

Program Guide

January - April
2012




Westview Healthplex
Sports Club

An Affiliate of  **Community** Health Network



Club Hours:

Monday through Friday: 5:15 a.m. to 10:00 p.m.
Saturday and Sunday: 7:00 a.m. to 8:00 p.m.

Courtside Café Hours

Monday through Friday: 6:30 a.m. to 9:00 p.m.
Saturday: 8:00 a.m. to 7:30 p.m.
Sunday: 9:00 a.m. to 7:30 p.m.

Minor Leaguers Hours

Monday: 8:00 a.m. to 2:30 p.m. & 4:00 p.m. to 8:00 p.m.
Tuesday: 8:00 a.m. to 2:30 p.m. & 4:00 p.m. to 8:00 p.m.
Wednesday: 8:00 a.m. to 2:30 p.m. & 4:00 p.m. to 8:00 p.m.
Thursday: 8:00 a.m. to 2:30 p.m. & 4:00 p.m. to 8:00 p.m.
Friday: 8:00 a.m. to 2:30 p.m. & 4:00 p.m. to 7:00 p.m.
Saturday: 8:00 a.m. to 2:00 p.m.
Sunday: 12:00 p.m. to 3:00 p.m.

Special Club Hours:

New Year's Day: Sunday, January 1: 9:00 a.m. - 4:00 p.m.
Saturday, February 4: CLUB CLOSED FROM 7:00 a.m. - 1 p.m.
Easter: Sunday, April 8: CLUB CLOSED

(317) 920-7400

westviewhealthplex.org



Westview Healthplex
Sports Club

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Please contact Meggan Breen, Retention Coordinator at (317) 920-7451 or mbreen@westviewhealthplex.org for more information regarding Social Events and Member Appreciation Days.

fitRewards! REWARD YOURSELF EVERYDAY

Member Rewards Program: Reward Yourself Everyday!

Once you become a member, you can begin earning fitReward points for:

- Club Usage (Check Ins)
- Club Purchases (excluding dues)
- New Member Referrals
- Educational Classes
- and more...

For more information about this exciting new program, see Membership Services for details. Once you are a Westview Healthplex Sports Club Member, you will need to create a fitRewards! account and login in order to see your accumulated points and redeem them online. For more information or to become a member so you can earn points, please contact Membership Services at 920-7400 or email fitrewards@westviewhealthplex.org.
www.fitrewards.com

Membership does have its privileges! Now you can earn points every day for just using the club!

Member Appreciation Days

How can you refer a new Primary member? Bring them to our next Member Appreciation Day (MAD)! During these days you can bring a guest for free and let them try out your club at no charge. On these days we will have free amenities, door prizes, contests and other fun things at our MAD table. Your guest will also have a special offer to join the club on these days as well... so don't let them miss out on all the fun and savings!

Aquatics (Adult Programs)

Healthplex Masters Swim Team

An adult aquatic fitness program for triathletes, competitive and fitness swimmers. This program is directed by a coach on deck who provides expert advice in training technique, stroke mechanics and goal setting. While the majority of participants swim for fitness, many compete in triathlons and United States Masters swimming meets. You may start at any time.

Member: \$20/month or \$3/practice

Guest: \$40/month or \$6/practice

Monday Wednesday Friday	5:45 a.m. - 6:45 a.m.
Tuesday Wednesday Thursday	6:00 p.m. - 7:00 p.m.
Saturday	7:30 a.m. - 8:45 a.m.

Dry Land Masters Practice

Join us for our newest addition to our Masters Program! Dry Land practices consist of strengthening key muscles used in swimming in a small group personal training session. All sessions are led by one of our personal trainers

Member: \$8/session or 4 sessions: \$30

Guest: \$12/session or 4 sessions: \$45

2 month expiration on all 4 packs

Wednesday	7:15 p.m. - 8:00 p.m.
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Underwater Video Taping Clinics

Need to work on your technique? Try our Technique Clinics that include Underwater Video Taping! We will video tape you along with giving you feedback on how to become more efficient in each of your strokes! Space is limited so register early! Each session will last 15 minutes. Are you registered with USMS or USAT? Receive the member price by showing your membership card!

Member: \$25; Guest: \$40

Saturday, January 14	9:00 a.m. - 11:00 a.m.
Saturday, February 11	9:00 a.m. - 11:00 a.m.
Saturday, March 10	9:00 a.m. - 11:00 a.m.
Saturday, April 14	9:00 a.m. - 11:00 a.m.

Liquid Lifestyles

Liquid Lifestyles is a weekend of clinics that works on technique training for fitness and competitive athletes who want to improve their stroke mechanics and efficiency. Time is spent working through balance, alignment and timing drills. Learning how to incorporate speed, rhythm and endurance without compromising form and efficiency are also discussed.

Check out www.LiquidLifestyles.net for more information or to register for the program.

Introduction to Stroke Fundamentals		
March 24	Saturday	9:00 a.m. - 4:00 p.m.
Underwater Video Taping		
March 24	Saturday	5:00 p.m. - 7:00 p.m.
Refinement and Training		
March 25	Sunday	8:00 a.m. - 3:00 p.m.

Private Lessons

Private and semi-private instruction is available for anyone wanting individual instruction or those with special needs. Must be 3 years of age to participate. Contact the Aquatic Department at (317) 920-7416 to set up days and times that fit your schedule. Please notify your instructor of any change in schedule at least 12 hours in advance to refrain from being charged for a missed swim lesson.

Private	Member	Guest
1 lesson	\$20	\$25
4 lessons	\$75	\$95
8 lessons	\$125	\$155

Semi-private	Member	Guest
1 lesson	\$12/person	\$15/person
4 lessons	\$45/person	\$55/person
8 lessons	\$70/person	\$90/person

Adult Group Swim Lessons (13 years of age and older)

These classes are geared toward teens and adults that are just learning how to swim or are ready for the next level, including learning the strokes. Students will progress at their own rate while learning new skills and refining their existing skills. Level 1 is our Terrified of Water (T.O.W.) class, only basics will be covered. Level 2 is our Intermediate level for those swimmers ready for work on their form. Level 3 is our Masters Swim Team program where swimmers are comfortable in the water and endurance is the primary focus. (See Master description located on page 2 for more information.)

8 week sessions (Classes meet one time per week) Members: \$50; Guest: \$70	
Winter I: January 2 - February 26	
Winter II: February 27 - April 22	
T.O.W.	
Tuesday	5:00 p.m. - 5:30 p.m. (Therapy)
Thursday	10:00 a.m. - 10:30 a.m. (Therapy)
Sunday	3:00 p.m. - 3:30 p.m. (Therapy)
Intermediate	
Monday	6:00 p.m. - 6:30 p.m. (Lap Pool)
Saturday	8:30 a.m. - 9:00 a.m. (Lap Pool)

5 week sessions (Classes meet one time per week) Members: \$32; Guest: \$44	
Spring: April 23 - May 27	
T.O.W.	
Tuesday	5:00 p.m. - 5:30 p.m. (Therapy)
Thursday	10:00 a.m. - 10:30 a.m. (Therapy)
Sunday	3:00 p.m. - 3:30 p.m. (Therapy)
Intermediate	
Monday	6:00 p.m. - 6:30 p.m. (Lap Pool)
Saturday	8:30 a.m. - 9:00 a.m. (Lap Pool)

Shamrock Indoor Triathlon

Get ready for triathlon season with our fifth annual spring indoor triathlon! This event is great for those wanting a jump start to the season, individuals that are interested in trying a triathlon or those individuals that want to push themselves in something new physically. Event will consist of a 20 minute swim, 20 minute bike and 20 minute run. Results will be tallied on the total distance completed within the time restrictions.

Not ready to do it alone? Register as a team! One person swim, one bike and one run!

Individual: \$25; Team: \$18 per participant

Saturday, March 3	First heat 8:00 a.m.
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Indoor/Sprint Triathlon Swim Training

Thought about doing an Indoor or Sprint Triathlon but swimming is not your thing? Get ready for the Healthplex Indoor Triathlon and boost your confidence with our Triathlon Swim Training! Work on freestyle technique, sighting, endurance and just getting through the swim.

Member: \$50; Guest: \$70

Class meets one time per week for 4 weeks February 8 - March 1	
Wednesdays	5:00 p.m. - 6:00 p.m.
Thursdays	7:00 p.m. - 8:00 p.m.

Aquatics (Swim Lessons)

Barracuda Club

This program is designed for youth ages 6-15 that have the interest to swim for fitness and are able to complete 25 yards of Freestyle. A swim coach who provides guidance on stroke technique and endurance directs practices during this program. Come learn proper stroke technique and build endurance for a lifetime of swimming. All classes are held in the Lap pool.

Members:	Guest:
1 time per week \$25	1 time per week \$40
2 times per week \$45	2 times per week \$65
3 times per week \$65	3 times per week \$85

Winter I: January 3 - January 29	
Winter II: February 1 - February 28	
Spring I: March 1 - March 31	
Spring II: April 1 - April 30	
Monday - Thursday	5:00 p.m. - 6:00 p.m.
Saturday	9:00 a.m. - 10:00 a.m.

