

Unwind and Restore

Join us for yoga. Details inside.

BLUESTEM

WELLNESS CENTERS

Fall 2019

Hesston
North Newton



EXISTING MEMBERS: Get one month **free** membership when you refer a friend who joins in September!

BRING A FRIEND FREE WEEKS: September 1-7 and 15-21

Join or renew in September and receive:

- Waived \$25 joiner fee for new members
- 1 month free
- 10 bring-a-friend passes (\$50 value)
- Chance to win a 30-minute massage

INSIDE

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Your Fitness is

Meet the Bluestem Wellness staff



Lyn Ungang,
*Program Director
in Hesston*

620-327-2323
lynu@bluestemks.org

For her undergrad, Lyn attended Hesston College and Tabor College, graduating with a bachelor's degree in Health/Physical Education-Strength and Conditioning. She earned an MBA in 2018 from Tabor College and has a passion for helping people reach their health and wellness goals.



Jason Jones,
*Director of
Bluestem Wellness*

620-327-2323
jasonj@bluestemks.org

With a bachelor's degree in Recreation Administration from Kansas State University, Jason has been serving people in the health and fitness field for more than 20 years. Jason has served in his role with the Bluestem Wellness Centers since 2011 and has previous experience with the YMCA.



Andrea Unruh,
*Program Director in
North Newton*

316-836-4843
andreau@bluestemks.org

Prior to her position at the Bluestem Wellness Center, Andrea gained 20 years of experience working with the community providing massage and aesthetic services. Her knowledge of holistic wellness and her friendly demeanor is valued by our members and the greater community.

Our Mission

Bluestem Wellness is dedicated to providing quality programs, services and support to enhance the social, spiritual, emotional, physical and intellectual dimensions of wellness for residents, staff and the community.

HOURS

HESSTON HOURS

Monday-Thursday: 5:30 a.m.-9 p.m.
Friday: 5:30 a.m.-8 p.m.
Saturday: 7 a.m.-1 p.m.
Sunday: 1-5 p.m.

*After hours access available until
midnight Monday-Sunday*

NORTH NEWTON HOURS

Equipment room open
Monday-Sunday: 5:30 a.m.-9:30 p.m.
Monday-Thursday:
Staffed with pool open 5-7 p.m.



Our Business!

Bluestem Wellness Membership Rates

Bluestem memberships include access to all equipment, facilities and classes offered at both of our wellness locations, in North Newton and in Hesston.

Membership	Bank draft	Quarterly	6-month	Annual
Single adult	\$40	\$115	\$230	\$375
Family	\$60	\$175	\$350	\$605
Senior single 62+	\$35	\$95	\$190	\$315
Senior couple	\$50	\$145	\$290	\$490
Student	\$35	\$90	\$180	\$315

New Member Joiner Fee: \$25 one-time fee

Day Pass: \$7

10 Visit Day Pass Card: \$50

Corporate discounted rates for groups of 5 or more. Corporate members are exempt from joiner fee.

Details: Call, 620-327-3479 (Hesston) • 316-836-4843 (North Newton)

We are a SilverSneakers® site

CANCELLATIONS & CLOSINGS

- When Newton or Hesston public schools are closed for severe weather events, no classes will be held at the corresponding Bluestem Wellness Center.
 - If Hesston public schools are closed or delayed due to severe weather, the Bluestem Wellness Center in Hesston will be open 7 a.m.-5 p.m.
 - If Newton public schools are closed due to severe weather, the Bluestem Wellness Center in North Newton will be open.
(Equipment room always open 5:30 a.m.-9:30 p.m.)
- If there is lightning in the area, the pool and hot tub will be closed and water classes cancelled.
- If in doubt, please call to inquire regarding cancellations and closings.

Hesston: 620-327-2323

North Newton: 316-836-4843



Class Schedule

at Hesston Location • • • • •



OPEN 7a.m.–1p.m.

Labor Day, September 2

CLOSED:

Thanksgiving, November 28

NO EXERCISE CLASSES:

Labor Day, September 2

Thanksgiving Break, Nov. 25-29

HESSTON HOURS

Monday-Thursday: 5:30 a.m.-9 p.m.

