



Hours

Monday – Friday 5 a.m. to 9 p.m.
Saturday & Sunday 6 a.m. to 6 p.m.

Family Time

Friday 5:30 to 8 p.m.
Saturday & Sunday 1 to 4 p.m.

Kids Korner

Monday – Thursday 8 a.m. to 8 p.m.
Friday 8 a.m. to 6 p.m.
Saturday 8 a.m. – noon

Holidays

Sunday, April 8 – Easter *Closed*
Monday, May 28 – Memorial Day *Closed*

Kelly Sutton
Director, Rehabilitation Services
and Aurora Wellness Center

Sue Daniels
Membership Services Specialist,
Well News Editor

Aurora Wellness Center
300 McCanna Parkway • Burlington, WI 53105
Aurora.org/AWC

Member spotlight:

Roger Ebbeson

By Amber D'Alie, Fitness Specialist

This past year, I have become familiar with many of the members and their accomplishments. Roger Ebbeson was chosen to be our featured member in this edition of *Well News* due to his positive, outgoing attitude and his dedication to a fitness plan. Roger is known by many Aurora Wellness Center members and staff alike. He loves joking around with the staff and always seems to put a smile on many faces. Roger is a loving, family man who remains active with his grandchildren. He also runs World Wide, a successful promotional products business here in Burlington. Roger has been a member of the Aurora Wellness Center since the day we opened in 1999. His decision to join our center was mainly due to a heart attack he suffered in December 1998. Roger knew it was time to get serious about living a healthy lifestyle, so now he participates in at least two to three spin classes each week. Roger is also famous for his great shots



on the basketball court. He loves to play against his buddies, Doug and Jim, and can walk away with a smile after every winning game. Roger stays motivated because he is determined to slow down the aging process; his goal is to continue to feel and look 30 years younger. Roger is an inspiration to people of all ages.

Many people do not know that 15 months ago, Roger developed pneumonia which led to empyema, a disease of the lungs that required immediate surgery. He remained in the hospital for almost two weeks and when

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Letter from the director of Aurora Wellness Center

The weather is warming up (finally!) and many of us are still working on our resolution to get and stay fit. Group exercise classes like spin, Zumba and BODYPUMP™ may be just the solution. New studies are showing that activities like these keep us coming back for more. Research has found that we get a bigger surge of mood-boosting endorphins during a synchronized workout than we do while working out alone. Doing the same movements together with others is a bonding experience, which helps trigger feel-good vibes. The best part is that you get the same rush from *any* group exercise class and you'll probably make some new friends along the way!

I encourage you to check out our wide-ranging class schedule and find an aquatic, land or body/mind class that sounds like fun and fits your schedule!

Live well,

Kelly Sutton
Director, Rehabilitation Services
and Aurora Wellness Center

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Group exercise news

New personal training program!

By Barb Stollenwerk, Supervisor Wellness Programs

Whether your goals are building muscle, weight loss, improving endurance, sport-specific, functional fitness, accountability, etc., our personal trainers can help you to succeed. Members can train one-on-one with a personal trainer or alongside one or two other members. Individual training means that 100% of your trainer's attention is focused on you. Small-group sessions are more economical by sharing a trainer with family members or friends of similar abilities and it is fun and motivating to work on your goals together! All personal training programs are sold in individual sessions, 5-packs or 10-packs. Pick up a brochure at our service desk or talk with any of our personal trainers.



Featured group exercise class *Are you afraid of group exercise classes?*

By Wendy Ard, Fitness Specialist

Picture this: You are a new Aurora Wellness Center member, or maybe even been around for awhile. You walk or run the track consistently and are a bit curious as to what is going on in the room below the track. Every time you turn the corner, you peek into the studio. You see people lifting weights, shaking their hips or just plain jumping around. They look exhausted with sweaty, red faces and you are tempted to peek at them again on your next lap. This time you notice the same people on a break, smiling and talking with each other. Then on your next lap, you see the class working even harder and you think to yourself, "How is that fun?" You exit the track and on your walk to the fitness floor, you pass the spin studio. Inside the dark room, you see little eyes peering out and puddles of water on the floor. There is music, darkness and people hanging off their bikes gasping for air. Again, you think to yourself, "Why would I ever want to be one of *those* people?" You do a few sets of weights and off you go. You leave the gym with your bag in order and your shirt has a few drops of sweat. You feel great.