American Red Cross Lifeguard Class

Lifeguarding trains individuals on how to be Red Cross lifeguards. Candidates learn how to respond to water related emergencies by developing surveillance skills to recognize and prevent emergencies, water rescue, spinal-injury management and post-rescue care, first aid and CPR for the Professional Rescuer. You must be 15 years of age by the completion of the course.

Attendance for all classes is required for completion of certification.

Member: \$175; Guest: \$225

Spring I: April 2 - April 5	
Monday, April 2	8:00 a.m. - 4:00 p.m.
Tuesday, April 3	8:00 a.m. - 4:00 p.m.
Wednesday, April 4	8:00 a.m. - 4:00 p.m.
Thursday, April 5	8:00 p.m. - 12:00p.m.

Youth Group Swim Lessons Class Descriptions

Parent Tot (6 months – 2 years)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Preschool (3 - 5 years)

The objective is to help students feel comfortable in the water and to enjoy the water safely. Along with this the children will learn the fundamentals skills of swimming, including floating and locomotion skills.

Tadpole I – Students will learn how to be comfortable in the water with the assistance of a knowledgeable instructor, while working on swimming, kicking, floating, and water games.

Seahorse II – This class is for students who have successfully completed the tadpole level. In this class students will start learning to swim without instructors, working on swimming, kicking, floating independently.

Youth (6-12 years)

The objective of Level III and IV is to build on the skills learned in previous levels. Treading water and coordination of the front and back crawl along with the introduction of breaststroke and butterfly are included in this class.

Angelfish III – This class is for students who have successfully completed the Seahorse level. In this level students will learn new strokes, kicks, how to assist others, as well as how to swim independently, without floatation.

Frog IV – This class is for students who have successfully completed the Angelfish level. In this level students will learn how to refine strokes, use all strokes efficiently, assist others in need, swim under water, and tread water.

Water Scouts

In Cub Scouts, Boy Scouts, Girl Scouts, or Brownies? Bring your scouts to the Westview Healthplex Sports Club to earn their aquatics badges. Call the aquatics department at (317) 920-7416 to set up days and times. Please be prepared to identify which badges you are working toward. A minimum of five scouts is requested.

Member:\$6/participant; Guest:\$8/participant

Youth Group Swim Lessons	
8 week sessions (Classes meet one time per week) Members: \$50; Guest: \$70	
Winter I: January 2 - February 26	
Winter II: February 27 - April 22	
5 week sessions (Classes meet one time per week) Members: \$32; Guest: \$44	
Spring: April 23 - May 27	
Parent Tot (6 months - 2 years)	
Tuesday	5:30 p.m. - 6:00 p.m.
Thursday	10:30 a.m. - 11:00 a.m.
Thursday	5:30 p.m. - 6:00 p.m.
Saturday	10:00 a.m. - 10:30 a.m.
Preschool (3 - 5 Years)	
Monday	5:00 p.m. - 5:30 p.m.
Tuesday	6:00 p.m. - 6:30 p.m.
Thursday	11:00 a.m. - 11:30 a.m.
Thursday	6:00 p.m. - 6:30 p.m.
Saturday	10:30 a.m. - 11:00 a.m.
Sunday	2:00 p.m. - 2:30 p.m.

Youth Group Swim Lessons Continued	
Youth (6 - 12 Years)	
Monday	5:30 p.m. - 6:00 p.m.
Tuesday	6:30 p.m. - 7:00 p.m.
Thursday	6:30 p.m. - 7:00 p.m.
Saturday	11:00 a.m. - 11:30 a.m.
Sunday	2:30 p.m. - 3:00 p.m.

Private and Semi-Private Lessons

Private and semi-private instruction is available for anyone wanting individual instruction or those with special needs. Must be 3 years of age to participate. Contact the Aquatic Department at (317) 920-7416 to set up days and times that fit your schedule. Please notify your instructor of any change in schedule at least 12 hours in advance to refrain from being charged for a missed swim lesson.

Private	Member	Guest
1 lesson	\$20	\$25
4 lessons	\$75	\$95
8 lessons	\$125	\$155

Semi-private	Member	Guest
1 lesson	\$12/person	\$15/person
4 lessons	\$45/person	\$55/person
8 lessons	\$70/person	\$90/person



Aquatics

Infant Swimming Resource

Give your child an extra layer of protection with self-rescue swimming lessons from Infant Swimming Resource (ISR). ISR, a nationally recognized program with more than 400 instructors nationwide, offers private and highly specialized certified instruction for children starting as early as 6 months of age.

Babies 6 to 12 months learn:

- To hold their breath underwater
- To roll onto their back
- To float unassisted, rest and breathe until help arrives
- To perform these self-rescue skills first in a swim diaper, then while fully clothed

Children 1 to 6 years old learn:

- To hold their breath underwater
- Swim with their head down
- Roll onto their back to float, rest, and breathe
- Roll back over to resume swimming until they reach the side of the pool, crawl out or be rescued by an adult
- To perform these self-rescue skills first in a swim diaper, then while fully clothed

When it comes to water-safety and skills, ISR is the safest provider of swimming lessons for babies and toddlers between 6 months and 6 years old. As the only medically sound swimming method of its kind, ISR goes beyond traditional swim instruction, teaching children self-rescue techniques to survive in the water.

Since 1966, ISR has safely delivered over 7 million lessons to teach water self-rescue skills to more than 200,000 students and has educated parents and medical experts nationwide on water safety techniques and proven instruction methods. To date, ISR has 790 children saved from certain drowning using ISR techniques to save themselves from drowning. With over 40 years experience ISR is the first and only drowning prevention strategy that has earned a 100% safety record.

To learn more about ISR and see videos of what your child will learn please visit www.infantswim.com or www.indyinfantswim.com

If you have any questions, please contact ISR Instructors Barb Davis (317) 529-2763, b.davis@infantswim.com and Yiwen Fung (317) 489-9221, y.fung@infantswim.com.

Shamrock Indoor Youth Duathlon

Join our third annual Youth Duathlon and challenge your children to both swim and run! the event will consist of a timed swim and run. The Youth Duathlon will be held simultaneously to the Adult Triathlon.

Individual: \$15; Team \$12 per participant

Saturday, March 3	First heat at 10:00 a.m.
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Youth Duathlon Training

Are you interested in participating in the Youth Duathlon? Come join our training program to get you ready. We will focus on swimming and running technique and endurance to help you complete the Duathlon! Chose one day or two to come train!

Members:	Guest:
1 time per week \$25	1 time per week \$40
2 times per week \$45	2 times per week \$65

February 8 - March 1	
Monday	6:00 p.m. - 7:00 p.m.
Wednesday	6:00 p.m. - 7:00 p.m.

Dive in Movie

Join us for a movie the second Friday of each month! Bring your family and floats for an evening of swimming and family fun! Movie will be shown in the Therapy Pool.

Member: Free; Guest: \$5

Friday, January 13	7:00 p.m.	Happy Feet
Friday, February 10	7:00 p.m.	Cars 2
Friday, March 9	7:00 p.m.	Tangled
Friday, April 13	7:00 p.m.	RIO

Underwater Holiday Activities

Bring the whole family and join us for fun holiday activities in the pool! Games and crafts will be included in the festivities! All ages welcome!

Member: \$5; Guest: \$10

Underwater Easter Egg Hunt	
Friday, March 30	7:00 p.m.

Water Fitness

All water exercise classes on this schedule are included in your Westview Healthplex Sports Club membership unless otherwise noted. Classes are on-going, there are no sessions. Guest participation is available with a doctor's note, completed emergency contact form on file and a fee of \$7.00 per class.

Classes are listed from lowest to highest intensity for you convenience to choose the class that is right for you. If you are a Guest of the Westview Healthplex and find that you are attending two or more Water Fitness classes per week please stop by the Membership offices to learn more about becoming a member of the Westview Healthplex Sports Club.

Water Fitness Class Descriptions

Aqua Arthritis

A low intensity class that gives participants stretching, range of motion, flexibility and balance. Includes 10-15 minutes of light intensity cardiovascular work that aids in keeping joints moving and helps accomplish daily functions of life. This class is designed for those with arthritis, fibro-myalgia or other autoimmune diseases, syndromes or physical injuries that affect their ability to perform functions of daily living without pain and/or decreased range of motion and flexibility. All of our instructors are certified through the Arthritis Foundation.

Aquacize

A high intensity class using the various natural properties of water drag, viscosity, resistance and turbulence to cover range of motion, flexibility, strengthening, and core conditioning with 25 - 35 minutes of gradually intensifying cardio work that includes but is not limited to intervals, circuit, plyometrics, standing, submerged and buoyant.

Circuit Splash

Engage in high energy aquatic cardio fitness that implements different strategies such as circuit strength training combined with vigorous aerobic activity. This is for anyone who enjoys getting a great, worthwhile workout and is willing to be up for a challenge.

W.E.T. - (Water Exercise Training)

A Medium intensity water exercise class for active older adults but all are welcome! Start with a warm-up, briefly stretch, and then get your heart rate up for the more challenging middle of the class. Wrap up the class by using water dumbbells, fans, noodles or just our limbs for some strength exercises. Finish with a brief cool-down and stretch for a complete body workout. Special emphasis is given to cardiovascular fitness, flexibility, and strength for balance and functional fitness in a friendly atmosphere.