Friday: 5:30 a.m.-8 p.m.

Saturday: 7 a.m.-1 p.m.

Sunday: 1-5 p.m.

*After hours access available until
midnight Monday-Sunday*

Cardio Xtraining. This high-intensity circuit workout includes 4 to 5 cardio segments, each followed by strength training and a core workout. A variety of cardio formats and strength training exercises will be used for a complete, full-body workout!

Tai Chi. A self-paced system of gentle physical exercise, relaxation and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Don't worry if you have missed a class or two, each class will refresh you on the basics.

Monday	Tuesday	Wednesday	Thursday	Friday
NEW! Sunrise Fitness 5:30-6:15 a.m.	SilverSneakers® 8-8:45 a.m.	Sunrise Fitness 5:30-6:15 a.m.	SilverSneakers® 8-8:45 a.m.	Sunrise Fitness 5:30-6:15 a.m.
Yoga Stretch 9-9:45 a.m.		Yoga Stretch 9-9:45 a.m.		Yoga Stretch 9-9:45 a.m.
NEW! Tai Chi 10-11 a.m.				
			NEW! Kwik Fit 2:30-3 p.m.	
Cardio Xtraining 5:15-6 p.m.	Cardio Kickboxing 5:15-6 p.m.	Cardio Xtraining 5:15-6 p.m.	Cardio Kickboxing 5:15-6 p.m.	
NEW! Yoga 6:15-7:15 p.m.		NEW! Yoga 6:15-7:15 p.m.	NEW! Zumba® 6:30-7:30 p.m.	

Cardio Kickboxing. This popular training program comes to life as you punch, kick and block your way through a fun and challenging cardiovascular workout!

Yoga Stretch. It's lights off for an invigorating series of yoga poses to improve strength, endurance, flexibility and balance.

Sunrise Fitness. Tackle your day with this high-energy workout combining HIIT, kickboxing and more.

Kwik Fit A class that will get every muscle in your body moving using a variety of exercise equipment. Enjoy music and movement in a relaxed atmosphere.

SilverSneakers Classic®.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Yoga. (evening) For anyone who wants to increase strength, flexibility and balance. This yoga is the perfect mix between gentle and intermediate style. A great stand-alone class or cross-training to your current workout.

Zumba®. This workout is inspired by dance styles from around the world. Tone muscles and burn calories as you move and enjoy the music!

Aquatic Schedule

at Hesston Location • • • • •

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim/ Adult Open 5:30-7:45 a.m.	Lap Swim/ Adult Open 5:30-9 a.m.	Lap Swim/ Adult Open 5:30-7:45 a.m.	Lap Swim/ Adult Open 5:30-9 a.m.	Lap Swim/ Adult Open 5:30-7:45 a.m.	Lap Swim/ Adult Open 7-10 a.m.
Wake Up Aqua Fit 8-8:45 a.m.	Aquatic Arthritis Program 9:10-10 a.m.	Wake Up Aqua Fit 8-8:45 a.m.	Aquatic Arthritis Program 9:10-10 a.m.	Wake Up Aqua Fit 8-8:45 a.m.	Lap Swim/ Family Swim Time 10 a.m.- 12:45 p.m.
Lap Swim/ Adult Open 9-10 a.m.		Lap Swim/ Adult Open 9-10 a.m.		Lap Swim/ Adult Open 9-10 a.m.	
Aquatic Arthritis Program 10:10-11 a.m.		Aquatic Arthritis Program 10:10-11 a.m.		Aquatic Arthritis Program 10:10-11 a.m.	
Lap Swim/ Adult Open 11 a.m.-5:15 p.m.	Lap Swim/ Adult Open 10 a.m.-5:15 p.m.	Lap Swim/ Adult Open 11 a.m.-5:15 p.m.	Lap Swim/ Adult Open 10 a.m.-5:15 p.m.		Sunday Lap Swim/ Family Swim Time 1-4:45 p.m.
				Lap Swim/ Adult Open 11 a.m.-2 p.m.	
Just My Speed 5:30-6:15 p.m.	Splash! 5:30-6:30 p.m.	Just My Speed 5:30-6:15 p.m.	Splash! 5:30-6:30 p.m.		
Lap Swim/ Family Swim Time 6:30-8:45 p.m.	Lap Swim/ Family Swim Time 6:45-8:45 p.m.	Lap Swim/ Family Swim Time 6:30-8:45 p.m.	Lap Swim/ Family Swim Time 6:45-8:45 p.m.	Lap Swim/ Family Swim Time 2-7:45 p.m.	