On your ride home, you cannot stop thinking about how those people must be feeling. "They looked so tired; I'll bet they can't even turn their car's steering wheel." But in the back of your mind, you are craving to bust out of your normal routine. You remember the looks on their faces and you get a tinge of jealousy; you realize you also want to feel that way. You want to leave the gym feeling exhausted but invigorated. You want sweaty shirts and empty water bottles. You decide enough is enough and you plan to take a class. Once you do the class, you say to yourself, "I did it! I will be back. Now I am one of 'them.'" And one of "them" sure feels great.

Next time you are bored with your workout or just need a push, please do not be afraid to try a class. Feel free to ask a fitness specialist or a group exercise instructor about any class and we will gladly get you started. I promise it will be worth every second!

Featured group exercise instructor Rachel Harder

By A.J. Dahlstrom, Fitness Specialist



Rachel Harder is an excellent instructor and an extremely valued staff member. As an exercise instructor, she is knowledgeable and always gives members a comprehensive and challenging workout. Rachel teaches a variety of classes here at the Aurora Wellness Center including Spin, Total Body Spin, BODYPUMP™, and an array of other studio and water classes. After watching her teach a group exercise class, it's obvious that she has a passion for her job.

Rachel makes herself available to answer questions and has a lot of knowledge and enthusiasm for fitness. She is a great instructor and it shows with how many people take her classes. I have heard great things from the members and instructors alike. If you haven't taken one of her group exercise classes, stop by and try one out. *Keep up the great work Rachel!*

BODYPUMP™ 81 Launch

By Chris Jankowski, Fitness Specialist Lead

BODYPUMP™ 81 will begin on **Sunday, April 15**, in the regular 9 a.m. class slot. We are doing a “soft launch,” meaning we won't hold a special class to introduce the new release; it will begin in all classes on this date. Volume 81 promises to be high energy and challenging with new music and moves. Watch for this new release starting April 15.



Member spotlight: Roger Ebbeson

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he was finally released to recover at home, he had lost a lot of his muscle tone and was 26 pounds lighter. Roger was not going to let this lung disease take away everything that he had worked for over the last 10 years, so one week later, he came back to Aurora Wellness Center. He started walking slowly because it was difficult for him

to make one lap around the track. “With the grace of God and my past fitness level, I was able to survive this disease. Keep working out – it may someday save your life.” says Roger.



March Madness Indoor Triathlon

By Nicki Movick, Fitness Specialist

Congratulations to all who participated in Aurora Wellness Center's 13th Annual March Madness Indoor Triathlon on Saturday, March 24, 2012!

Participants in this mini-triathlon began with a 1/4-mile swim, followed by a 7-mile bike and concluded with a 2-mile run. Awards were given for overall female, male, team, and top three women and men in various age categories. A special thanks to all who volunteered for this event – you made it a success! Check out each Aurora Wellness Center triathlete's final times on our website at Aurora.org/AWC.

Scott Street Featured massage therapist

By Donna Lueth, Aurora Wellness Center Supervisor



Massage therapist Scott Street graduated in 2000 from the Chicago School of Massage Therapy. During his time in school, he worked with AIDS patients, earning him the prestigious *Excellence in Outreach* award. In 2001, he joined the United States Women's Olympic Soccer Team as lead therapist. His experience

there allowed him to travel to Italy, China and Portugal, to name a few. He saw the internationally recognized soccer

team through two third place finishes in the Women's World Cup in 2003 and 2007. Scott helped the team bring home the Olympic gold at the 2004 Games in Greece. In 2008, he brought his specialized athletic knowledge to Glasson Sports Medicine in Virginia Beach, Va.