Aqua Zumba

A Fitness workout featuring interval training sessions with combinations of fast & slow rhythms & water resistance to tone and sculpt your body while burning fat using Latin and International music. Its fun, different, easy and effective. Challenge yourself to try Aqua Zumba!

Hydromania

A medium to high intensity class using the various natural properties of water with or without equipment to cover range of motion, flexibility, strengthening, and core conditioning with 20 - 30 minutes of gradually intensifying cardio work that includes but is not limited to intervals, standing, submerged and buoyant levels of water work.

Power Plunge

This fast-paced class is designed to combine aerobic conditioning (and calorie burning) with strength training, muscular endurance and flexibility. Use various equipment combined with the properties of water to get results. This class is geared toward those that want to take their workout to the next level. High paced, high intensity and lots of fun!

Splash-N-Dash

This is a dynamic class including active stretches, strengthening through the use of water resistance and high-intensity aerobic component. This class will get your heart rate up! You will burn fat and calories, increase endurance, build strength and flexibility, and improve muscle tone. Added benefits are a renewed energy level, and relief from stress and tension.

Water Fitness

Aquatic Personal Training

A personal training session in the pool will help you get the most out of your workout with one-on-one instruction and motivation. The resistive properties of water provide an excellent environment for exercise (especially for individuals who have arthritis, fibromyalgia, osteoporosis or difficulty exercising on land). Call now to find out how our certified instructors can help you meet your fitness goals. Contact Kelly Wessling to schedule aquatic personal training at (317) 920-7416 or kwessling@westviewhealthplex.org.

30 minute sessions	Member	Guest
1 Session	\$35	\$45
5 Session	\$150	\$185
10 Session	\$275	\$360

60 minute sessions	Member	Guest
1 Session	\$54	\$75
5 Session	\$245	\$320
10 Session	\$450	\$600

Super Saturday Water Fitness

Join us for our quarterly 2 hour water fitness class! Challenge yourself with different instructors and different intensities to get a great workout! Sign up at the Service Desk as space is limited!

Members: \$5; Guest: \$10

February 18	Saturday	8:00 a.m. - 10:00 a.m.
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Aqua YO-PI

Join one of our newest water fitness classes to work on your core strength and muscular endurance. This class is a combination of Yoga and Pilates in the water. Come challenge yourself to a new form of water fitness. Each session will have a beginner and intermediate class. Beginner class is for those with no experience in Pilates or Yoga and the Intermediate class is for those with experience in Yoga or Pilates.

Member: \$20; Guest: \$40

Winter I: January 2 - January 30	
Winter II: February 6 - February 27	
Spring I: March 5 - March 26	
Spring II: April 2 - April 30	
Mondays	10:30 a.m. - 11:15 a.m.

Prenatal Water Fitness

This fitness program is designed specifically for expectant mothers. It includes low to moderate exercises and strengthens key muscles used in child bearing. Come join us in the lap pool for low impact aerobics along with great companionship with fellow moms-to-be!

Member:	Guest:
1 time per week \$18	1 time per week \$24
2 times per week \$30	2 times per week \$40

Winter I: January 2 - January 30	
Winter II: February 6 - February 27	
Spring I: March 5 - March 26	
Spring II: April 2 - April 30	
Wednesday	5:00 p.m. - 6:00 p.m.
Thursday	10:00 a.m. - 11:00 a.m.
Saturday	8:00 a.m. - 9:00 a.m.

The Spa

The purpose of the Spa at Healthplex is to provide a nurturing environment in which our members and guests can enjoy emotional relaxation and physical restoration as a result of our knowledgeable staff and quality products. Our purpose to help our patrons achieve an integrated balance of the body and mind that will blossom into a personal system of wellness holistically designed for each individual.

The Spa at Healthplex offers a variety of services to meet the needs of all members and guests. Spa services include massage, esthetics and nail care.

Massage Therapy:

The benefits of massage therapy include:

- Relieves Stress
- Improves Posture
- Improves Circulation
- Lower Blood Pressure
- Improves Flexibility and Range of Motion
- Relieves Headaches
- Easier Breathing
- Strengthens the Immune System

Nail Services:

Nails services at the Spa include manicure and pedicures, paraffin dip, polish change, and nail clipping. Enjoy a relaxing and well-deserved break for your hands and feet.

Our services include:

- Spa Manicure: Includes trimming and shaping of nails, cuticle repair, hand massage and your choice of polish.
- Spa Pedicure: This service includes a nail trip and shape, cuticle repair, sole exfoliation, leg and foot massage and your choice of OPI polish.
- Express Manicure and Pedicure: Perfect if you are in a rush and need a quick fix.



Esthetic Services:

The skin is the largest organ of the body and it's important to keep it healthy and feeling great. The Spa at Healthplex uses Glo products with our services to provide our members and guests with the best care for their skin.

Our services include:

- Glo Express Facial: A customized mini-facial that will cleanse, hydrate and massage in half the time.
- Glo Smart Intervention Facial: Revitalize and restore the appearance of youthful suppleness and elasticity. Discover more vibrant skin while minimizing age spots, fine lines and wrinkles.
- Resurfacing Treatment: This beneficial treatment is for people who are prone to acne, sun damaged skin or hyper pigmentation using a 40% glycolic acid treatment. (Best results in a series)
- Vita C/Rejuvenation Facial: Refine skin texture, smooth and hydrate while vitamin C firms and tightens skin
- Glo Clear Acne Facial: Clean out pores and blackheads using a high frequency treatment.
- Back Treatment: Includes a deep cleansing, through exfoliation, relaxing massage, beneficial mask and deep hydration.
- Salt Glow Body Scrub: This is a gentle yet deep scrub that eliminates dead skin, superficial toxicity and impurities, leaving the skin soft, supple and glowing from head to toe.
- Spray Tanning: Experience the ultimate airbrush tan! "Fast and Flawless!" Instant Color!
- Waxing Services: waxing services include eyebrows, bikini, back, leg, lip and under arm.

For questions, times, and costs of our Spa services, please contact the Spa at (317) 920-7218 or Meggan Breen, Spa Manager and Member Retention Coordinator at (317) 920-7451 or mbreen@westviewhealthplex.org

Tennis (Junior)

Westview Healthplex Junior Tennis Academy

This program is designed for players that have made a serious commitment to competitive tennis. Players will be evaluated and placed in a group according to their skill level. Admittance to the academy is solely up to the Tennis Director and the Junior Development Coordinator.

Class	Day	Time	Member	Guest
Academy Prep	Tuesday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Thursday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Saturday	11:00 a.m. - 1:00 p.m.	\$145	\$195
Academy Satellite	Tuesday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Thursday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Saturday	11:00 a.m. - 1:00 p.m.	\$145	\$195
Academy Challenger	Monday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Wednesday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Saturday	11:00 a.m. - 1:00 p.m.	\$145	\$195
Academy Tour	Monday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Wednesday	4:00 p.m. - 6:00 p.m.	\$145	\$195
	Saturday	11:00 a.m. - 1:00 p.m.	\$145	\$195

Junior Tennis Clinics

We offer a wide variety of tennis clinics from beginners to advanced level players. Tennis clinics are a great way to improve your tennis skills and meet new playing partners. Our tennis clinics are designed for students to participate in a fun learning experience.

Class	Day	Time	Member	Guest
Tiny Tots (4 - 5 yrs)	Tuesday	4:00 p.m. - 4:30 p.m.	\$44	\$56
	Saturday	9:00 a.m. - 9:30 a.m.	\$44	\$56
Junior Aces (6 - 8 yrs)	Tuesday	5:00 p.m. - 6:00 p.m.	\$80	\$110
	Wednesday	5:00 p.m. - 6:00 p.m.	\$80	\$110
	Saturday	9:30 a.m. - 10:30 a.m.	\$80	\$110
Junior Futures (9 - 12 yrs)	Tuesday	4:00 p.m. - 5:00 p.m.	\$80	\$110
	Wednesday	4:00 p.m. - 5:00 p.m.	\$80	\$110
	Saturday	10:30 a.m. - 11:30 a.m.	\$80	\$110
Intermediate Teens	Monday	4:30 p.m. - 6:00 p.m.	\$116	\$146
	Wednesday	4:30 p.m. - 6:00 p.m.	\$116	\$146
	Saturday	11:30 a.m. - 1:00 p.m.	\$116	\$146

Junior Boys Open

This tournament is open to Boys 18s, 16s, 14s, 12s. All matches are two out of three sets with a third set super tie-breaker. The tournament will be held on February 3-5, 2012. The entry fee is \$52.10 and the entry deadline is January 29, 2012 at 11:59 pm. For more information, please call Miguel Dungo at 920-7406.

February 3 - 5, 2012	
Entry Fee	\$52.10

Junior Spring Open

This tournament is open to Boys and Girls 18s, 16s, 14s, 12s. All matches are two out of three sets with a third set super tie-breaker. The tournament will be held on March 2 - 4, 2012. The entry fee is \$52.10 and the entry deadline is February 26, 2012 at 11:59 pm. For more information, please call Miguel Dungo at 920-7406.