OPEN

7a.m.-1p.m.

Labor Day, Sept. 2

CLOSED:

Thanksgiving, Nov. 28

NO EXERCISE CLASSES:

Labor Day, Sept. 2
Thanksgiving Break,
Nov. 25-29

For safety reasons,
children who
cannot stand in the
3 1/2-ft. shallow
end of the pool
with their heads
completely above
the water must be
accompanied by a
parent, grandparent
or adult guardian
swimming with them
at all times.

Private Swimming Lessons Packages

5 sessions
30 minutes each.
Child/member \$70;
non member \$85.
Contact Bluestem
Wellness Center
in Hesston
620-327-2323.

Wake-up Aquatic Fit.

Cardiovascular, strength
training and stretching for all
ages and fitness levels.
(45 min.)

Aquatic Arthritis Program.

Low-intensity, range-of-
motion exercises for joints
and stretching.
(50 min.)

Just My Speed.

It doesn't matter if you move
at 2 or 20 mph, you can get
your workout in, increase
your heart rate and work
each joint. (45 min.)

Splash.

Our most intense &
challenging aquatic class,
using foam dumbbells for
upper body strength,
leg movements in the deep
end and abdominal work
to challenge all muscles!
Intensities can be modified.
(60 min.)

Class Schedule

at North Newton Location • • • • •



WELLNESS CENTERS

Hesston
North Newton

POOL CLOSED. NO CLASSES:

Labor Day, September 2
Thanksgiving Break, Nov. 27-29

**Equipment room always
open 5:30 a.m.-9:30 p.m.**

NORTH NEWTON HOURS

Equipment room open
Monday-Sunday: 5:30 a.m.-9:30 p.m.
Monday-Thursday:
Staffed with pool open 5-7 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Strength Training 7:25- 7:55 a.m.	Body Basics 7-7:45 a.m.	Strength Training 7:25- 7:55 a.m.	Body Basics 7-7:45 a.m.	Strength Training 7:25- 7:55 a.m.
Strength Training 8-8:30 a.m.		Strength Training 8-8:30 a.m.		Strength Training 8-8:30 a.m.
			NEW! Yoga 9-9:45 a.m.	
Arthritis Exercise Program 2-2:30 p.m.	Strength Training 2-2:30 p.m.	Arthritis Exercise Program 2-2:30 p.m.	Strength Training 2-2:30 p.m.	Arthritis Exercise Program 2-2:30 p.m.
	Yoga 4-4:45 p.m.			

Our equipment room includes:

- Treadmills
- Ellipticals
- Recumbent and upright bicycles
- NuStep machines
 - Free weights
 - Stretch trainer
- Twelve-piece weight-circuit

Body Basics.

Moderate-intensity exercises to improve strength, coordination and balance.

Arthritis Exercise Program.

Slow, range-of-motion chair exercise. Relaxation techniques.

Yoga.

Using both chairs and mats, this yoga class is appropriate for all ages and skill levels. Great for increasing strength, flexibility and balance.

Strength Training.

Chair-based exercise with exercise bands and dumbbells ranging from 1 to 30 pounds.

