



Wellness Center - Fitness Class Schedule

Office Hours : Mon - Fri 7:00am - 7:00pm

MON	TUES	WED	THUR	FRI	SAT	SUN
	Sunrise Yoga Rama 7:00 - 8:30 am		Sunrise Yoga Rama 7:00 - 8:30 am			
	Mat & Ball Pilates Vera 9:00 - 10:00 am		Mindful Pilates Tina 9:00 - 10:00 am		Pilates (mixed level) Leslie 9:00 - 10:00 am	Ball Pilates Leslie 9:00 - 10:00 am
	Restorative Yoga Rama 10:15 - 11:30am	Balance Class Staff 1:00 - 1:45 pm	Restorative Yoga Rama 10:15 - 11:30am	Restorative Yoga Sarah 10:15 - 11:30am		
	Arthritis Class * Joe / Vera 12:00 - 1:00 pm	Gentle Yoga Mary 2:00 - 3:10 pm	Arthritis Class * Joe / Vera 12:00 - 1:00 pm		Boxing Aerobics Cindy 12:30 - 1:30 pm	
Gentle Yoga Mary 4:00 - 5:10 pm	Tai Chi & Chi Gong Arch 4:15 - 5:15 pm	Beg. Belly Dance Jennifer 3:00 - 4:00 pm	Tai Chi & Chi Gong Arch 4:15 - 5:15 pm	Gentle Yoga Mary 4:00 - 5:10 pm		
Step & Sculpt Cindy 4:15 - 5:15 pm	Pilates Leslie 4:30 - 5:30 pm	Gentle Yoga Mary 4:00 - 5:10 pm	Cardio Express Cindy 4:30 - 5:15 pm			
Zumba Melissa 5:30- 6:30 pm	Tai Chi & Chi Gong Arch 5:15 - 6:15 pm	Body Sculpt Cindy 4:15 - 5:15 pm	Mindful Pilates Tina 5:30 - 6:30 pm	Zumba Shannon 5:00 - 6:00 pm		
	Cardio Blast! Jennifer 5:45 - 6:45 pm	Pilates (mixed level) Leanne 5:30 - 6:30 pm	Cardio Circuit Blast! Jennifer 5:45 - 6:45 pm			
	Exploring Yoga Rama 6:30 - 7:45 pm	Zumba Shannon 7:20 - 8:20 pm				

Membership - \$40/mo Annual - \$350/year
*New Couple Membership - \$65/mo
*Class Punch Card Available - \$45/10 classes

Hours of Operation
Mon - Fri : 6:00 am - 9:00 pm
Saturdays : 8:30 am - 2:00 pm
Sundays : 8:30 am - 12:00 pm

262-5171

Sutter Lakeside Hospital Wellness Center
5176 Hill Road East
Lakeport, CA 95453
www.sutterlakeside.org/wellness

* Arthritis Foundation
Exercise Program

revised: 08/01/11



**Sutter Lakeside
Hospital**

A Sutter Health Affiliate

With You. For Life.

*We believe that every person has the
ability to CREATE their own HEALTH!*

Wellness Center

Office Hours : Mon-Fri 7:00am - 7:00pm

Membership Information

\$40 Monthly Individual

\$65 Monthly Couple

Individual Annual Membership- \$350/year

Couples Annual Membership - \$600/year

No Enrollment Fee ~ No Initiation Fee ~ Sign up Anytime ~ Cancel Anytime

Membership includes access to more than 30 fitness and mindful movement classes, plus unlimited access to the comprehensive gym and hydraulic circuit room.

Fitness Class Punch Card - \$45 / 10 classes

Certified Personal Fitness Trainers:

Vera Crabtree

Fitness & Mindful Movement Instructors:

Body Sculpt & Step Sculpt - Cindy Hutchison

Cardio Circuit Blast & Cardio Blast - Jennifer Hammond

Boxing Aerobics & Cardio Express - Cindy Hutchinson

Pilates - Vera Crabtree, Leanne Harvey, Leslie Slater,

Tina Woelbling-Hamner

Tai Chi & Chi Gong - Arch Kottler

Yoga - Mary Oom, Rama Deva, Penny Dahl, Sarah Lyne

Zumba - Shannon Malone, Melissa Mabery

SLH Wellness Center Director - Joe Prisco

Integrative Healing House

Office Hours : By appointment only

Call : 262-5171 to make appointment

Integrative Healing Services

Acupressure

Gail Dyne, MFT, CMT
Richard Diwald

Acupuncture

Svetlana Petrowski, L.Ac.
Kimberely Curtis, L.Ac.

Addiction Counseling

Richard Diwald

Biofeedback

Joe Prisco, PT

Counseling - Family & Individual

Mary Miche, MFT

Hypnotherapy

Mary Oom, C.C.H.T, Certified
Clinical Hypnotherap
Journeywork™ Practitioner

Massage

Carol Hoffman, CMT
Gina Winter, CMT
Rama Deva, HHP
Patricia Cochran, CMT

Natropathy

Steve West, ND

Reiki

Leslie Lovejoy, master

Wellness Coach

Leslie Lovejoy, PhD.

Dyslexia Solutions

David Rosen,
Licensed Davis Dyslexia
Correction Facilitator

Wellness Education

Sutter Lakeside Hospital Wellness Center offers various education courses to help guide your way toward a healthier you.

New Pathways for Coping with Stress

Learn to take control of your stressful situations

Lighten Up!

Adult weight management program

Wellness Coaching

Personal, Employer, Organizations

Nutrition Counseling

Personal nutrition counseling

Personal Fitness Training

Available in single session, 5 sessions, or 10 sessions

Five Agreements

Norb Yates, Helen Turley.

All Fitness Classes, Integrative Healing Services and Education Classes take place at:

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5176 Hill Road East

Lakeport, CA 95453

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Call the Wellness Center to schedule Integrative Healing service appointments, to sign up for Education Classes, or to find our more information.