March 2 - 4, 2012	
Entry Fee	\$52.10



Private Tennis Lessons

Looking to improve your game? Try private lessons. One-on-one instruction is most beneficial for working on the specifics of your game.

Miguel Dungo, Director of Tennis: (317) 920-7406

Individual Lessons:	Member	Guest
Private (1 hr)	\$58	\$68
Private (1/2 hr)	\$31	\$36
Semi Private (1 hr)	\$31 per person	\$36 per person

Group Lessons:	Member	Guest
Tri Private (1 ½ hrs)	\$31 per person	\$36 per person
Quad Private (1 ½ hrs)	\$28 per person	\$33 per person

Tomas Johansson, Tennis Professional:
(317) 920-7444

Blake Crowther, Tennis Professional:
(317) 920-7442

Earl Allen, Tennis Professional: (317) 920-7441

Individual Lessons:	Member	Guest
Private (1 hr)	\$54	\$64
Private (1/2 hr)	\$29	\$34
Semi Private (1 hr)	\$29 per person	\$34 per person

Group Lessons:	Member	Guest
Tri Private (1 ½ hrs)	\$29 per person	\$34 per person
Quad Private (1 ½ hrs)	\$26 per person	\$31 per person

Tennis

Central Indiana Women's Indoor League

This is a women's doubles inter-club league versus various Central Indiana tennis facilities. This program runs from September to May and is open to 4.0, 3.5, 3.0 and 2.5 level players. Matches are played on Fridays or in some cases on Wednesdays or Thursdays from 11:00 a.m. - 2:00 p.m. Please contact Miguel Dungo at (317) 920-7406 for more information.

\$15 per player per match

Adult Doubles Tennis Championships

This tournament is open to men and women rated 3.0 - 4.4. All matches are two out of three tie-break sets with a tie-breaker (first to ten, win by two) in lieu of a third set. The entry deadline is January 8, 2012 at 5:00 p.m. For more information please contact Miguel Dungo at (317) 920-7406.

January 13 -15, 2012

Entry Fee	\$60 per team
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Adult Combo Doubles Tennis Championships

This tournament is open to men and women rated 3.0 - 4.5. All matches are two out of three tie-break sets with a tie-breaker (first to ten, win by two) in lieu of a third set. The entry deadline is April 15, 2012 at 5:00 p.m. For more information please contact Miguel Dungo at (317) 920-7406

April 20 - April 22, 2012

Entry Fee	\$60 per team
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Adult High Intensity

This clinic is designed to provide a high intensity workout. The drills are structured to allow players to hit tennis balls, run, jump and burn plenty of calories. Participants must be in good shape. Admittance to the class is determined by the tennis professional. Sign up is on a weekly basis. Please call Tomas Johansson at (317) 920-7444.

Saturdays, 2:00 p.m. to 4:00 p.m.

Levels 3.5 to 4.0; a minimum of eight players per session
Member: \$28; Guest: \$38

Saturday Night Mixer

This program is designed to provide a more relaxed, fun, social atmosphere. This is a round robin format, and rotations are determined by the tennis professional. Snacks and non-alcoholic beverages are provided. Please contact Earl Allen at (317) 920-7441 for more information.

Saturdays, 5:00 p.m. to 7:00 p.m.

Levels All levels; a minimum of eight players per session
\$15 per player

Sunday Doubles Play

This program is designed to provide a match play atmosphere. This is a round robin format, and rotations are determined by the tennis professional. Please call Earl Allen at (317) 920-7441 for more information.

Sundays, 5:00 p.m. to 7:00 p.m.

Levels All levels; a minimum of eight players per session
\$15 per player

Adult Group Clinics

We offer a wide variety of tennis clinics from beginners to tournament level players. Tennis clinics are a great way to improve your tennis skills and meet new playing partners. Our tennis clinics are one and a half hours of fun, fast paced drills. All clinics must have at least 3 players or the class will be cancelled. Clinic participants must sign up for at least 3 classes or individual pay per play rate will apply. Individual pay per play rate: Members: \$24; Guest: \$29 (prices effective January 16, 2012)

Men's Clinics

Class	Day	Time	Member	Guest
2.5-3.0	Monday	6:00 p.m. - 7:30 p.m.	\$115	\$145
2.5-3.0	Tuesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.0-3.5	Tuesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.0-3.5	Monday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.0-3.5	Wednesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.5	Tuesday	7:30 p.m. - 9:00 p.m.	\$115	\$145
3.5-4.0	Thursday	6:00 p.m. - 7:30 p.m.	\$115	\$145

Women's Clinics

Class	Day	Time	Member	Guest
Beginner	Monday	6:00 p.m. - 7:30 p.m.	\$115	\$145
Beginner	Thursday	6:00 p.m. - 7:30 p.m.	\$115	\$145
2.0-2.5	Monday	11:00 a.m. - 12:30 p.m.	\$115	\$145
2.5-3.0	Tuesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
2.5-3.0	Thursday	9:30 a.m. - 11:00 a.m.	\$115	\$145
3.0	Wednesday	9:00 a.m. - 10:30 a.m.	\$115	\$145
3.0	Thursday	1:00 p.m. - 2:30 p.m.	\$115	\$145
3.0-3.5	Tuesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.5	Monday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.5	Thursday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.5	Tuesday	1:00 p.m. - 2:30 p.m.	\$115	\$145
3.5	Wednesday	9:00 a.m. - 10:30 a.m.	\$115	\$145
3.5	Thursday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.5-4.0	Tuesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
3.5-4.0	Wednesday	6:00 p.m. - 7:30 p.m.	\$115	\$145
4.0	Wednesday	10:30 a.m. - 12:00 p.m.	\$115	\$145

Senior's Clinics

Class	Day	Time	Member	Guest
Mixed	Thursday	2:00 p.m. - 3:30 p.m.	\$115	\$145
Men's	Friday	9:30 a.m. - 11:00 a.m.	\$115	\$145
Women's	Tuesday	9:00 a.m. - 10:30 a.m.	\$115	\$145

Fitness Programs

Women on Weights

Are you looking to get lean and toned, than try Women on Weights! Women on Weights is a group training session for women only. Classes run in four-week sessions, meeting one time a week for 30 or 60 minute classes. Each meeting will give you a total body workout helping you get in the best shape of your life. At the end of the session you will have four workouts to keep so you can do the workouts on your own. Along with the weekly sessions you can also attend a 60 minute cardio class.

January 2 - January 30
February 4 - March 3
March 5 - March 31
April 2 - April 30

Fitness Boot Camp

This 6 week class will get your heart pumping and kick your butt into shape! Get your body kicked into gear with a high intensity class designed for those who want to work hard and see results. You will do anything from cardio, strength training and core work to get you a rockin' body. The class will involve anything your "drill sergeant" comes up with!!!

Boot Camp Days and Times	
Monday, Wednesday & Friday	5:45 a.m. - 6:30 a.m.
Tuesday & Thursday	6:30 p.m. - 7:15 p.m.
Session Start Dates (6-weeks)	
Week of January 2	
Week of February 13	
Week of March 26	

TRX: Suspension Training

TRX Suspension Training was created by the Navy Seals to provide a total body workout focusing on power, strength, flexibility, balance, mobility and injury prevention. TRX is designed for all fitness levels and you control how intense your workout is. You can start the program at any time! Please register in advance at the Service Desk at (317) 920-7400.

Body by Design

Weight Loss & Healthy Lifestyle Program:

This program is designed for individuals with a goal to lose weight, improve their health and modify their lifestyle. We will provide you with the knowledge, tools and personal attention to lose the weight and maintain your new healthier lifestyle.

- Participants can purchase 12, 16 or 24 class sessions.
- Participants will receive a pre and post assessment including: weight, body composition, body measurements, blood pressure, heart rate, a cardiovascular test and your basal metabolic rate calculation.
- 60 min. classes meeting 1x/wk, 2x/wk or 3x/wk focusing on strength training and cardiovascular exercises keeping your heart rate up to burn calories.
- 2 one-on-one 30 minute nutrition sessions with our Registered Dietician.
- Participants will receive a daily food and exercise log.
- Weekly weigh-ins to track your progress.
- Free nutritional & educational classes through out the program.
- Non-members can purchase a 3 month membership gaining access to the club any time at a 25% discounted rate

You can start the program at any time! Pick up a flyer for more details. Please register by calling the Fitness Desk at 920-7419.

Body By Design Days and Times	
Monday, Wednesday	6:00 p.m. - 7:00 p.m.
Saturday	8:30 a.m. - 9:30 a.m.

Titleist Performance Institute Golf Specific Training Program

The Titleist Performance Institute is the leader in understanding how your body affects your golf swing. Utilizing Tour proven methods of measurement, Tomo Shimano, TPI Certified will measure your ability to generate and transfer speed and determine the most efficient energy transfer throughout your body. The assessment measures your ability to efficiently transfer energy to provide more distance, consistency and accuracy for your game. Next choose a program to make your game perform its best. You are only as efficient as your body. Don't wait schedule your time today! You can start the program at any time! Pick up a flyer for more details. Please register by calling the Fitness Desk at 920-7419.