At the Aurora Wellness Center, Scott continues to add to his healing knowledge by earning his certification to teach the ancient practice of yoga in 2010. His holistic approach to human well-being is evident in each treatment he performs. To make an appointment with Scott, call the Aurora Wellness Center service desk at 262-767-7000.

Kids Korner

With summer right around the corner, kids will be out of school in no time. Kids Korner tends to be quite busy with school-age children. Please continue to use the reservation book at the sign-up desk or call us directly at 262-767-7131 to book your time in Kids Korner during the morning hours.

Watch for these special days in the coming months:

- April Easter
- May Mother's Day
- June Father's Day / Summer



Membership services

Office hours

Monday – Thursday	9 a.m. to 8 p.m.
Friday	7 a.m. to 8 p.m.
Saturday	8 a.m. to noon (through May 19)

Membership office closed Saturdays,
May 26 – September 1, 2012.

Cell phones

The use of cell phones in cardiovascular and strength-training areas, group exercise studios and locker rooms is strictly prohibited. (Cameras and other image-capturing devices are strictly prohibited in all areas of the facility.)

Cell phones may be used in the lobby, hallways and stairwells of Aurora Wellness Center. Out of respect for your fellow members, and to avoid distractions that could lead to injury on or around equipment, we ask that you do not use phones in the fitness areas, group exercise studios and locker rooms. *If you need to answer an urgent call while exercising, please step away from the equipment before picking up your phone and making your way to the nearest lobby, hallway or stairwell.*

Aurora Wellness Center is able to email special classes and event information. It's easy! Go to Aurora.org/AWC, click the newsletter link and fill in the appropriate information.

Member Appreciation Day

Member Appreciation Day is the second Wednesday of each month. Members may bring a guest to use the Aurora Wellness Center facility free of charge for that day. Watch for specials in Kids Korner and at the Blend & Brew Cafe during each Member Appreciation Day.

Get your student membership

Requirements for student membership:

- Must be between ages 15 and 25; if under 18, Parental Approval & Waiver/Release of Liability form signed by parent and student is needed
- Valid student ID, driver's license and, if a college student, a copy of your past semester's class schedule grades (at least 12 credits)
- \$40 plus tax per month (\$42.04/month) or \$22 plus tax per week (\$23.12/week)
- **May 1 thru June 29 – Student Membership Special, \$99 for 3 months!** Must begin membership in May or June.

Corporate memberships

If the corporation that you work for has five or more employees that are Aurora Wellness Center members, you may be eligible for corporate membership. Corporate members

receive a discounted enrollment fee and a reduced monthly fee. For additional information, please contact Sue Daniels at 262-767-7159 or sue.daniels@aurora.org.

Meet our new employees

- Cassie Collins, *Childcare Assistant*
- Cathy Hoff, *Massage Therapist*
- Sadie Peters, *Lifeguard*
- Amy Schoepke, *Water Safety Instructor*
- Kory Strom, *Group Exercise Instructor*

Aurora Wellness Center charges a \$25 service fee for any declined or returned membership payments. This includes both credit card and checking account electronic fund transfers (EFTs). If you have any questions, please call Stephanie Waiss at 262-767-7161.

Massage therapy

Our massage therapists listen to your needs and employ proper techniques to deliver a truly therapeutic experience. We invite you to experience the rejuvenating benefits of therapeutic massage today and discover the positive effect it can have on your body and your overall well-being. Therapeutic massage is a medically proven method for supporting your health and wellness. You'll enjoy the benefits of reduced stress, relief from neck and back pain, improved range of motion and increased circulation. Call 262-767-7000 to schedule an appointment today.