Aquatic Schedule

at North Newton Location • • • • •

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 7-8:30 a.m.	NEW! Rise and Shine Water Aerobics 6:15-7 a.m.	Open Swim 7-8:30 a.m.	NEW! Rise and Shine Water Aerobics 6:15-7 a.m.	Open Swim 7-8:30 a.m.	Open Swim or Seasonal Classes 6:30-10:30 a.m.
	Water Volleyball 7:15-8:30 a.m.		Water Volleyball 7:15-8:30 a.m.		
Water Aerobics 8:40-9:30 a.m.	Water Aerobics 8:40-9:30 a.m.	Water Aerobics 8:40-9:30 a.m.	Water Aerobics 8:40-9:30 a.m.	Water Aerobics 8:40-9:30 a.m.	
Open Swim 9:30-10:30 a.m.	Open Swim 9:30-10:30 a.m.	Open Swim 9:30-10:30 a.m.	Open Swim 9:30-10:30 a.m.	Open Swim 9:30-10:30 a.m.	
Aquatic Arthritis Program 10:30-11:10 a.m.		Aquatic Arthritis Program 10:30-11:10 a.m.		Aquatic Arthritis Program 10:30-11:10 a.m.	
Water Aerobics 1-1:50 p.m.		Water Aerobics 1-1:50 p.m.		Water Aerobics 1-1:50 p.m.	
Aquatic Arthritis Program 2-2:40 p.m.		Aquatic Arthritis Program 2-2:40 p.m.		Aquatic Arthritis Program 2-2:40 p.m.	
NEW! Family Swim 5-7 p.m.	NEW! Adult Open Swim 5-7 p.m.	NEW! Family Swim 5-7 p.m.	NEW! Adult Open Swim 5-7 p.m.		

POOL CLOSED.

NO CLASSES:

Labor Day, Sept. 2
Thanksgiving Break,
Nov. 27-29

**Equipment
room always open
5:30 a.m. - 9:30 p.m.**

Aquatic Arthritis Program. Low-intensity, range-of-motion exercises for joints and stretching. Certified instructor.

Adult Open Swim. Swim or exercise on your own. Wellness Center personnel on duty.

Family Swim. Swim time open to children with adult supervision and also open to adults to swim and exercise on your own. Wellness Center personnel on duty.

Rise and Shine Water Aerobics.

Moderate-intensity exercise with pool noodles and aerobics.

*Hot tub water
temperature is
102 degrees.*

Water Volleyball. Fitness and fun.

Water Aerobics. Total-body exercise, moderate-intensity.

essential elements wellness spa
Therapeutic Massage

Bluestem Wellness Center in Hesston

NOW OPEN

Offering:

CRYOSKIN
Cryo Slimming & Toning

Targeted Medical Massage

Hot Stone Massage

Deep Tissue

Sports Injury Massage

Allergy & Sensitivity Testing

Member Discounts

Tracy Jones, CMT

620.951.4493

Learn the fundamentals of working with clay.
Explore hand building and beginning wheel throwing.
All experience levels welcome.

FALL POTTERY CLASSES

Hesston location

Oct. 3-Nov. 21 Thursdays, 10 am-12 pm

Call 620-327-2323 or stop in to register!

\$75 members \$105 non-members

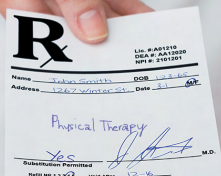
Back Pain?

You can feel better!

No referral needed.

Accepted by your insurance.

**Call today to see if
physical therapy
can help you with
any of your pains
or problems!**



ADVANCED
PHYSICAL THERAPY

620-327-3482

**Bluestem Wellness
Center in Hesston**

**Monday - Friday
7:00 a.m. - 5:30 p.m.**

Yoga

HESSTON LOCATION

Monday, Wednesday and Friday

9-9:45 AM

Monday and Wednesday

6:15-7:15 PM

NORTH NEWTON LOCATION

Tuesday

4-4:45 PM

Thursday

9-9:45 AM

BRING A FRIEND!

Members can take advantage of these deals
by bringing a guest to the
Bluestem Wellness Centers.

SEPTEMBER: Friends get in free Sept. 1-7 and 15-21

OCTOBER: Friends pay \$4 on Thursdays

NOVEMBER: Friends get in free on Fridays