Youth Strenth and Conditioning

Our Youth Strength & Conditioning Program is a program for children ages 7-13! Each meeting will focus on strength training, agility, plyometrics, balance, coordination, core training and cardiovascular activities. This program is designed for children training for a specific sport or those striving to increase their fitness level. The program is designed and instructed by one of our degreed personal trainers. You can start the program at any time! Pick up a flyer for more details. Please register by calling the Fitness Desk at 920-7419.

Monday/Wednesday	4:00 p.m. - 5:00 p.m.
Tuesday/Thursday	5:30 p.m. - 6:30 p.m.
Friday	4:00 p.m. - 5:00 p.m.
Saturday	9:00 a.m. - 10:00 a.m.

Teen Strenth and Conditioning

Our Teen Strength & Conditioning Program is a program for teenagers ages 14-18! Each meeting will focus on more advance strength training, agility, plyometrics, balance, coordination, core training and cardiovascular activities. This program is designed for athletes who want to get a one up on their opponents and are training for a specific sport. The program is designed and instructed by one of our degreed personal trainers. You can start the program at any time! Pick up a flyer for more details. Please register by calling the Fitness Desk at 920-7419.

Monday/Wednesday	5:00 p.m. - 6:00 p.m.
Saturday	10:00 a.m. - 11:00 a.m.



Full Court Basketball

Members can participate in full court basketball on Mondays, Wednesdays, and Fridays from 12:30 p.m. to 2:00 p.m. The court is reserved for members only, and there is no cost to participate. Ages 21 and up.

Body Composition Measurements on GE Lunar iDXA

Body composition measurements with the DXA (dual energy x-ray absorptiometry) can look beyond the traditional body mass index (BMI) to determine fat distribution. In addition to assessing your risk for a variety of diseases, body composition measurements can assist athletes in making decisions on the training regimens they can use to achieve their best performance. Body composition reports include total body tissue % fat and % lean, waist to hip ratio, resting metabolic rate, and fat distribution and tissue mapping. Contact (317) 920-7300 for more information or to schedule your appointment.

Health Risk Appraisals

Have you ever wanted to take a “snap shot” of your current health habits? Now you can! We are pleased to offer a complete health risk appraisal that will give you an accurate record of your current fitness and overall health status. Upon completion of the questionnaire you will receive a 20 page report and a one-on-one consultation to review the results.

Cost: \$20 per report. Contact Madalyn Rivera at (317) 920-7468 to receive your report.

Corporate Wellness

Westview Healthplex is pleased to offer on-site wellness programming to area businesses. No matter what your corporate wellness goals are, we can help you develop a program that works best for your company. Wellness options can include monthly health education classes, smoking cessation classes, health and fitness screenings, and fitness center management. We are pleased to offer a health risk assessment that will help your employees determine areas of their health and wellness that need improvement and give each company a snapshot look at the overall health of their company. For information on all corporate wellness programs please contact Madalyn Rivera, Wellness Coordinator, at (317) 920-7472 or mrivera@westviewhealthplex.org.

Personal Training

Why should I hire a personal trainer?

A personal trainer will help you get the most out of your workout by providing professional expertise, one-on-one instruction and personal motivation. Your trainer will help you exercise safely and efficiently, set personal fitness goals and track your progress.

Who can benefit from personal training?

Everyone! Whether you are a competitive athlete, a mild sports enthusiast, or a post-rehabilitation patient, your personal trainer will design a program that's best for you. Personal training can be especially beneficial if you have specific health or fitness problems such as back pain, obesity, osteoporosis, heart disease or diabetes, and it will help you get the optimal benefits from your fitness commitment.

About Our Trainers

Westview Healthplex personal trainers are highly qualified fitness professionals with college degrees in health, fitness and exercise-related fields.

Personal Training Policies

Payment Policy: All packages must be pre-paid and are non refundable and non-transferable.

Expiration Policy; All packages expire 6 months from date of purchase. Unused sessions will be forfeited.

EFT Payment: Packages of 20 or 30 sessions may be purchased using new monthly EFT options. This payment option 0.available only to members

Cancellation Policy: All sessions must be cancelled at least twelve (12) hours in advance from the scheduled time or the client will be billed in full.



	Member	Guest
30-Minute Session	\$35 (1 session)	\$45 (1 session)
	\$150 (5 sessions)	\$185 (5 sessions)
	\$275 (10 sessions)	\$360 (10 sessions)
	\$520 (20 sessions) \$540 (*EFT)	\$680 (20 sessions)
	\$720 (30 sessions) \$750 (*EFT)	Members Only
	60-Minute Session	\$54 (1 session)
	\$245 (5 sessions)	\$320 (5 sessions)
	\$450 (10 sessions)	\$600 (10 sessions)
	\$860 (20 sessions) \$880 (*EFT)	\$1,180 (20 Sessions)
	\$1,230 (30 sessions) \$1,260 (*EFT)	Members Only
Program	\$75	\$110
30-Minute Stretch Session	\$22 (1 session) \$200 (10 sessions)	\$27 (1 session) \$250 (10 sessions)
	30-Minute Buddy Session	\$25 per person (1 session)
	\$75 per person (3 sessions)	\$105 per person (3 sessions)
	\$125 per person (5 sessions)	\$175 per person (5 sessions)
	\$250 per person (10 sessions)	\$350 per person (10 sessions)
60-Minute Buddy Session	\$35 per person (1 session)	\$45 per person (1 session)
	\$105 per person (3 sessions)	\$135 per person (3 sessions)
	\$175 per person (5 sessions)	\$225 per person (5 sessions)
	\$350 per person (10 sessions)	\$450 per person (10 sessions)

Wellness Education

Individual Nutrition Consultations

Would you like some additional assistance with your nutrition? Christine is also available for one-on-one nutritional consultations. 60 minute consultations are \$54 per session and 30 minute consultations are \$35 per session. We recommend a 60 minute consultation for your first meeting. To schedule a one-on-one consultation, please contact Christine Moellinger at cmoellinger@westviewhealthplex.org or Madalyn Rivera, Wellness Coordinator at mrivera@westviewhealthplex.org or by calling (317) 920-7472.

Wellness Education Series

Want to learn about all things wellness? Every month a new education topic will cover all aspects of wellness including nutrition, exercise, stress management, sleep patterns, personal safety and many others. Each topic will be covered by professional in each area. Come for free, bring your questions and learn about living a healthy lifestyle! Flyers and information in the Health-e Newsletter will be posted for dates and times. For more information contact Madalyn Rivera, Wellness Coordinator at mrivera@westviewhealthplex.org or call 317-920-7472.

American Lung Association: Freedom from Smoking Program

Have you been thinking about quitting smoking, but aren't quite sure where to start? Have you quit in the past and picked the habit back up? If so, then this seven week American Lung Association workshop is for you. Throughout the course of this program you will learn behavior change strategies and get the tools you need to make life changing decisions. Lessons are broken up into different topics, including: understanding your habit, stress management and relaxation, using a buddy system, dealing with social situations, and beginning and fitness and exercise program.

Cost: \$100 per person (includes all class materials)

Contact Madalyn Rivera, Wellness Coordinator at mrivera@westviewhealthplex.org or (317) 920-7472 to register or for more information.

Health Management Resources (HMR)

HMR is a medically supervised weight management program at the Indiana Diet and Nutrition Center located in the office of Dr. Michael Barbara, D.O. in the Westview Healthplex Sports Club. This program includes pre-packaged foods and weekly classes to provide structure and accountability, as well as motivation and support. For more information on the HMR program, please contact (317) 920-7405.

Bones in Motion

"Bones in Motion" integrates educational classes with exercise to prevent and manage osteoporosis. Educational presentations are designed to broaden your understanding of low bone density and osteoporosis, prevention, and how to exercise effectively. Physical activity will include unique group fitness classes and individualized work-outs geared specifically toward strengthening bones, increasing flexibility, and improving balance. "Bones in Motion" will help you become aware of what you can do to build strong bones while maintaining a healthy lifestyle. Look for more information coming soon!

Medically Referred Exercise Program

Westview Healthplex is pleased to launch our new Medically Referred Exercise (MRE) program. The MRE program is a physician referred exercise program that focuses on helping patients learn the importance of exercise and develop healthy exercise habits. Classes meet two days per week for 8 weeks. All eligible participants must provide an exercise prescription form from their physician, which is provided by the Westview Healthplex. To learn more about this program and determine if you are eligible, please contact Madalyn Rivera, Wellness Coordinator at (317) 920-7472 or mrivera@westviewhealthplex.org.

Group Fitness

BODYPUMP™

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class.

Body Strength

Challenge your muscles using hand held weights, balls and body weight. This 30-minute high energy class combines movement with stationary weight work.

Fit/50

Fit Over 50 is a class similar to "Seniorcize" but more advanced. Designed specifically for the active adult over 50 years of age, this class combines exciting dance choreography with toning and stretching for an all around great workout!

Group Sports

Learn how to effectively cross train for your favorite sport and play the game during class! Each month will focus on a different sport to train and scrimmage.

Hard-Core

Strengthen your core and learn the benefits of core training with this unique abdominals routine. A strong core will allow you to keep optimal body alignment for whatever activities you decide to participate in. This class is not to be missed.

