.

CYCLE EXPRESS (FREE TO MEMBERS) - Open to all levels, this shortened version of our cycle class is sure to get you back in form in less time.

CYCLE (PAID CLASS) - Open to all levels. This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Since you control your own pace and resistance, you can make this workout as easy or as challenging as you desire. MAX PARTICIPANTS: 10

SENIOR CYCLE (FREE TO MEMBERS) - This 15 minute class will get your body moving. Proper form and cycling techniques are a focus along with aerobic conditioning.

SILVERSNEAKERS® CLASSIC (FREE TO MEMBERS) - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Don't forget your water bottle.

SILVERSNEAKERS® SPLASH (FREE TO MEMBERS) - Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

TAI CHI (PAID CLASS) - Tai Chi is an ancient Chinese Martial Art that increases health, well being, vitality, and longevity.

TOTAL FITNESS (PAID CLASS) - This high energy and high intensity total body workout uses plyometrics, calisthenics and more to push you to your limit. Get ready to boost your cardio and strength, Modified exercises are provided to take the class to your level. No coordination required.

WATER AEROBICS/WATER FUSION (PAID CLASS) - Tone and sculpt your body without impact to your joints. Water fusion is a blend of cardio and resistance training, and it incorporates resistance tools such as buoyant water weights and noodles.

YOGA (PAID CLASS) - Lengthen and strengthen your muscles and calm your mind in this basic yoga class. Great for all levels.

STAIRS 101 (FREE TO MEMBERS) - Using the indoor track stadium stairs you will go down and back at your own pace while incorporating exercises along the way.

SENIOR CHAIR STRETCH AND BALANCE (FREE TO MEMBERS) - Get ready to move through a complete series of seated and standing poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

BRICK (PAID CLASS) - Alternating cycling and running/jogging for 15 minutes at a time.

MEET OUR PERSONAL TRAINERS!

Judy Rogers

Group Exercise & Personal Training Coordinator

- Certified Personal Trainer
- Certified Group Exercise Instructor
- Bachelor's Degree in Health & Wellness
- Teaches a variety of Classes
- Certified Yoga and Pilates Instructor
- Registered and Licensed Yoga Therapist

Jill Goodale

Adult Aquatics Instructor

- Certified Fitness and Nutrition Instructor
- Certified ACE Pro Advantage Instructor
- 11 year Silver Sneakers Instructor
- Teaches a variety of Adult Aquatic classes
- Spire Aquatics Instructor for 4+ years

Learn More About Our Personal Training Programs

Individual Personal Training

Our certified personal trainers use their knowledge of proven exercise principles and specialized training techniques to help you achieve your goals. Your workouts will be designed specifically for you to optimize your time in the gym. All packages, excluding single session, come with a free body composition analysis with calipers and circumference measurements. *All trainers have a minimum of a bachelor's degree in the field.

Group Personal Training

Our certified personal trainers will work with you and one to two others to design and implement a program customized to the desires of your group. Fee is per person. All packages, excluding single session, come with a free body composition analysis with calipers and circumference measurements.

Personal Exercise Program

Rather work out at your own time and pace but need guidance? Our PE program is perfect for you. Meet two times with our personal trainer to develop a training plan to reach your goals. During the first meeting, your trainer will conduct the initial assessment, go over goals and likes/dislikes to exercise and more. They will then take this information and create a six-week program for you. During the second meeting, your trainer will take you through the program and answer any questions you have. The trainer will check in with you periodically to answer any questions that may arise.

SPIRE Striders

When:

Every Monday through Friday
8:00am-4:00pm

Where:

Field and Cristal Courts Building
at SPIRE Institute

Cost:

\$1 per day / \$15 per month

FREE to SilverSneakers and SPIRE Fit Members

***Registration at SPIRE Fit Required**

Contact (440) 466-1002 ext. 144 for More Information

SPIRE Swim Lessons

SPRING 2018

Tuesday & Thursday Classes

Class Name	Class Times	Instructor
Morning Classes		
Parent & Child	9:00am-9:30am	Instructor A
Preschool 1	9:45am-10:15am	Instructor A
Preschool 2	10:30am-11:00am	Instructor A
Afternoon/Evening Classes		
Preschool 1	5:00pm-5:30pm	Instructor 1
Learn to Swim 1	5:00pm-5:45pm	Instructor 2
Learn to Swim 3	5:00pm-5:45pm	Instructor 3
Preschool 2	5:45pm-6:15pm	Instructor 1
Learn to Swim 2	6:00pm-6:45pm	Instructor 2
Learn to Swim 4	6:00pm-6:45pm	Instructor 3
Preschool 3	6:30pm-7:00pm	Instructor 1
Learn to Swim 5	7:00pm-7:45pm	Instructor 3

