

Health and Wellness Update

VOLUME 2, ISSUE 1

WINTER 2010

Meet Dev Kennedy, A Cycle Class Volunteer Sub

He's been a regular cycle class participant for years but when Dev Kennedy heard the NSYMCA Wellness Department was offering certification courses for members to learn to teach cycle classes as volunteer subs, he jumped at the chance.

"The music, camaraderie among the participants and the sweat are key in helping me meet my fitness goals. I found that runner's high for the first time in my life in cycle class and I love it. A need for more subs and the desire to tailor my own cycle workouts for my cycle friends motivated me to respond to (Wellness Director) Renee Deeter's call for interested volunteers," Dev says.

During summer 2009 Renee taught a class for prospective instructors which combined academic course work and practical applications. After the training session Dev led some practice classes before he began teaching scheduled classes in the Fall 2 session.

Dev recounts his first cycle class as "one to remember." He says, "The fuse was tripped for the cycle studio so the CD player didn't work at first. After figuring out where the electrical panel was, I discovered that the CD I burned was the wrong format for the player. Luckily (NSYMCA cycle instructor) Marlo Leaman was there to save the day with a spare CD she keeps for just that purpose. Oh, and I had a brand new participant in class, too, who had never cycled before. I kept reminding myself that this was not the end of the world and kept at it till the 45 minutes was over. It was fun," he remembers.

Dev says he was surprised at how complicated it is to teach a class. "You have to keep about six or more balls in the air at one time. But the experience has been really great, not to mention the few lost pounds the extra work has afforded me," he says.

Dev has managed to combine his love of fitness with the spirit of volunteerism that characterizes the YMCA.

When he's not teaching his Tuesday 9:15 am cycle class, Dev is an actor in movies, TV, commercials and plays around Chicago. He is a Northbrook native and lives here with his wife and daughter.



**Dev Kennedy, NSYMCA
Volunteer Cycle Sub**

Try ZUMBA®! It's FREE!

You've seen them. A class full of exercisers, dancing and moving enthusiastically to Latin rhythms and other international dance tunes in the ABC Room. Red faced, sweaty, but with big smiles on their faces, they have fallen in love with Zumba®, a choreography-based class that combines Latin rhythms, fun music and easy-to-follow moves. It's a whole hour of fun calorie-burning. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt while burning fat. The choreography includes dance styles such as salsa, meringue, cumbia, reggaeton, samba, Latin hip-hop, calypso and many more. According to Zumba.com, as of July 2009, Zumba® is being taught at more than 40,000 locations in 75 countries to more than 5 million participants weekly, including our enthusiastic Zumba®

fanatics here at the NSYMCA.

Dawn Kerrigan, our resident Zumba® instructor, was trained by a Zumba® master trainer and is fully certified to teach the dance aerobics class. Each class is structured around a set routine of choreography with the same set of songs. A routine is used for several classes before a new one is introduced so you have time to get the steps straight and shake your groove thing like a professional before learning a new routine.

Winter Zumba® classes are Thursday at 10:05 am and

Saturday at 7:45 am for you early risers. And starting in January all Zumba® classes are FREE! So come on, try one on for size. They're fun. They burn lots of calories. And, who knows? You might learn a dance step or two.

WINTER 2010

IMPORTANT DATES

- *December 20: Last day of Fall 2 session*
- *December 21-January 3: Fall/Winter Break Weeks. Fitness schedule is posted and available on-line at www.nsymca.org*
- *December 25, January 1 Holidays: NSYMCA closed*
- *December 27: Late registration fee for Wellness programs for Winter session*
- *January 4: Winter session begins*
- *March 1: Tentative first day of registration for Spring session*
- *March 28: Last day of Winter session*
- *March 29-April 3: Winter/Spring Break Week.*
- *April 4: Spring session begins*



ANNUAL FITNESS GAME

It's not too late to get into the Annual Fitness Game. It runs until 1/10. Give yourself a chance to start your 2010 fitness program in 2009. Visit the Fitness Center to sign up today.

Free Wellness Workshops

Pre-register for any of these free wellness workshops at the Front Desk or at www.nsymca.org.

