Food Drive for Fitness

Join or renew in January and we will make a donation to a local food bank! More info on page 8.

BLUESTEM WELLNESS CENTERS

Hesston
North Newton

Winter 2019

NEW Classes

Hesston

- **Evening Yoga**
- **Tai Chi**

Starting in January. See page 4.

North Newton

- **Rise and Shine Water Aerobics**

See page 7.

Commit to be Fit in 2019!

Save money when you join or renew in January. See page 3 for details.

Your Fitness is

Meet the Bluestem Wellness staff

Jason Jones,
Director in Hesston

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. His most recent positions include CEO of Randolph Area YMCA in Moberly, Mo., and CEO of Fort Madison Family YMCA in Fort Madison, Iowa.

Jeff Giroux,
Program Director in Hesston

620-327-2323
jeffreyg@bluestemks.org

A Minnesota native, Jeff completed his undergraduate studies at Oklahoma Wesleyan University in exercise science. He earned a master's degree in psychology of sports and exercise from Leeds Beckett University in Leeds, England. Jeff is a certified personal trainer and is the assistant men's soccer coach at Hesston College.

Tony Helfrich,
Director in North Newton

316-836-4843
tonyh@bluestemks.org

Tony earned a bachelor's degree in kinesiology at Kansas State University, and has been director of the Bluestem Wellness Center in North Newton since 2007.

He has been leading group exercise classes for 11 years and is committed to helping people reach their wellness goals.

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

After hours access available until midnight Monday-Sunday

NORTH NEWTON
Equipment room open
Monday-Sunday: 5:30 a.m.-9:30 p.m.
Monday, Tuesday and Wednesday:
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 center 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

Join or renew in January to waive your $25 joiner fee and receive–

- **1 month free**
- **10 visit day pass card** *($50 value)*
- **Chance to win free Functional Movement Screening**

ALREADY A MEMBER?

- Get one month free membership when you refer a friend who joins in January*

* *Regular monthly membership fees apply. Limit 1 free month per year.*

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 closed. (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 7 a.m.-1 p.m.
Dec. 31
Jan. 1

Closed
Dec. 24
Dec. 25

No exercise classes
Feb. 11-15

Monday	Tuesday	Wednesday	Thursday	Friday
	SilverSneakers® 8-8:45 a.m.		SilverSneakers® 8-8:45 a.m.	
Yoga Stretch 9-9:45 a.m.		Yoga Stretch 9-9:45 a.m.		Yoga Stretch 9-9:45 a.m.
Tai Chi 10-11 a.m. NEW *Starting in January*				
			Kwik Fit 2:30-3 p.m. NEW	
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.	
Yoga 6:30-7:30 p.m. NEW *Starting in January*	Zumba® 6:30-7:30 p.m.	Yoga 6:30-7:30 p.m. NEW *Starting in January*	Zumba® 6:30-7:30 p.m.	

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!

ZUMBA This workout is inspired by dance styles from around the world. Tone muscles and burn calories as you move and enjoy the music! Free for members, $3 for walk-ins.

Kwik Fit - Will get every muscle in your body moving. Using a variety of exercise equipment. Enjoy the music and movement in a relaxed atmosphere.

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.

STARTING IN JANUARY:
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.

STARTING IN JANUARY:
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.

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.

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.- 4:45 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
7 a.m.-1 p.m.
Dec. 31
Jan. 1

Closed
Dec. 24
Dec. 25

No exercise classes
Feb. 11-15

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.

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.)

Private Swimming Lessons Packages

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

Class Schedule

at North Newton Location • • • • •

Pool closed,
no classes
Dec. 24-26
Jan. 1

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

BLUESTEM
WELLNESS CENTERS
Hesston
North Newton

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

Arthritis Exercise Program. Slow, range-of-motion chair exercise. Relaxation techniques. Certified instructor.

Yoga.
All ages and skill levels.

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

Our equipment room includes:

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

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.	NEW Rise and Shine Water Aerobics 9:15-10 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 Open Swim 5-7 p.m.	NEW Open Swim 5-7 p.m.	NEW Open Swim 5-7 p.m.			

Pool closed, no classes
Dec. 24-26
Jan. 1

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.

NEW

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

** Contact Wellness Center Director Tony Helfrich for information about seasonal class times.*
316-836-4843
tonyh@bluestemks.org

NEW

Rise and Shine Water Aerobics. Moderate-intensity exercise with pool noodles and aerobics. *Playing Christmas music during the month of December!*

Water Volleyball. Fitness and fun.

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

Hot tub water temperature is 102 degrees.

FOOD DRIVE FOR FITNESS

Help the Bluestem Wellness Centers give back as we donate items to local food banks!

One for One

For every person who joins or renews their membership in January, we will donate an item to a local food bank.

Already a member?

We invite you to bring in a canned good to our North Newton or Hesston location to join the cause!

WINTER POTTERY CLASS 2018

January 10 to February 21

Thursdays – 10 a.m. to noon

Learn the fundamentals of working with clay including hand building, beginning wheel throwing and the ancient art of pit firing. Clay, glazes and firing fees included. Pottery tools are provided. All experience levels welcome.

$75 members / $105 non-members

Please sign up at the front desk in Hesston. 620-327-2323
Instructor: Lynda Legg

Back Pain?

You can feel better!
No referral needed.
Accepted by your insurance.

ADVANCED PHYSICAL THERAPY

620-327-3482

Bluestem Wellness Center in Hesston

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

Personalized fitness & nutrition programs

at Bluestem Wellness Center in Hesston

- 8-week nutrition program $75
- 8-week fitness program $100
- BEST VALUE 8-week fitness and nutrition program $150
- 10 training sessions $350

Call 620-327-2323 to schedule!

BRING A FRIEND!

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

DEC.: Friends pay $4 on Thursdays
JAN. 6-12 & 20-26: Friends get in free
FEB.: Friends get in free on Fridays