Indoor Cycling

This high energy indoor cycling program for all levels is designed to improve fitness and performance.

Interval Training

This high intensity class is jam packed full of agility and strength drills. If you want to increase your speed and endurance or you just want to increase your overall health, this class is for you! Classes are broken down into Cardio, Strength, and Combo classes. Choose the one that best suits your needs!

Mat Pilates

Mat Pilates class focuses on the classical repertoire of Joseph Pilates principles. Participants will benefit from core and stability training with enhanced breathing techniques. All fitness levels can benefit from this class.

Senior 30/30

This balanced workout of 30 minutes of strength and 30 minutes of core work and stretching will leave you feeling worked out and energized.

Seniorcize

This is a fun class designed specifically for seniors with easy to follow dance routines, low impact floor work, light resistance training, and abdominal exercises for a complete body workout.

Step Aerobics

Power movements and hot choreography provide a cardio class that will increase your endurance and your health.

Turbo Kick

A cardio kickboxing class. It is a fusion of hip hop and kickboxing. The turbo portion is an anaerobic section where the music is faster. Good interval workout!

Ultimate Stretch

Stretching promotes muscular balance, reduces tension, increases range of motion, and helps prevent injury.

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow Zumba participants to dance away their worries. It is based on the principle that a workout should be fun and easy.



New Group Fitness Classes!

New Group Fitness Class Schedule will begin Monday, January 2, 2012! Please keep a look out for the new schedule.

Zumba Gold

This class takes the original Zumba class and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. The class will build cardiovascular health and works muscles of the hips, legs and arms with Latin dance inspired moves.

Zumba Toning

This class takes the original Zumba class to the next level combining targeted body sculpting exercises and high energy cardiovascular work with the original Latin dance inspired Zumba moves. This class will help you burn calories while increasing your strength and building coordination and muscular endurance.

Yogilattes

This class blends the breath work, core stability, toning, stretching, strengthening and bony mind awareness aspects of Yoga and Mat Pilates classes into one class.

Pilates Barre

This class is a fusion of Mat Pilates and Ballet. The class will provide you with a sense of center, balance work, core work, toning, lengthening and increase in stamina.

Specialty Classes

These specialty classes are instructed by a qualified instructor teaching you the appropriate dance moves! The classes run in 4 week sessions each month. Keep a look out for session start dates!

Member: \$24; Guest: \$30

Monthly Group Fitness Specials

January
Start the New Year off refreshed and energized! 15 % off Pilates Reformer punch cards
February
Relax your body for Heart Healthy month! 14% off of Yoga Punch card
March
Spring into fitness and get in shape for Spring Break! 15% off Pilates Reformer punch cards
April
Monthly Unlimited Yoga Special! Members: \$40 Guest: \$90



Pilates Reformer

What is Pilates Reformer?

Pilates Reformer is strength training on the Allegro Reformer machine. This workout is so unique that it cannot be simulated by any other piece of equipment in the club. This type of training can completely change the shape of your body and work each muscle group while maintaining core control.

What are the Benefits of Pilates Reformer?

Increased core strength (middle abdominals, obliques, back and all the muscles that support the spine), sculpted legs, buns and arms, lean muscle around the shoulders, and improved body awareness and posture. Participants will also benefit from stress reduction, increased flexibility and balance.

Pilates Reformer Group Sessions

Punch cards are sold in 4, 8, and 12 session increments
Punch cards expire two months from the date of purchase.
Sign up required for all Group Reformer classes 48 hours before first class begins to ensure session will be held.
Minimum of 3 people per class must be registered for class to be held. If minimum is not met, you will be contacted to reschedule for another open class.

Member	Guest
1 class: \$18	1 class: \$24
4 class punch card: \$70	4 class punch card: \$90
8 class punch card: \$120	8 class punch card: \$160
12 class punch card: \$162	12 class punch card: \$210

Pilates Reformer Stretch Sessions

Rejuvenate and revitalize during this 30 minute stretch session delivered by our trained Pilates Reformer instructors. Start to feel your body in a whole new way when you start to regain your flexibility. The majority of work is done by your trainer, so sit back, relax, and enjoy. This session is done entirely in our Pilates Reformer studio.

Class	Cost
Single session	\$20
4-session package	\$75

Personalized Training on Pilates Reformer

Class Length	Member	Guest
(1) 1/2-hour session	\$30	\$35
(5) 1/2-hour sessions	\$150	\$175
(1) 1-hour session	\$55	\$60
(5) 1-hour sessions	\$275	\$300
(10) 1-hour sessions	\$500	\$550

Semi-Private Reformer Training

(Price reflects cost per person)

Class Length	Member	Guest
(1) 1/2-hour session	\$25	\$30
(5) 1/2-hour sessions	\$125	\$150
(1) 1-hour session	\$40	\$50
(5) 1-hour sessions	\$200	\$250
(10) 1-hour sessions	\$375	\$475

Group Fitness Studio Rental

Did you know you could rent the Group Fitness Studios and the Mind Body Studios for private events or classes? Please contact the Group Fitness Supervisor at (317) 920-7468.

Length	Member	Guest
1/2 hour	\$30	\$50
1 hour	\$50	\$75



Yoga and Self Defense

Benefits of Yoga

- Improves flexibility, strength and posture
- Improves ability to focus and concentrate
- Improve lung capacity, through breathing techniques
- Increase feeling of calm and less stress
- Improve sleep and memory
- Relieve symptoms of asthma, back pain and arthritis
- Lowers Blood pressure and slows heart rate

Member	Guest
1 class punch card: \$8	1 class punch card: \$12
5 class punch card: \$32.50	5 class punch card: \$50
10 class punch card: \$50	10 class punch card: \$120

Punch cards are valid for three months from the date of purchase. After three months cards are no longer valid and missed classes will not be honored.

Prenatal Yoga

There are many benefits to exercising during pregnancy and Yoga is a great way to stay in shape through out your pregnancy. The Yoga practice keeps you limber, tones your muscles, and improves your balance and circulation, with little, if any, impact on your joints. Yoga is also beneficial because it helps you learn to breathe deeply and relax, which will come in handy as you face the physical demands of labor, birth, and motherhood. The classes run in 4 week sessions each month. Keep a look out for session start dates.

Members: \$24; Guests: \$30

Yoga Monthly Unlimited

Do you wish you were able to participate in as many Yoga classes as you want? Now you can! Healthplex is now offering monthly unlimited punch cards. All you need to do is pay the monthly rate and then you are welcome to participate in as many classes per month as you want!

Yoga Monthly Unlimited:
Members: \$49; Guest: \$99

Self Defense

Join Larry Jones, Martial Arts Instructor, as he teaches you the basics of self defense in a 6 week session. The self-defense course will be based off of Koga Ryu Ninjitsu skills and will focus on basic self-defense moves to defend against grabs, punches, pushes, attempted tackles and takedowns and kicks. The techniques will be basic blocks and counter strikes to vital areas. You will learn joint locks and breaking techniques and judo throws. The class will explore and talk about the psychology of defense and defining oneself as empowered and not assuming the role of victim and personal safety issues such as awareness of surroundings will also be addressed. We will focus on developing a few powerful and effective counterstrike techniques to disable an attacker long enough to disengage and escape the threat situation at hand.

Members: \$35; Guest: \$45

Starting January and March Please keep a look out for specific dates	
Mondays	6:00 p.m. - 7:00 p.m.

Self Defense Seminar

Join Larry Jones, Martial Arts Instructor, for a 4 hour self defense session. The self-defense seminar will be based off of Koga Ryu Ninjitsu skills and will touch on basic self-defense moves to defend against grabs, punches, pushes, attempted tackles and takedowns and kicks.

Member: \$20; Guest: \$30

Starting January and March Please keep a look out for specific dates	
Saturdays	Time TBD

Minor Leaguers

What is Minor Leaguers?

Minor leaguers is a supervised play area for children between the ages of six weeks and 12 years. While in our care, your child will enjoy playing with other kids. Our staff will change diapers and help with any other needs while your child is visiting with us. You are responsible for bringing in anything that is needed during their stay. Please remember to label all items brought in, including bottles, sippy cups, diaper bags, etc. In order to ensure the safety of all children, the club reserves the right to limit space or deny admittance if minor leaguers is deemed full.

Reservation Policy

Reservations are required for children 18 months and under in minor leaguers and needs to be made at least 24 hours in advance. We reserve the right to deny admittance if 24 hour advance notice is not given. This policy is to ensure an adequate number of staff for the safety of all children. Children over 18 months do not require a reservation.

Sickness

Please do not bring your children to minor leaguers if they are displaying any of the following:

- A fever of 100 degrees or higher
- An uncontrollable cough
- Runny nose (clear is okay)
- Diarrhea
- Pink eye or puss draining from the eye
- Head lice
- Vomiting within the past 24 hours
- Has been on antibiotic less than 24 hours
- Flu symptoms
- Any skin condition must be treated for a minimum of 24 hours

For school age children, please remember: If they are too sick for school, they are too sick for minor leaguers.