Saturday Classes

Class Name	Class Times	Instructor
Parent & Child	9:00am-9:30am	Instructor 1
Preschool 1	9:00am-9:30am	Instructor 2
Learn to Swim 2	9:00am-9:45am	Instructor 3
Preschool 2	9:45am-10:15am	Instructor 2
Learn to Swim 1	10:00am-10:45am	Instructor 1
Learn to Swim 3	10:00am-10:45am	Instructor 3
Preschool 3	10:30am-11:00am	Instructor 2
Learn to Swim 4	11:00am-11:45am	Instructor 1
Learn to Swim 5	11:00am-11:45am	Instructor 3

Registration Deadlines		Costs
Early Registration	<i>Session 1</i> - March 5th to March 12th <i>Session 2</i> - April 3rd to April 9th	\$35 Member / \$55 Non-Member
Open Registration	<i>Session 1</i> - March 13th to March 26th <i>Session 2</i> - April 10th to April 23rd	\$45 Member / \$65 Non-Member
Late Registration	<i>Session 1</i> - March 27th to April 2nd <i>Session 2</i> - April 24th to April 30th	\$55 Member / \$75 Non-Member

Visit the SPIRE Fit Desk to register your children!

Sessions:	Date of Session:	No Classes On:
Saturday Lessons (<i>Session 1 only</i>)	April 7th to May 26th	
Tuesday & Thursday Lessons (<i>Session 1</i>)	April 3th to April 26th	
Tuesday & Thursday Lessons (<i>Session 2</i>)	May 1st to May 24th	

****No Refunds or make ups for missed classes; some classes may be combined to meet 3 person minimum. ****

For more information or for any questions, feel free to contact us at
[swimlessons@spireinstitute.org!](mailto:swimlessons@spireinstitute.org)

Swim Lesson Class Descriptions

Parent/Child (ages 6-36 months)

Must be at least 6 months old and accompanied by a parent/guardian. This program helps the child become comfortable in and around the water. In this program, parents will learn different support and holding techniques as well as how to help children learn and practice skills appropriate for their age.

Preschool Aquatics 1

This class is designed for children who do not have previous experience in a structured class setting or being away from their parents/guardians in the water. Children will work on basic swimming skills to become comfortable in the water. Skills will be learned through play and incidental learning to encourage a fun and enjoyable experience in the water. Preschool 1 introduces basic aquatic skills. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics Level 1. There is no prerequisite required for this class.

Preschool Aquatics 2

The objectives of Preschool 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example: for longer lengths of time, for longer distances or in deeper water). Many skills in Preschool 1 are performed with assistance. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Successful completion of Preschool Aquatics Level 1, or prior approval is required to take this class.

Preschool Aquatics 3

The objective of Preschool 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. Successful completion of Preschool Aquatics Level 1, or prior approval is required to take this class.

Learn to Swim Level 1

Level 1: Introduction to Water Skills

This class is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Learn to Swim Level 2

Level 2: Fundamental Aquatic Skills

This class is designed for children who have successfully completed Level 1: Introduction to Water Skills. Learn to Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Learn to Swim Level 3

Level 3: Stroke Development

This class builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary and proficient levels, and are introduced to dolphin kicks. Upon successful completion of Level 3, participants will have achieved basic water competency in a pool environment.

Learn to Swim Level 4

Level 4: Stroke Improvement

This class is designed for children who have successfully completed Level 3. In Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned breaststroke kick to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

Learn to Swim Level 5

Level 5: Stroke Refinement

The objective of stroke refinement develops performance of all 5 strokes and increases students' endurance to improve their distances. This level will also focus on the technique needed to be successful in Swim Team. Flip turns are introduced.

For more information or for any questions, feel free to contact us at
swimlessons@spireinstitute.org!

SPIRE Fit & Aquatics

Reminders!

Stay up to date on everything SPIRE related at Spireinstitute.org and remember to



- Any time you receive a new credit/debit card, please come into SPIRE Fit to update your account! There is a \$50 fee for any returned drafts if this is not updated.

Remember to Check Your

Emails for all SPIRE Fit

Updates!!!