

**Welcome to the 7<sup>th</sup> Annual Community Challenge!**

We're excited to have you involved for our signature community health and wellness event. You are encouraged to participate in events and activities aimed to provide fun, education and the opportunity to build relationships with our team of health and fitness specialists and fellow residents.



**Communications:** Additions will be made to the schedule as we move through the summer. Be sure to [check your email](#) and [Facebook](#), [Twitter](#), or [Instagram](#) sites for updates. Please let us know if you have any questions, comments or suggestions.

**Goal Setting Assessment:** Be sure to have your pre-program health assessment (waist, body weight and composition which also provides basal metabolic rate and more, blood pressure) worth 5 points for yourself and "city" are offered.

- No appointment is generally needed, but calling 440-988-6973 ahead ensures we don't have the testing room in use for an extended period of time.
- Best done at the same time of day pre and post and do not eat 3 hours before.
- Be sure you are hydrated (but empty your bladder before test)
- Do **not** exercise or use sauna, steam room or whirlpool before.

**Checking In/Points/Sanitizing:** Remember that your program card is your access to the facility, and also double as a locker key, so ensure you have this when you come. This will also help us calculate points behind the scenes. We provide hand and equipment cleaning towels for your use while at the facility for your workout. Please be sure to sanitize all equipment.

**Visit Day NEW for 2022:** Participants are granted access to the fitness center each week either on a TUESDAY or a THURSDAY and earn points. You can switch from week to week to fit your needs, but only 1 visit is permitted per week unless you are coming in for a special event.

**Reservations** are required to reserve for group exercise classes, specialty courses, a racquetball court, or a spot in Kids Club (fee required), and are all based on availability.

Class and court reservations can be made beginning the day before the class/court time.

For Group Ex – Use Online reservation services

For Racquetball – Call 440-988-6801

For Kids Club– Call 440-988-6817 (Must be made one day in advance)

**Brad**, General Manager/Group Exercise [Brad.Calabrese@UHHospitals.org](mailto:Brad.Calabrese@UHHospitals.org)

**Renee**, Program Manager/Personal Training [Renee.Barrett@UHHospitals.org](mailto:Renee.Barrett@UHHospitals.org)

**Brian**, Business Office and Front Desk Supervisor [Brian.Dent@UHHospitals.org](mailto:Brian.Dent@UHHospitals.org)

**Dana**, Membership Services and [Exhale Day Spa](#) Supervisor, [Dana.Doheny@UHHospitals.org](mailto:Dana.Doheny@UHHospitals.org)

**Debbie**, Kids Club Supervisor, [Deborah.Rodriguez@UHHospitals.org](mailto:Deborah.Rodriguez@UHHospitals.org)

**On Site Activities/Events:**

Events below are open for registration **now** at front desk, by calling Renee Barrett.

Food Drive (1 point): Please help the less fortunate and drop off canned goods and other non-perishable items Tuesday, July 5 through Friday, July 18 for Second Harvest Food Bank.

Strength equipment orientation (2 points)

Tuesday June 7 | 8:30-9:30 a.m. OR 5:00-6:00 p.m.

Thursday June 9 | 10:00-11:00 a.m. OR 5:00-6:00 p.m.

Pre-registration not needed, just stop by the fitness service desk. Interested in some direction on the strength equipment and how to best utilize it for form and what pieces to use to work certain areas of the body? Join Chris Ross, Fitness Specialist/Personal Trainer and Lana Sevel, Personal Trainer.

Functional Fitness Assessment (2 points)

Saturday, June 11 | 8-9a.m.

Have you been thinking about personal training, but not sure where to start? In a rut or looking to improve, but not sure where to start? Introducing Lana Sevel, ACE Personal Trainer and Experienced Fitness Instructor. Lana is assessing balance, flexibility and muscular endurance. Participants will be entered into a drawing for a \$20 gift card. This is an informal encore from a May day-time event for those that requested a weekend. No need to register, just stop by the lobby.

Intro to Pickleball

Saturday, July 9 | 9:30am

Come and play the exciting, easy to learn game of pickleball. You will learn the fundamentals and will quickly be playing games. Racquets will be available. We will be outside on the tennis courts. Reserve your spot at the front desk or call Melissa at 440-988-6824 for more information.

Walking Wednesdays (2 points)

Walk with a UH Healthcare Provider. Enjoy the outdoors as we use the outdoor track or adjacent neighborhoods to enjoy group walks and conversation. UH Providers with Siedman Cancer Center will join you on select Wednesdays from 6-7p.m.:

June 15: Kelly Laska & Jeanie Wyckhouse, RNs, Gastro Intestinal Cancer Navigators

July 20: Sarah Hopperton, MS, UH Health Education Specialist

Contact [Melissa.Rau@UHhospitals.org](mailto:Melissa.Rau@UHhospitals.org) with any questions.

Dog Friendly Walk (2 points)

Friday, June 17 | 5-5:45 p.m.

Join Ashlee Sanchez, Personal Trainer and Fitness Specialist for a community dog walk. You and your pooch will get great exercise while making new friends. Participants will gather outdoors and be lead to our outdoor track. Guests 15 and older are welcome to attend. Please pre-register at the front desk or email [Ashlee.Ladikos@UHhospitals.org](mailto:Ashlee.Ladikos@UHhospitals.org).

