

New Wellness Offering for Cleveland Clinic Employees!

Beginning May 1, 2009,

Employee Wellness is pleased to offer an opportunity for employees to take advantage of Group Fitness classes at the Fairview Park Recreation at the Gemini Center located at 21225 Lorain Road, Fairview Park, OH 44126 at a discounted rate! **Employees can take advantage of these classes: Only classes that are listed are eligible for the Corporate Wellness Pass Card.**

The Corporate Wellness Pass Card pass card will allow employees to attend **20 classes for the discounted rate of \$90.**

Employees that would like to take advantage of this opportunity will need to go directly to the Gemini Center at pay with CASH, MasterCard, Visa, Discover Card, or a check.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 6:05 am	Spinning 9:00 am	Spinning 6:05 am	Spinning 9:00 am	Spinning 6:05 am	Spinning 9:00 am	
4 Ever Fit 8:30 am		4 Ever Fit 8:30 am		4 Ever Fit 8:30 am		
Step/Interval and Weights 9:30 am	Core and Weights 6:00 pm	Step/Interval and Weights 9:30 am		Cardio Circuit 10:45 am		Cardio Circuit 12:15 pm
Cardio Kickboxing 6:00 pm	Boot Camp 7:00 pm	Cardio Kickboxing 6:00 pm	Core and Weights 6:00 pm			
Spinning 6:30 pm	Spinning 7:00 pm	Spinning 6:30 pm	Spinning 7:00 pm			

When purchasing passes, employees will be required to provide

- 1) Cleveland Clinic ID badge
- 2) Six digit Employee ID number to Fairview Gemini Staff Member

Any questions please go to the Employee Wellness website www.cchs.net/wellness or email wellness@ccf.org

THE GEMINI CENTER: DESCRIPTION OF GROUP FITNESS CLASSES

REGULAR GROUP FITNESS CLASSES

CARDIO INTERVAL: Great class that uses various cardio workouts and incorporates strength training and core work! No special skills needed, keep it basic and effective!

CORE & WEIGHTS: A fun and innovative sculpting workout utilizing various equipment with the addition of cutting edge core exercises. Improve muscle definition and core strength.

CARDIO KICKBOXING: This class is designed not only to give you a great cardio workout, but also to punch and kick with power and proper technique. You will use aerobic drills and toning bands to build your endurance, improve your strength, and tone your muscles. This is an intense class set to high energy music.

FITNESS BOOT CAMP: Join a certified instructor as they put you through a tough workout that involves strength equipment, calisthenics, the track, and finishes with core work on mats. Move quickly through the workout for a high energy, calorie-burning, muscle toning, and heart strengthening workout. Boot camp is a great way to get in or stay in shape, and is an excellent change in routine from usual workouts.

SPINNING®: The Spinning program is the original and most popular group cycling class. An expert spinning instructor will coach you through a variety of rides including hills, springs and interval drills. Space is limited!

4 EVER FIT: A gentle but effective exercise program which focuses on strength training, flexibility and stretching. Tailored to the senior or beginner exercise participant. 6 Week Pre-Registration is also available for 4-Ever Fit.

STEP & CORE: Take basic step patterns with new choreography and step it up for an hour of cardiovascular training. Great for all step and fitness levels. Beginners welcome.