25 minutes	50 minutes	75 minutes
Members – \$40	Members – \$60	Members – \$80
Non-members – \$50	Non-members – \$70	Non-members – \$90

Family Time Fitness

Aurora Wellness Center reminds all members about Family Time Fitness guidelines. Family Time Fitness was initiated as an additional privilege of membership. Please follow the guidelines outlined in our Family Time Fitness brochure.

- Family Time Fitness is for members and their immediate family members only (includes spouse, children age 17 and younger, or grandchildren age 17 and younger).
- A \$10/day pass is available for children age 18 and older.
- Members must complete a waiver for their immediate family members at the service desk.
- Members must remain in the facility with their family members at all times.
- Parents/grandparents must supervise children/grandchildren at all times.

You will find additional information about Family Time Fitness in the brochure available at Aurora.org/AWC or at the Aurora Wellness Center service desk. If you have additional questions or concerns, please ask our manager on duty.

Autophagy:

Eat your heart out with exercise

By John Whitcomb, MD

Reference: *Economist*, Jan 21, 2012; *Nature*, Beth Levine, MD

Autophagy is a hot topic in the anti-aging world. It literally means “eating oneself,” which sounds a bit gruesome. But that’s it in a nutshell. Exercise makes you do more of it. It’s the details that are interesting.

Dr. Beth Levine, an internal medicine and microbiology specialist, and her team from Texas Southwestern explored how autophagy works in mice by manipulating their autophagy genes, and making them with a green glowing fluorescence. Then, they got the mice to exercise. What they found was that the more the mice ran on a treadmill, up to 80 minutes a day, the more *autophagosomes* they developed. An autophagosome is a structure that forms around parts of your cells and body that is used up and needs to be recycled. It envelopes those parts and digests them, sort of a recycling feature. Having more autophagosomes is a good thing. And the more you exercise, the more you have, up to the peak of 80 minutes a day in mice.

The researchers got a second strain of mice that couldn’t make autophagosomes in response to exercise. Compared to the mice with the ability to increase the number of their autophagosomes, the altered mice were less able to develop endurance to exercise and more likely to become glucose resistant. That suggests that the process of autophagy is central to the process of preventing degenerative, aging illnesses. Fascinating!

We know that exercise increases your ability to resist diabetes. It also decreases dramatically your risk for cognitive decline and improves many markers of inflammation. Your chance of dying from all causes drops as much as 50% in age-matched groups over 60 years old when you walk just two miles a day. If you have sore knees and an aching back, exercising gets you better, not worse. The phrase, “Use it or lose it” comes to mind but this offers a whole new twist. When you exercise, you turn on your autophagy mechanisms, you boost your number of autophagosomes and you reprocess all your old used up parts. So you “lose” your old, dead, used-up parts and rebuild new parts. So, “losing it” makes you re-grow it!

This research doesn’t prove that exercise helps you live longer. What it gives is a plausible mechanism for why exercise is so unbelievably good for you. We can’t genetically modify humans with glowing autophagosomes, but we sure can encourage you to get yourself out there and walk a mile or two.

WWW: *What will work* for me? I’ve got this image of a Pac-Man gobbling up all my rotten used up parts when I jog. Maybe that’s why I feel so good when I do it. On vacation last week, I had the lovely experience of passing a jogger who must have been in her eighties. She smiled and flashed a V for victory to me. Fellow exercisers unite!

Mini Sausage and Mushroom Quiche

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces

1 teaspoon extra-virgin olive oil

8 ounces mushrooms, sliced

1/4 cup sliced scallions

1/4 cup shredded Swiss cheese

1 teaspoon freshly ground black pepper

5 eggs

3 egg whites

1 cup 1% milk

Preheat oven to 325°F. Coat a nonstick muffin tin generously with cooking spray. In large nonstick skillet over medium-high heat, add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add olive oil to the skillet and cook mushrooms, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes, then stir in scallions, cheese and pepper. In separate medium bowl, whisk eggs, egg whites and milk. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture on top of the egg mixture in each cup.