Hours

Monday	8:00 a.m. - 2:30 p.m. & 4:00 p.m. - 8:00 p.m.
Tuesday	8:00 a.m. - 2:30 p.m. & 4:00 p.m. - 8:00 p.m.
Wednesday	8:00 a.m. - 2:30 p.m. & 4:00 p.m. - 8:00 p.m.
Thursday	8:00 a.m. - 2:30 p.m. & 4:00 p.m. - 8:00 p.m.
Friday	8:00 a.m. - 2:30 p.m. & 4:00 p.m. - 7:00 p.m.
Saturday	8:00 a.m. - 2:00 p.m.
Sunday	12:00 p.m. - 3:00 p.m.

Payment Options

Coupon Cards: Members ONLY

At the end of your visit to the club, our staff will mark off the time utilized. You will initial your card, along with our staff.

- 5 hour coupon card expires in 1 month
- 10 hour coupon cards expire in 3 months
- 25 hour coupon cards expire in 6 months

Over 18 months	5 hour coupon card: \$11
	10 hour coupon card: \$20
	25 hour coupon card: \$45
18 months and under	5 hour coupon card: \$16
	10 hour coupon card: \$30
	25 hour coupon card: \$70

Per visit pricing:

Children over 18 months:
Member: \$2.50/hour, Guest: \$4.00/hour

Children 18 months and under:
Member: \$3.50/hour, Guest: \$5.00/hour

Youth Programs

Parent's Night Out (1-12 years)

Need a night out for just the grown ups? Leave your children here at the Westview Healthplex where they will have a great time watching a movie, swimming in the pool, playing games and much more. Every child will also be served pizza for dinner! Registration and payment is required by the Wednesday before each Parent's Night Out. An additional fee will be applied to those who do not pre-register.

Children that cannot swim must bring a flotation device from home. Don't forget their swimsuit either!

Member:	Guest:
First child: \$12;	First Child: \$17;
Each additional: \$10	Each additional: \$15

January 13	Friday	5:30 p.m. - 9:30 p.m.
February 10	Friday	5:30 p.m. - 9:30 p.m.
February 14	Tuesday	5:30 p.m. - 9:30 p.m.
March 9	Friday	5:30 p.m. - 9:30 p.m.
April 13	Friday	5:30 p.m. - 9:30 p.m.

Easter Egg Hunt and Brunch

Come join us for Brunch and participate in our Easter Egg hunt, egg coloring and arts and crafts. There will also be a special visit from the Easter Bunny! A great springtime event for the whole family! Pre registration is required for this event by Wednesday, April 4.

Members: \$10/child; \$12/adult
 Guest: \$14/child; \$16/adult

Saturday, April 7	10:00 a.m.
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Preschool Enrichment

Master Chefs

Does your child like to help you in the kitchen? If so join our Master Chef's class to introduce cooking to them through no bake recipes. This is a great way to channel creative energy through the art of culinary expression. All materials included. There must be a minimum of 3 participants to run each class.

Ages 3 years - 5 years	
4-week session: Member: \$25; Guest: \$35 February 3 - February 24	
Friday	9:30 a.m. - 10:15 a.m.

Spectacular Science

Join us while we do Fun and Exciting science activities and experiments. Activities include tornado in a bottle, volcanoes, goop making, and much more. We will learn about weather, rocks, marine life, and other interesting things! There must be a minimum of 3 participants to run each class.

Ages 3 years - 5 years	
4-week session: Member: \$25; Guest: \$35 April 6 - April 27	
Friday	9:30 a.m. - 10:15 a.m.



Children's Camp

Spring Break Camp (Ages 6 - 12 years)

Spend your Spring Break with the Healthplex! Children will get to have fun and be active during their break from school. They will participate in outside activities weather permitting, all types of sports, tennis, crafts, swimming and much more! Registration deadline is the Friday before the week your child will attend camp at 12:00 noon.

Pre-Registration:

Members: \$30/day; \$115/week

Guest: \$40/day; \$135/week

After Registration Deadline:

Members: \$35/day; \$125/week

Guest: \$45/day; \$145/week

Extended Care

Extended Care only available for ages 6 - 12 years.

Extended Care Hours

7:00 a.m. - 8:00 a.m.

5:00 p.m. - 6:00 p.m.

Members: \$3 per day; Guest: \$5 per day

Early and After Care:

Member: \$6 per day; Guest: \$10 per day

Date	Time
March 16	8:00 a.m. - 5:00 p.m.
March 19 - March 23	8:00 a.m. - 5:00 p.m.
March 26 - March 30	8:00 a.m. - 5:00 p.m.
April 2 - April 6	8:00 a.m. - 5:00 p.m.

Summer Camp (Ages 6 - 12 years)

It's not too early to plan for summer. Don't forget we offer great summer options for your children! Schedule of camps will be available March 1, 2012!

Preschool Summer Camp (Ages 3 - 5 years)

Do you have children under the age of 6 and need somewhere for them to go during the summer? We offer half day camp for children 3 - 5 years of age! Look for our summer camp schedule March 1 to plan early for your summer camp needs!

Holiday Camp (Ages 6 - 12 years)

We are now offering camp on holidays your child has the day off from school. Children will be able to have fun and be active during their day off! They will participate in all types of sports, tennis, crafts, swimming and much more! Registration deadline is the Friday before the week your child will attend camp at 12:00 noon.

Pre-Registration:

Members: \$30/day; Guest: \$40/day

After Registration Deadline:

Members: \$35/day; Guest: \$45/day

Extended Care

Extended Care only available for ages 6 - 12 years.

Extended Care Hours

7:00 a.m. - 8:00 a.m.

5:00 p.m. - 6:00 p.m.

Members: \$3 per day; Guest: \$5 per day

Early and After Care:

Member: \$6 per day; Guest: \$10 per day

Date	Time
MLK Day; Monday, January 16	8:00 a.m. - 4:00 p.m.
President's Day; Monday, February 20	8:00 a.m. - 4:00 p.m.

Children's Program Policies
Unless scheduled by the Westview Healthplex Sports Club there are no make up session for group programs. Please check your calendars prior to registering. Classes cancelled by the Westview Healthplex Sports Club will be made up at the discretion of the program director.

The Westview Healthplex reserves the right to cancel any program due to low enrollment. A minimum of three participants must be registered for a program to run. If your group class is cancelled we offer also private lessons for your convenience.

Youth Programs



Safe Sitter

Safe Sitter is a medically accurate program that teaches boys and girls ages 11 and up how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies. Upon completion of this class, the participant will receive a Safe Sitter manual and completion card. Both Safe Sitter classes include child and infant CPR training. Please bring your lunch, drink and any snacks that you will want that day.

Safe Sitter 2 Day Classes

Member: \$65; Guest: \$85

Monday, April 2 and Tuesday, April 3	9:00 a.m. - 4:00 p.m.
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Safe Sitter 1 Day Classes

Member: \$50; Guest: \$70

Monday, January 16	9:00 a.m. - 4:00 p.m.
Monday, February 20 BOYS ONLY CLASS	9:00 a.m. - 4:00 p.m.



Mileage Club

Does your child like to run? Join our children's running club and your children will work on the fundamentals of running along with working toward different milestones in running. Mileage Club is an ongoing program and you may start at any time. Ages 6 years and up welcome

Member: FREE; Guest: \$5 per class

Monday	5:30 p.m. - 6:15 p.m.
Wednesday	6:30 p.m. - 7:15 p.m.

Fit Kids

Are you coming in to workout and aren't sure what to do with the kids? Put them in Fit Kids so they can have fun and workout while you are working out. Fit Kids is designed for children ages 6-12. This program will introduce kids to a variety of activities including but not limited to sports, cardio training and core strength training. Ages 6 and over welcome.

Member: FREE; Guest: \$5 per class

Tuesday	5:30 p.m. - 7:00 p.m.
Thursday	5:30 p.m. - 7:00 p.m.
Saturday (NEW TIME!)	9:00 a.m. - 10:00 a.m.

Youth Programs

Ballet

Students will learn basic ballet steps and increase strength, flexibility, and self discipline. Students will also increase their knowledge of spatial awareness and independent movement. There must be a minimum of 3 participants to run each class.

Ages 3 years - 4 years

8-week session: Member: \$50; Guest: \$70

Winter I: January 10 - February 28
Spring I: March 6- April 24

Tuesdays	5:30 p.m. - 6:00 p.m.
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Ages 5 years - 6 years

8-week session: Member: \$50; Guest: \$70

Winter I: January 10 - February 28
Spring I: March 6- April 24

Tuesdays	6:00 p.m. - 6:45 p.m.
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Ages 7 years - 10 years

8-week session: Member: \$50; Guest: \$70

Winter I: January 10 - February 28
Spring I: March 6- April 24

Tuesdays	6:45 p.m. - 7:15 p.m.
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Zumbatomics

Zumbatomic combines high energy and motivating music with unique moves and combinations that allow kids to dance their energy away! This class will be fun and exiting for kids to try!

Ages 6 years - 12 years

8-week session: Member: \$50; Guest: \$70

Winter I: January 12 - March 1
Spring I: March 8 - April 26

Thursdays	5:15 p.m. - 6:00 p.m.
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Teeter Tots

Tumble and turn in this high energy beginning tumbling class. Kids will learn basic tumbling and gross motor skills as well as work on balance and flexibility. There must be a minimum of 3 participants to run each class.