Watermelon Group 5k (2 points)

Wednesday, June 15 | 6p.m. | Pre-registration not needed, but be sure to sign in with Trainer.

Join Personal Trainer and Certified Long Distance Running Coach, Jordan Smith, for a 5k starting at the fitness center and headed toward Stoney Ridge Early Learning Center. All paces are welcome. There are runners of varying pace (typically 8-13 minute mile pace). There are also walk/joggers. Meet outside about 5 minutes before to warm up and get directions. For questions contact [Jordan.Smith@UHhospitals.org](mailto:Jordan.Smith@UHhospitals.org) or Renee at 440-988-6822.

#### Glisten and Glow 5k Run (or run/walk)

Wednesday, August 3 | 8p.m.

Wear your neon colors or white and join us as the sun goes down for a run with headlamps and glow sticks! More details forthcoming. Please [pre-register](#) so we know how many to expect.

#### Fueling your Workouts Presentation (2 points)

Wednesday, June 22 | 6:00-6:45p.m.

Join Michele Hiatt, RDN, LD, our New Registered Dietitian, for an informal presentation to sort fact from fiction on common questions regarding your diet and exercise. Find out the best types of foods to feed your body to maximize your results. For questions or to schedule your free consultation which is available to all members, call 440-284-5709 or [email](#) Renee.

#### Cooking for One on the Run (2 points)

Wednesday, August 2 | 11:30a.m.-12:15p.m.

It can be overwhelming to think of making regular meals when you are eating alone or are in a rush with a busy schedule. Join Registered Dietitian Michele Hiatt to learn about easy to prepare meals and how planning meals can take the stress out of cooking and shopping. [Pre-registration](#) requested.

#### Plogging (2 points)

Tuesday, July 5, 5:00-5:30pm – Meet outside the front of facility

Interested in getting some physical activity while helping the community and meeting other fitness center members? Join Renee, Program Manager/Personal Trainer, for Plogging!! This activity, started in Sweden, is a combination of jogging (or walking) and picking up litter. Rubber gloves and bags provided. Bring a water bottle. We will leave the fitness center promptly at 5 p.m.

#### **Off-Site Community Events (2 points each):**

- SUNDAY, JULY 3 | America's 5k, Avon, Inaugural race – note this is a cross country course <https://runsignup.com/Race/OH/Avon/Americas5KAvon>
- SATURDAY, JULY 9, Kerstetter 5k, Elyria, <https://runsignup.com/Race/OH/Elyria/Kerstetter5K>
- SATURDAY, JULY 16, Avon Lake <https://runsignup.com/Race/Events/OH/AvonLake/DirtyDog>

You may email [Renee.Barrett@UHhospitals.org](mailto:Renee.Barrett@UHhospitals.org) with your registration information or bring in your "bib" for proof of completion.

### **Small Group and Personal Training:**

#### Personal Training

Looking for that extra guidance to reach your goals? Our personal training team is here for one on one or group training. Contact [Renee](#) or visit [website](#) for more information. Three hour jump start for new clients for just \$165 for one client or share with a family member or friend for just \$237. Full-time members enjoy the rate of \$143 for individual or \$213 for group.

### **Specialty Group Exercise Classes (2 points)**

Specialty classes are open to members and guests and may be pre-registered as soon as they are published. This is a great chance to try something new and to bring a friend (even if they are not enrolled in the challenge) at no charge. Pre-registration is open if you have online account, by calling 440-988-6801 or emailing [Renee](#). Most classes are 55 minutes unless noted.

#### **Iron Yoga 8:00-8:45a.m.**

Friday, June 3, July 1, August 5 With Renee

Interested in yoga for the opportunity to lengthen the body while incorporating breath and movement? Iron yoga incorporates the breathing and mind/body aspects of yoga with the addition of light dumbbells.

#### **Les Mills Core**

Saturday, June 18, July 16 | 10:30 a.m. With Priscilla

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

#### **Solstice Yoga with SEWA International**

Saturday, June 18 | 9-10a.m. With Renee Barrett, RYT and Stacy Teter, E-RYT

Join us for the eighth annual Summer Solstice Yoga class offered in collaboration with [SEWA International](#) Cleveland Chapter. This mixed level yoga class will be held on our tennis court and include breath work, physical postures to stretch and strengthen as well as relaxation. Bring your own yoga mat, sunscreen and water. There is no shade available, so please be prepared for the weather.

#### **Solstice Yoga Fusion**

Monday, June 20 | 6 p.m. With Renee Barrett, RYT

We are celebrating the longer summer days with a mixed level yoga class on our tennis court. This is our regular Monday night class, but offered outdoors. If you are set up with online services, you may register [now](#), or contact front desk at 440-988-6801 or email [Renee](#).

#### **Beginner Yoga**

Saturday, June 25, July 23 With Margo 11:00a.m.

This beginner yoga class focuses on instructing basic poses to aid in strength and flexibility, and also focuses on the breathing fundamentals to overall relaxation.

#### **Les Mills BodyBalance (formerly BodyFlow)**

Saturday, July 31 | 10:30am With Priscilla

Sunday, August 14 | 10:30am With Priscilla

Yoga-based class that also includes exercises from Pilates and tai chi. The workout is designed to center the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind.

**More Additions Announced Near the End of June for the remainder of the Program!!**