Bake for 25 minutes or until the tops are just beginning to brown. Cool on wire rack for 5 minutes. Place wire rack on top of muffin tin, flip it over and turn the quiches out onto the rack. Turn upright and cool completely.

Aquatic programs

Summer Session I & II 2012 Learn-to-Swim Program and Summer Swim Club

The Aurora Wellness Center aquatic department follows the American Red Cross format for all youth aquatic training. You won't find a more complete program addressing the needs of youth swimmers of all ages and levels – from infants to advanced swimmers. You may also register your child for swim lessons according to the registration schedule listed below or at any time after the registration dates, but before the classes start. The Youth Aquatic Program guide is available online at Aurora.org/AWC; click on “Youth Aquatic Programs” or pick up your guide at the Aurora Wellness Center service desk.

Learn to Swim Summer I Session: May 21 – June 25, 2012 (Swim Club June 18 – August 16, 2012)

Summer I Session Registration

Members

Monday, May 7 – 9 a.m. to 1 p.m. and 4 to 7 p.m.

Members and Non-members

Wednesday, May 9 – 9 a.m. to 1 p.m. and 4 to 7 p.m.

Summer II Session Registration July 16 – August 18, 2012

Members

Monday, Monday, June 25 – 9 a.m. to 1 p.m. and 4 to 7 p.m.

Members and Non-members

Wednesday, June 27 – 9 a.m. to 1 p.m. and 4 to 7 p.m.

Aurora Wellness Center Winter Swim Club Wrap-up

The 2011 Barracuda Fall Swim Club started out its 8-week session with many top time swims! We had many new faces to the swim club including: *Brooke Axelson, Emily Berg, Andrew Bergman, Ella Clapp, Evander Craig, Lil DeMarco, Katie Goetzke, Josh Hunter, Aaron Larson, Averi Larson, Rebecka Liberto, Kaitlin Pankowski, Rachel Schroeder and Tyler Voigt.*

We started the winter session with dual at-home meets on Jan. 26 against the Milwaukee Piranhas. The Barracudas then traveled to Cudahy High School on Feb. 9. Our final home meet on March 8 was against the Jewish Community Center and the Milwaukee Boys and Girls Club. The Barracudas concluded their winter session by returning to Cudahy High School for the all-conference swim meet on March 24.

Throughout the eight weeks, many personal and team records were set. *Congratulations to all Barracuda swimmers for a great winter session!*

Aurora Wellness Center Summer Swim Club

The Aurora Wellness Center Swim Club is dedicated to providing a safe environment in which children can experience a positive social, educational, and physical experience within the framework of competitive swimming. Instruction is provided to meet each individual swimmer's needs. Emphasis is placed on improving stroke technique, starts, turns, finishes, overall speed, and endurance. In addition to practices, several meet opportunities are available to all levels of competitors throughout the season. Novice, Intermediate, Senior and Pre-team levels are offered. Entry is limited, early registration is strongly recommended.

Summer Swim Club: June 18 – August 16, 2012 (no club July 2-5)

Summer Swim Club Registration

Members

Monday, May 7 – 9 a.m. to 1 p.m. and 4 to 7 p.m.

Members and Non-members

Wednesday, May 9 – 9 a.m. to 1 p.m. and 4 to 7 p.m.

Pre-team – This class is for the swim student who wants to be competitive, but just isn't quite ready. The class includes work on proper competitive strokes, endurance and technique. Prerequisites include passing level 2 with knowledge in front and back crawl.

Mondays and Wednesdays, 10 to 11 a.m. – Fee \$90

Tuesdays and Thursdays, 5:30 to 6:30 p.m. – Fee \$90

Novice – Entry requires the ability to swim 25 yards (1 length), freestyle and backstroke, in good form. Successful completion of American Red Cross Level 3 or equivalent also is required.

