

Yoga

Yoga celebrates the mind-body connection with a variety of practices that connect the breath with poses to improve strength and flexibility. It is accessible to all individuals regardless of their current flexibility. There are a variety of practices that range from gentle to aerobic.

It can also improve balance and bone health to ensure a good quality of life during aging. Yoga is a living workout, in that it offers new challenges as the individual's fitness improves.

Pilates

Pilates offers similar health benefits as yoga, with an emphasis on strengthening the "powerhouse" muscles of the lower back, hips, and abdomen. Its goal is to improve balance and coordination using a series of controlled, non-jarring movements.

Pilates is an excellent option for building core strength for improved back health and improving posture. It can also help reduce the chance of injury with better balance. It focuses on correct form rather than the number of repetitions.

Zumba

Zumba classes bring energetic and musical elements to a workout program with lively Latin dance rhythms. Its goal is to improve aerobic fitness and strength with a series of active dance moves and exercises.

As an aerobic workout, it's a great way to burn lots of calories in a short period of time while in a fun setting. The sense of community it provides can increase motivation for sticking with an exercise plan for the long term.

Tai Chi

Like yoga and Pilates, tai chi is a slow, relaxing form of exercise that focuses on reaching a state of mental calm while building strength and coordination through a series of structured poses. It is a non-competitive workout with a variety of different styles.

As a form of Chinese martial art, tai chi offers additional mental health benefits for relieving stress and anxiety as a type of moving meditation. It may even decrease the risk of falls in older individuals.

BANG

BANG Power Dance™ is an urban-inspired mixed-fitness group exercise class done with or without the option of 1/2 lb weighted gloves. Named for the signature "5-4-3-2-BANG!" group countdown during the peak song of the class, BANG is a fusion of boxing, aerobics, intervals, hip hop, world dance and bodyweight training. Every class starts your workout with a "BANG" and takes your fitness to a whole new level!

Kickboxing

Kickboxing Cardio Blend is a fast paced, high intensity workout. Through a blend of interval training and kickboxing techniques, this class is designed to effectively increase strength, stamina and flexibility

Pound

Pound fuses cardio interval training with drumming to provide a challenging, heart pumping workout.

Balance/ Cardio

Balance/Cardio is a good total body work out. Class begins with stretching and transitions into the balance portion of the class which includes performing various balance poses. Participants have the option to use balance foams to challenge themselves more. The Cardio portion of class is done with hand held weights.

Core Strength

Core Strength is a low impact class that combines light cardio with power moves to build core (back and abdominal muscles) stability, increase strength and improve balance

SilverSneakers®

Fun, energizing program that helps older adults improve and maintain their strength and balance.



Hours of Operation*

Monday 6:00 A.M. - 8:00 P.M.
Tuesday 6:00 A.M. - 8:00 P.M.
Wednesday 8:00 A.M. - 7:00 P.M.
Thursday 6:30 A.M. - 8:00 P.M.
Friday 6:30 A.M. - 4:30 P.M.
Saturday 8:00 A.M. - 10:00 A.M.

** Hours are subject to change*

294 LWW, McConnellsburg, PA 17233

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OFFERING EXERCISE CLASSES FOR EVERY AGE AND SKILL LEVEL

One of the keys to maintaining good health is to remain active. It's also essential for healthy aging. Regular exercises offer many benefits, including:

- Lower risk of chronic diseases like diabetes and heart disease
- Improved mental well-being
- Better quality of life
- Increased mobility and independence
- Easier weight control
- Better sleep
- Pain relief
- Improved self-esteem

The FCMC Community Health & Wellness Center provides the ideal setting to help individuals meet their fitness goals with a variety of programs. Each type offers a different approach so that everyone can find the right workout for their needs.

INSTRUCTORS



Ginny Smith *Pilates Instructor*

Ginny was introduced to Pilates in 2014 and was immediately attracted to the total mind/body focus that the exercises demanded. Ginny received her globally recognized Power Pilates Teacher Certification 2016.

As an instructor, she enjoys meeting people at their current ability level in order to open up a more mobile and healthy life, no matter the age or circumstance, and then build from there. She warmly welcomes people from all walks of life, in all shapes and sizes, and she strongly believes that this versatile practice can transform anyone's body, so they are better able to live the life to which they've been called.



Catherine Washabaugh *Kickboxing/Cardio/Blend/ Core Instructor*

Catherine is a Fulton County native and 2006 graduate of Penn State University. Shortly after graduating college, she obtained her certification in personal training. She is currently in her 12th year as a fitness instructor. While Catherine has an affinity for fast, effective, hard-hitting workouts, she also enjoys adapting exercises for participants of all fitness levels. She is committed to helping others feel empowered and enjoys seeing them achieve their fitness goals.

Catherine loves running, hiking, the beach and dance parties in the living room with her husband, four children and their dog, Karl.



Julie Richards *BANG, ZUMBA Fitness and Tai Chi Instructor*

Julie (a.k.a. Sakile) holds a Master of Science degree (High Honors) in Holistic Nutrition from Hawthorn University and is an ACE-certified Personal Trainer.

Her movement experience includes earning a Diploma in African and Caribbean Dance awarded by Birkbeck, University of London (England). She is also an official Level II Zumba Fitness Instructor, recently certified as a BANG Power Dance Instructor, and has attained Ni Dan (2nd degree black belt) rank in the Isshinryu World Karate Association.

Julie's continuing education includes courses in tai chi for arthritis; improving balance and mobility in older adults; exercise for knee and hip replacement; pre- and post-natal fitness; herbal cooking; and health promotion at the population level. Now, with two young children of her own, Julie has also earned the Jr Fit Youth Fitness Specialty Certificate in order to enhance her physical fitness and nutrition programming for young people.



Becky Peck *PTA and SilverSneakers® Instructor*

Becky is a friendly and familiar face to FCMC and our community. Becky has an extensive background in exercise, working in different capacities as a Physical Therapist Assistant for 20 years.



Sarah Metz *Yoga Instructor*

Sarah has been practicing Yoga for over twenty years and teaching for the past ten years. She completed her 200 hour Yoga Teacher Training in 2007 and an additional 300 hour Advanced Training in 2012 at the Yoga Connection in Tucson, AZ. Sarah has

taught a variety of levels and styles of Yoga, including Hatha, Back Care, Restorative, and Yin Yoga in a number of settings such as studios and community centers, as well as inpatient and outpatient treatment facilities. She also served as a teaching assistant and mentor at the Yoga Connection's Yoga Teacher Training from 2009-2013.

Sarah lives in McConnellsburg and works as a massage therapist at Indigo Moon Amber Sun in Hagerstown, MD and is part time faculty at Central Maryland School of Massage in Frederick, MD. She brings her love of anatomy and movement to her classes with safety always being the first step to a successful Yoga practice.