Ages 12 months - 3 years

8-week session: Member: \$50; Guest: \$70

Winter I: January 12 - March 1
Spring I: March 8 - April 26

Thursdays	6:00 p.m. - 6:30 p.m.
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Tiny Tumblers

Tumble and turn in this high energy beginning tumbling class. Kids will learn basic tumbling and gross motor skills as well as work on balance and flexibility. There must be a minimum of 3 participants to run each class.

Ages 4 years - 6 years

8-week session: Member: \$50; Guest: \$70

Winter I: January 12 - March 1
Spring I: March 8 - April 26

Thursdays	6:30 p.m. - 7:15 p.m.
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Private Instruction

Looking for Private Instruction? We offer Private Lessons for all programs offered! Basketball, Volleyball, Ballet, Tumbling, Martial Arts, and much more! Contact Kelly Wessling at (317) 920-7416 or kwessling@westviewhealthplex.org, in the Children's Programming Department to set up specific days and times! All lessons are half hour in length.

Private Lesson	Member	Guest
1 Lesson	\$20	\$25
4 Lessons	\$70	\$90
8 Lessons	\$120	\$150



Basketball Clinics

Want to learn fundamental skills of basketball along with learning game time basics? Our Youth Basketball clinic is for you! Join us Saturdays to learn skills such as dribbling, passing, shooting, team work, and much more! Each clinic is divided into ages so each ability level will have the ability to work on the correct skills and have a great time doing it!

Ages 3 years - 9 years	
8-week session: Member: \$50; Guest: \$70 Winter I: January 21 - March 10	
3 years - 4 years	
Saturday	10:00 a.m. - 10:30 a.m.
5 years - 6 years	
Saturday	10:30 a.m. - 11:15 a.m.
7 years - 9 years	
Saturday	11:15 a.m. - 12:00 p.m.

Start Smart Baseball (Ages 3 -5 years)

Start Smart Baseball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun non-threatening environment. Start Smart Baseball prepares children and their parents for organized baseball and softball without the threat of competition or the fear of getting hurt. Age appropriate equipment from Franklin Sports® and Hasbro® is used in teaching throwing, catching, batting, running and agility.

Member: \$50; Guest: \$70

March 17 - May 5	
Saturday	10:00 a.m. - 10:30 a.m.

Black Dragon Martial Arts

Come check out our martial arts class with instructor Larry Jones. He has a background in Shoto-shinkai Karate and Jujitsu! At the beginning levels, Fighting Tigers, we will teach focus, self discipline and basic motor skills along with coordination. The next level focuses on basic blocks, stances/kamaes and basic strikes, punches, kicks, as well as kata (forms). As the student progresses they learn a number of joint locks and throws and the focus shifts to self-defense techniques. All training is closely supervised and safety is the first priority of each and every class.

Uniforms are required for this class. Plain white Karate uniforms are included in the price.

Ages 5 - 12 years	
8-week session: 1x/week: Member: \$75; Guest: \$95 2x/week: Members: \$115; Guest: \$145 (price includes required uniform) 1x/week: Member: \$50; Guest: \$70 2x/week: Member: \$90; Guest: \$120 (if already have proper uniform)	
Winter I: January 11 - February 29 Spring I: March 7 - April 25	
Mondays	5:15 p.m. - 6:00 p.m.
Wednesdays	5:15 p.m. - 6:00 p.m.

Black Dragon Self Defense

Join our self defense class taught by Martial Arts instructor Larry Jones. This class will introduce participants to the basics of self-defense. Students learn basic verbal and physical strategies for dealing with standing confrontations.

Ages 10 - 16 years	
8-week session: Member: \$50; Guest: \$70	
Winter I: January 11 - February 29 Spring I: March 7 - April 25	
Wednesdays	6:00 p.m. - 6:45 p.m.

Children's Parties

Next time you are planning a party of any kind, let the Westview Healthplex do all of the work for you. We can provide the room, activities, balloons and invitations! Choose from our three packages for the option that best suits your party needs.

Each package offers an hour and a half in our party room with 1 or 2 party hostesses to assist you and your party guests. Depending the party package you choose, your party guests will be able to participate in a variety of activities in our sports club such as swimming, basketball, cheer, soccer, tumbling and much more. We also offer spa parties, end of season parties, graduation parties, girl scout and boy scout parties and much more.

Please contact Cassie Oberkrom for more information or if you are interested in other parties. Each package includes 16 party guests, including the birthday child however, you may add additional guests for \$10 each. In addition to the packages, you may choose to have catering at your event from our Courtside Café. You have the option to order a cake for your occasion.

We offer parties on Fridays, Saturdays, and Sundays from 11am to 7pm.

Package A **\$200****

- 1 Party Hostess
- Balloons for each child and a balloon bouquet for the birthday child.
- Goody bags for each child
- Invitations
- Party Room for 1 hour 30 minutes

**A discount of \$20 will be applied if catering is ordered.

Package B **\$300****

- 2 party hostesses
- Balloons for each child and a balloon bouquet for the birthday child.
- Goody bags for each child
- Invitations
- Party Room for 1 hour 30 minutes
- Choice of one activity

**A discount of \$20 will be applied if catering is ordered.

Package C **\$400****

- 2 party hostesses
- Balloons for each child and a balloon bouquet for the birthday child.
- Goody bags for each child
- Invitations
- Party Room for 1 hour 30 minutes
- Choice of 2 activities

**A discount of \$20 will be applied if catering is ordered.

There is a \$50 non-refundable deposit due when you reserve your party. The deposit is included in your party package total.

**A discount of \$20 will be applied if catering is ordered.

For more information or to book your party today, please contact Cassie Oberkrom in Minor Leaguers at 920-7412 or at coberkrom@westviewhealthplex.org.



Courtside Café & Catering



Breakfast All Day Long

The Breakfast Burrito
The Healthplex burrito
The Courtside Omelet
The Egg White Omelet
The Morning Sandwich
with Ham
using egg whites
Breakfast Platter Number One
Breakfast Platter Number Two
Breakfast Platter El Grande
Protein Lovers Breakfast

A la carte...

Two slices Bacon
Sausage Patty
Hash Brown
Whole Fruit
Yogurt
Fruit Cup
Toast
Cottage Cheese
Muffins/Bagels/Danish
Juices
Milk

Smoothies

Small or Large
Scoop of Protein
Flavors: Strawberry, Banana,
Cappuccino, Pina Colada, Peach,
Raspberry, Mango

Coffees

Small, Medium or Large
Flavors: Gourmet, Decaf, Hazelnut
Starbucks, Victoria Roast, Kilimanjaro

Courtside Favorites

Chicken Quesadilla
Cheese Quesadilla
Vegetable Quesadilla
Boneless Breaded Wings

The Saute Station

Teriyaki Chicken Stir Fry
Cilantro Lime Chicken over Rice
Honey Mustard Chicken
Cajun Chicken and Shrimp
Bourbon Chicken over Rice
Veggie Stir Fry
Create Your Own Stir Fry

The Sandwich Shoppe

Healthplex Reuben
Chicken Salad or Tuna Salad
The Tuna Melt
The Bistro Pub Burger
The Boca Burger
Chicken Cordon Bleu
Courtside Club
B.L.T.
Grilled Cheese
Create your own Sandwich

Wraps

Teriyaki Chicken Wrap
The Veggie Wrap
Turkey Bacon Cheddar Wrap
The Reuben Wrap
Chicken Salad Wrap
Tuna Salad Wrap
Create your own Deli Wrap

Salads

Chicken Salad Plate
Soup of the Day
Soup and Sandwich Combo
Soup and Half Sandwich Combo

On The Go

Chefs Salad
Stuffed Tomato
Chicken or Tuna Salad
Yogurt Parfait
Cottage Cheese
Cut Fruit

Pizza

Cheese
One or more topping

Kids Medu

All Kids meals come with a small
fountain drink and bag of chips
Chicken Nuggets
Hot Dog
Grilled Cheese
PB&J

**Make a meal out of any menu item by
adding a Medium Fountain Drink and a
Bag of Chips**

**Don't forget about Courtside Catering
and Banquet Rooms for your next
meeting! Contact Greg Coval, Direc-
tor of Food Services at (317)920-7421
or gcoval@westviewhealthplex.org
for more information.**



Westview Medical Campus is committed to a unique philosophy of care that is focused on preventive medicine, healthy lifestyles and treating the root cause of illness. Westview Healthplex Sports Club is part of Westview Medical Campus, which also includes Westview Hospital and Westview Primary Care Centers.

Our Mission:

To provide quality healthcare to the central Indiana community with facilities, support, and growth for the osteopathic profession.

Our Vision:

To be the best provider of health and fitness services in central Indiana offering high-quality programs, excellent customer service and state-of-the-art facilities.

Core Values:

- Outstanding customer service
- Superior cleanliness
- Teamwork
- Professionalism
- Full spectrum of fitness techniques
- Individualized fitness training



Westview Healthplex **Sports Club**

An Affiliate of  **Community** Health Network

3660 N. Guion Rd., Indianapolis, IN 46222

ph. (317) 920-7400

fax (317) 920-7404

www.westviewhealthplex.org