Mondays – Thursdays, 9 to 10 a.m. – Fee \$155

Tuesdays and Thursdays, 6:30 to 7:30 p.m. – Fee \$90

Intermediate – Entry requires the ability to swim 500 yards (20 lengths in our 25-foot pool) without rest. Competency in freestyle, backstroke, breaststroke and butterfly also is required.

Mondays thru Thursdays, 7 to 9 a.m. – Fee \$220

Senior – Entry requires prior competitive swimming experience with coach's discretion.

Mondays thru Thursdays, 7 to 9 a.m. – Fee \$220

Evening Practice Option – Intermediate and Senior swimmers.

Tuesdays and Thursdays, 6:30 to 8:30 p.m. – Fee \$145

Head coach **Alissa Bartz** is a graduate of the University of Wisconsin – Stevens Point, where she earned a health promotion and wellness degree. Alissa swam for the school’s Pointer team for four years and was an eight-time All American. As a freshman, she was named “Most Outstanding Female in an Individual Sport.” As a senior, she served as team captain and was honored as Most Valuable Player. Alissa has more than six years coaching experience at beginner, high school and college levels. She is a certified American Red Cross water safety instructor.

Assistant coach **Naomi Rauch** enters her eighth season with the Aurora Wellness Center Swim Club. A former competitive swimmer in club and high school programs, Naomi continued swimming as a USS Swim Club coach and American Red Cross water safety instructor.

Assistant coach **Beth Volbrecht** joins us for her fifth summer season with the Aurora Wellness Center Swim Club. A former competitive swimmer in club and high school programs, Beth has continued with swimming as a water safety instructor. Beth has nearly 21 years of instructing experience as a certified American Red Cross water safety instructor.

Jodi Larsen joins the coaching staff for her third season. Jodi has been a competitive swimmer since age 4 – competing in both club and high school. She has been a water safety instructor at Aurora Wellness Center since 2008.

Aquatic Workshops

Watch for upcoming Aquatic Workshops! Informational sheets will be available at the Aurora Wellness Center service desk.

Private Swimming Lessons

Private swimming lessons are available to anyone of any age or ability. Our instructors are trained to teach you no matter what your goals – from introductory swimming skills to refinement of advanced strokes. All private lessons are 30 minutes in length and can be scheduled at your convenience year round. Private (one swimmer), private +1 (two swimmers of similar abilities and goals), and private +2 (three swimmers of similar abilities and goals) are available.

Private Swimming Lesson Rates		Members/ Non-members
1	30-minute lesson	\$21/\$27
5	30-minute lessons	\$95/\$125
10	30-minute lessons	\$170/\$230

Private +1 Swimming Lesson Rates		Members/ Non-members
1	30-minute lesson/ participant	\$15/\$18
5	30-minute lessons/ participant	\$65/\$80
10	30-minute lessons/ participant	\$120/\$150

Private +2 Swimming Lesson Rates		Members/ Non-members
1	30-minute lesson/ participant	\$12/\$15
5	30-minute lessons/ participant	\$50/\$65
10	30-minute lessons/ participant	\$95/\$125

Wave-to-Go!

Lap Swim Incentive

Congratulations to Aurora Wellness Center members who reached their goals in the Lap Swim Incentive. All members who use the pool for swimming laps are encouraged to participate. If you’re interested in joining the Lap Swim Incentive program, ask a lifeguard to start a file for you at the pool. Then, record your total laps each time you swim.

1,000 miles
Vince Ripp

500 miles
Brad Dickman
Jill Lodel

250 miles
Jean Grabarec
Nora Hirth
Andy Weiger

100 miles
Jeff Cragg
Daniel Martin
Mark Paugel

50 miles
Ashley Baumeister
Phil Degreef
George Lodel
Larry Wright

25 miles
Steve Krause

Special offerings

Detailed information about the following programs is available at the service desk and online at Aurora.org/AWC.

