

# St. Francis Medical Center Group Exercise

St. Francis Medical Center | 6001 E. Woodmen Road | Colorado Springs 80923  
 Wellness Center Group Exercise Room, Garden Level Basement | (719) 776-7393

**PSF Wellness Center** offers group fitness classes to Centura employees, volunteers and our community. Classes are subject to changes and cancellations. Receive up-to-date communication by texting **PSF Wellness** to **84483** or by calling our hotline at **719-776-5595**. Find our schedule online at **Penrosetfrancis.org/community**.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bootcamp</b> 12:30-1:00PM <i>Elyn</i>	<b>Zumba Express</b> 12:30-1:00PM <i>Nicole</i>		<b>Zumba Express</b> 12:30-1:00PM <i>Nicole</i>	<b>Speed, Agility &amp; Power*</b> 12:30-1:00PM <i>Elyn</i>  *Class begins August 19
	<b>Body Toning</b> 3:45-4:30PM <i>Nicole</i>	<b>Barbell Mix</b> 5-6PM <i>Kristine</i>	<b>Muscle Mix</b> 4:30-5:15PM <i>Sarah</i>	

## Group Exercise Membership Options:

- Centura employees, volunteers, contractors, physicians, and spouses ..... Free
- Community members—6-months of unlimited classes (*Jan-June or July-Dec*).....\$180
- Community members—Punch card\*/5 classes .....\$30
- Community members—Punch card\*/10 classes .....\$50
- Community members—Punch card\*/20 classes .....\$80

*\*Can be used at both locations and expire one year from purchase.*

*Forms of payment: Check (made out to PSF Wellness Center) or credit card. See any Wellness Specialist to register. No cash accepted.*

# Class Descriptions

Instructors maintain professional certifications from nationally accredited agencies.

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**All PSF instructors maintain professional certifications from nationally accredited agencies.**

**Barbell Mix:** *This class utilizes barbell exercises along with other tools designed to challenge your muscles, build lean body mass, muscle definition, and torch fat! This is a moderate-high intensity class.*

**Body Toning:** *This strength training class is formatted to engage all muscles in your body. Exercise modifications are given. Class finishes with a gentle stretch.*

**Bootcamp:** *Fire up your metabolism with an efficient 30-minute workout for the whole body. You'll use a variety of equipment for both cardio and strength exercises.*

**Muscle Mix:** *Muscle mix combines strength and cardio moves helping you to gain muscle while improving your endurance. This class is geared toward all fitness levels and is as hard or easy as you need it to be.*

**Speed, Agility & Power:** *It's time to bring out your inner athlete with drills designed to incorporate speed, agility, functional movement and injury prevention through flexibility and strength.*

**Zumba Express:** *Let the rhythms move you in this fitness based dance class! No dance background necessary—learn the choreography through verbal and visual cues. All fitness levels encouraged.*

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