



Pilates Reformer

Pilates Reformer helps one establish torso stability and postural alignment while working peripheral limbs in a range of motion. The adjustable springs allow for progressive resistance, which helps to lengthen and strengthen the muscles rather than building bulk. It makes for an effective no-impact stretching and toning workout that is friendly to the joints.

What makes the Reformer so special? Well, for one thing, it's not named for nothing. It truly "reforms" the way you move. You begin by lying face up on a sliding carriage. After precise positioning by your trainer, you begin to move the carriage in and out with your feet pressing into a foot bar. But you're not doing the equivalent of "leg presses" in a weight room. Your trainer is telling you to maintain a neutral spine and pelvis, and to feel the movement originate from your deep, core muscles. You are reminded to "quiet" your quads, hip flexors, and knees, for these, after all, are the most over-worked areas of your body! Your trainer tells you how to work from the back of your legs and to use your hip in a way that absorbs some of the load from the knee.

Offered exclusively at the Whitaker Wellness Center.

For more information please call 596-9200.

NCH Master's Swim Program

What is it?

This program is for anyone 19 years of age and older who wants to work on increasing their fitness or increase their effectiveness and efficiency in the water.

Do I have to have experience with swimming?

Absolutely not! This program is designed for people of all levels of experience. Our coach can help those improve that are brand new to swimming, and also help those that are experienced athletes or anyone in between.

How long are the sessions?

The sessions are one and a half to two hours in length, but that does not mean you have to be there the entire time. Each swimmer needs to be in the pool and ready by the time the class starts, but they are free to leave at any given point in time. The coach will help guide each swimmer so that they are meeting their challenges but will also keep in mind individual fitness levels.

Is there a cost for this program?

Due to its specialty the program is a cost of \$30 a month (or the entire year can be paid up front for \$360). The fee is in addition to membership dues, as this program is only open to NCH Wellness members.

How do I sign up?

Please stop by the front desk at the Briggs Wellness Center to pick up an Agreement form. Those working at the front desk will be able to help guide you through the quick and easy steps to sign up.

This program is offered exclusively at The Dr. John N. Briggs Wellness Center.

For more information please call 436-6770, or contact the coach (Joni Henderson) at eagleroost@comcast.net.



NCH Wellness Centers



Directory of Services

The NCH Wellness Centers are two full service, state of the art wellness centers dedicated to helping members meet and exceed their personal health and fitness goals



Briggs Wellness Center: (239)436-6770
Whitaker Wellness Center: (239)596-9200



Massage Therapy

All massages are open to the public.

Therapeutic Neck & Back Massage

25 minutes—\$40 member/\$55 non-member

Therapeutic Full Body Massage

50 minutes-\$60 member/\$75 non-member

Deep Tissue Sports Massage

75 minutes-\$90/\$105 non-member

Pregnancy Massage

50 minutes-\$60 member/\$75 non-member

All massages are made by appointment. We have several massage therapists to choose from. All massages are pre-paid; no exceptions. Please call the front desk at either wellness center to make an appointment.

Personal Training

- All personal trainers are independent contractors who set their own fees and schedule their own appointments.
- If you would like to hire a personal trainer their business cards are located at the front desk.

Advanced Fitness Assessment

Are you interested in: lowering your blood pressure? Reducing your cholesterol? Or what about improving your athletic performance? Losing a few pounds and cutting some inches?? If any of these are your goals, then the Advanced Fitness Assessment is for you. This assessment consists of four tests and is a great tool for establishing a baseline, as well as a good motivator for reaching your fitness and nutrition goals.

Resting Metabolic Rate: \$50

Measures the amount of calories burned at rest each day to maintain your vital body functions.

1-Repetition Maximum Predictive Strength: \$35

Strength testing measure the muscular strength that can be generated by a specific muscle or muscle group.

Submaximal VO2: \$65

Cardio respiratory fitness is the ability to perform large muscle, dynamic exercise for long periods of time.

Advanced Fitness Assessment: \$150

This comprehensive assessment includes the three tests mentioned above, as well as body fat percentage.

Contact Megan or Heidi for more information.

The Wellness System

Tired of the same workout? Looking for that jump start? Do you want to track your own results? Then the wellness systems is the program for you. The Wellness System is a computer based program utilizing all of the facilities equipment including group fitness. The system runs off of a smart key that tells the user how much weight, repetitions, and even what settings are to be used. Use your current program or have our professional staff design your program. The Wellness System gives you access to every weight and every calorie you have burned while using the key. This new program gives you the cutting edge technology at your finger tips to take your workout to new levels.



Contact Andrew or Karen for more information.



Kinesis

Kinesis, meaning movement in Greek, is the worlds first **“Full Gravity Technology”** training system used to perform a variety of movements in a 360-degree rotating pulley system which enables the movement on three planes targeting strength, balance, and flexibility. Created by Technogym, its inspiring principle is to rediscover the complexity of movement by means of free and natural movements.

How does Kinesis differ from standard weights?

Kinesis differs from standard weightlifting and stationery exercise because participants are getting a cardio workout by staying in constant motion as they go through four stations in half the time. Participants can move in any range of motion more feely with minimal interference with the body from about 700 plus moves Kinesis provides.

Benefits: Improved strength, improved balance, improved articulatory flexibility, improved knowledge and awareness of the body, and improve core strength.

Kinesis is taught for 30-45 minutes with approximately 4-6 participants at a time.

Cost is 4 classes for \$100.00

Kinesis is offered exclusively at the Briggs Wellness Center.

Please contact Amber for more information.