Aurora Wellness Center Kids Camp 2012

Aurora Wellness Center Kids Camp is designed to keep your children (ages 5-11 only) active and engaged this summer. Each week a new theme will encourage teamwork, creativity and personal development. Campers will participate in art projects, games, nature exploration, music, drama, dance, swimming, science experiments, obstacle courses and other action packed activities.

Contact Donna Lueth via email at donna.lueth@aurora.org or by phone at 262-767-7179 to be placed on our mailing list.

Camp dates

June 11 – August 17 (*no camp week of July 4th*)
Monday – Friday, 9 a.m. to 4 p.m.

Optional ½ day camp is available

Monday – Friday, 9 a.m. to Noon *or* 1 to 4 p.m.
Early drop-off (7:45 a.m.) and late pick-up (5:15 p.m.) is available for an extra fee

Member and non-member registration starts

Wednesday, May 16 – 8 a.m. to 12 p.m. *and* 3 to 6 p.m.

Body & Mind

Our Body & Mind program provides value and flexibility to fit your busy lifestyle. You may purchase a 6- or 12-class Body & Mind Flex Card, and attend any of our 55-minute Body & Mind classes. The flex card has no expiration date and allows you to attend a variety of classes. You also can pay on a per-class basis. Flex Cards are nonrefundable and nontransferable. We reserve the right to cancel any class with consistently low attendance.

Flex Card Price	Members/Non-members
6-class card	\$45/\$60
12-class card	\$80/\$110
55-minute drop-in fee	\$9/\$12

*Purchase your Body & Mind Flex Card at the service desk.
No refunds or transfers allowed.*

Yoga Basics

Guests of our Yoga Basics class will enjoy a variety of entry-level fluid yoga movements and poses. Designed to increase strength, balance and flexibility, the gentle movements performed are appropriate for all individuals. Emphasis on breathing and relaxation will help decrease stress and tension. Modifications are offered for entry-level participants.

Gentle Yoga

This class provides an unhurried, nurturing environment for you to relax and gently stretch. With less emphasis on form, this calming style of yoga encourages you to let go. Poses are held using blankets, blocks and straps to gently open and support the body. Slow, gentle movement encourages release of the deep tissue while working within the integrity of your own body. With the focus on stress reduction, this class will have a positive therapeutic impact during times of illness, injury, pain and other stressors, making it suitable for anyone with limited mobility, those recovering from injury, and those interested in prevention and healing. Breathing techniques, imagery and meditation will also be used to promote self healing.

Yoga I/II

This class combines the holding of poses for strength and a Vinyasa flow style using a dynamic system of poses and linking breath to movement to improve endurance. The movements also build heat, flexibility and concentration. The focus will be on alignment and refining postures while balancing the mind. Regular practice is recommended.

Pilates Matwork Fundamentals

Pilates is a series of controlled movements engaging your body and mind. This system will consist of quality movement patterns emphasizing the development of core strength and stability. This class is appropriate for individuals of all ages and fitness abilities. Movement patterns will be adjusted to accommodate individuals with physical limitations. Everyone participating will improve muscular strength, endurance, flexibility, postural alignment, as well as emotional outlook.

Community Yoga

This class is open to all levels. Strengthen the mind-body connection by learning to link the breath with basic poses and sun salutations. Props will be offered and modifications for each pose will be given, making this class appropriate for all abilities. Start wherever you are now and learn to reach your maximum “edge,” build strength and flexibility, and restore with meditation and breathing.

American Red Cross classes

Lifeguard Training & Community First Aid

(Waterfront inclusive)

Course content/prerequisites: proficient swimming strokes.

A 550-meter continuous swim pretest is given during the first class. The swim consists of a 200-meter front crawl, 200-meter breaststroke, and 150-meter front crawl and/or breaststroke.