Wednesday January 6 10:30-11:30 am

Topic: Spine Control

Presenters: Athletico

Learn about spine anatomy, the causes of spine pain, management of injuries and general back pain as well as correct body mechanics and posture to support your fitness program as well as activities of daily living.

Wednesday January 20 10:30-11:30 am

Topic: Renovation Strategy

Presenters: Dr. Mark Grumet, MS DC and Dr. Dennis Pearson, DC of Synergy Health Associates

Drs. Grumet and Pearson discuss a renovation strategy for your entire body. You'll learn the importance of proper posture and explore how head-to-toe injury screenings can be preventive. In addition, see how lack of proper activity can lead to arthritis as well as learn how to prevent premature aging of your muscles and joints.

February 10 10:30-11:15 am

Topic: Health Benefits with Alkaline Water

Presenters: Amy Andrew and Stacy Steinberg

The presenters use a holistic health approach to discuss how alkaline water supports and improves health.

Tuesday, March 2 10:30-11:30 am

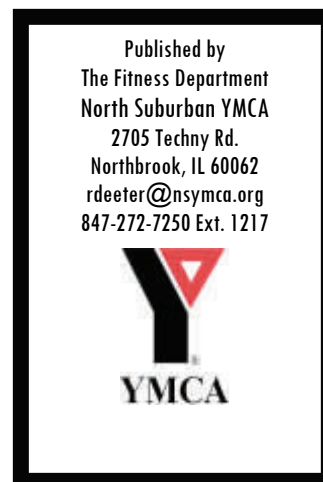
Topic: Feldenkrais®

Presenter: Dr. Gerald Nevin

Improve your balance and mobility with a gentle Feldenkrais® floor class. Experience moving at maximum efficiency while expending minimal effort.

INFINITY PASS

Great news for cycle and mind-body fitness enthusiasts. You've asked for it and here it is. Now pay one flat fee of \$45 per month and take an unlimited number of mind-body and cycle classes. That's it. You can purchase one every month or arrange a convenient, on-going monthly draft. See our Membership Desk for more details.



Triathlon Training Group

Thinking about challenging your fitness level by competing in a triathlon? Find training buddies and learn more about how to perform at your peak when you join our triathlon training group. The 12 week program allows you to attend one coached swim practice, one indoor cycling session and one yoga class weekly at times that work for you. You will also receive weekly self-paced workouts, a training group t-shirt and triathlon book. Price is \$250 for the 12 week session. This is open to Y members only. See Winter Program Guide for workout times or contact Wellness Director Renee Deeter for more details.

Specialty Personal Training Classes For Winter

We are pleased to offer a wide variety of specialty personal training classes at very reasonable prices. All are led by our certified personal trainers. Try one to help kick start your new year health plan. See the Winter Program Guide for other options.

FREE Friday Mornings Walking Club

Every Friday, rain, snow or shine, join the Friday a.m. Walking Club, walking outside or in the main gym. The group has grown steadily since fall but new members are always welcome. Every walk concludes with important stretches for flexibility.

STABLE MABLE

Stable Mable stands for Stand Tall And Balance Legs Evenly Monitor Abdomi-

nals and Back Lengthening Everywhere. If your balance and/or coordination aren't what they used to be, you can improve both in this class. This class format will provide more individual attention to your body and challenges at a much lower cost than personal training at only \$10 per class. Wednesday, 11:45 am to 12:45 pm in Studio D.

AOA Circuit Training

This class alternates two minutes of cardiovascular exercise with two minutes of strength work for a combination that can't be beat to increase cardiovascular fitness and muscular strength and endurance. Designed for active older adults, it's a fun, low key way to get all your daily exercise done within an hour and with modifications for your own

needs at only \$10 per class. Monday, 11:45 a.m. to 12:45 pm in Studio D.

Get on the Ball

If you've always wanted to learn how to incorporate the stability ball into your own workouts, this is the class for you. Any level of exerciser is welcome. Learn how to progress your exercises as you become stronger as well as adjust exercises for personal needs. This class is not yet scheduled. If you are interested, please call 847-272-7250 ex. 1217 to discuss times.

Free Weights Basics

Learn proper form and safety precautions for using dumbbells, medicine balls and other weight room equipment. Tuesday or Wednesday, 10:15-11:00 am, \$48 for either day, 4 weeks.