Course includes lifeguard skills for pools and open-water (waterfront), as well as CPR/AED for Lifeguards, American Red Cross CPR/AED for Lifeguards certification is current for one year from date of issue, while Lifeguard Training and Community First Aid is current for three years from date of issue. Participants must be age 15 or older by completion of course. A minimum of four students is required to run this course. **Fee \$250**

Class Option I

Friday, April 20 – 4 to 9 p.m.
Saturday, April 21 – 1 to 6 p.m.
Sunday, April 22 – 1 to 8 p.m.
Friday, April 27 – 4 to 9 p.m.
Saturday, April 28 – 1 to 6 p.m.
Sunday, April 29 – 1 to 8 p.m.

Class Option II

Wednesday, May 2 – 4 to 9 p.m.
Thursday, May 3 – 4 to 9 p.m.
Friday, May 4 – 4 to 9 p.m.
Saturday, May 5 – 8 a.m. to 6 p.m.
Sunday, May 6 – 1 to 6 p.m.

Attendance is mandatory for all dates.

No refunds or cancellations. Payment is due upon registration; please register no later than three days prior to class.

CPR/AED for Lifeguards and Lifeguard Challenge

This class is for persons already certified in Lifeguard Training and Community First Aid, and CPR/AED, through the American Red Cross. American Red Cross CPR/AED for Lifeguards certification is current for one year from date of issue. Lifeguard Challenge participants are required to receive the newly updated Lifeguarding Manual. Lifeguard Training & Community First Aid is current for three years from date of issue. Participants are required to bring their pocket masks to class.

Class Option II

Saturday, May 26 – 9 a.m. to 1 p.m. CPR/AED for Lifeguards
Saturday, May 26 – 1 to 5 p.m. Lifeguard Challenge

Class Option III

Saturday, June 9 – 9 a.m. to 1 p.m. CPR/AED for Lifeguards
Saturday, June 9 – 1 to 5 p.m. Lifeguard Challenge

Fees

\$180 – CPR/AED for Lifeguards and Lifeguard Challenge

\$120 – Lifeguard Challenge only

\$85 – CPR/AED for Lifeguard Challenge only

No refunds or cancellations. Payment is due upon registration; please register no later than three days prior to class.

Water Safety Instructor Training

Course content/prerequisites: Proficient swimming strokes and skills exceeding Level 5; current CPR/AED and Community First-Aid certification. Participants must be age 16 or older by the completion of the course. A minimum of four students is required to offer this course. **Fee \$300**

Class Option I

Thursday, May 17 – 4 to 9 p.m.
Friday, May 18 – 4 to 9 p.m.
Saturday, May 19 – 8 a.m. to 6 p.m.
Sunday, May 20 – 1 to 6 p.m.
Tuesday, May 22 – 4 to 9 p.m.
Thursday, May 24 – 4 to 9 p.m.
Friday, May 25 – 4 to 9 p.m.

Attendance is mandatory for all dates.

No refunds or cancellations. Payment is due upon registration; please register no later than three days prior to class.

Aurora Community Outreach

Aurora Community Outreach offers a wide variety of classes, community events and support groups aimed at promoting health and wellness in Racine, Walworth and Kenosha counties. Educational programs touch people at all points in their lives – from infancy to end-of-life care. Our programs also provide individuals with an excellent opportunity to gather information, ask questions and talk to health care professionals. Individualized wellness education sessions are available to businesses and organizations to help people maintain healthy lifestyles. For more information, please call 800-499-5736 or 262-767-7185.





Aurora Wellness Center®

Aurora Health Care Southern Lakes, Inc.
252 McHenry Street
Burlington, WI 53105

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What's new at *Aurora Wellness Center*

By Chris Jankowski, Fitness Specialist Lead

Exciting changes are coming our way at the Aurora Wellness Center. Watch for a total overhaul of our juice bar, including new furniture and signage. This goes along with our new membership waiting area chairs and table, as well as new chairs in the membership office. In addition to these changes, we will be getting a variety of new small equipment items, such as medicine balls, dynamax balls, bands, aqua belts and gloves, and other items to be used for personal training and in group exercise classes. These items should be arriving shortly. *Be sure to check them out!*