



## Wellness Center - Fitness Class Schedule

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

MON	TUES	WED	THUR	FRI	SAT	SUN
	Sunrise Yoga Sarah 7:00 - 8:30 am		Sunrise Yoga Rama 7:00 - 8:30 am			
Zumba Gold Irma 9:00 - 10:00 am	Mat & Ball Pilates Vera 9:00 - 10:00 am	Zumba Gold Irma 9:00 - 10:00 am	Mindful Pilates Tina 9:00 - 10:00 am	Beginner Zumba <b>FREE</b> Vera 9:00 - 10:00 am	Pilates (mixed level) Leslie 9:00 - 10:00 am	Ball Pilates Leslie 9:00 - 10:00 am
	Gentle Yoga Flow Sarah 10:15 - 11:30am	Balance Class <b>FREE</b> Staff 1:00 - 1:45 pm	Gentle Yoga Flow Rama 10:15 - 11:30am	Gentle Yoga Flow Sarah 10:15 - 11:30am	Boxing Aerobics Cindy 12:30 - 1:30 pm	
Gentle Yoga Mary 2:00 - 3:10 pm	<b>FREE</b> Arthritis Class * Joe / Vera 12:00 - 1:00 pm	Gentle Yoga Mary 2:00 - 3:10 pm	<b>FREE</b> Arthritis Class * Joe / Vera 12:00 - 1:00 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	Tai Chi & Chi Gong Arch 4:15 - 5:15 pm	Gentle Yoga Mary 4:00 - 5:10 pm		
Gentle Yoga Mary 4:00 - 5:10 pm	Pilates Leslie 4:30 - 5:30 pm	Body Sculpt Cindy 4:15 - 5:15 pm	Cardio Express Cindy 4:15 - 5:00 pm			
Step & Sculpt Cindy 4:15 - 5:15 pm	Cardio Blast! Jennifer 5:45 - 6:45 pm	Zumba Shannon 5:30 - 6:30 pm	Pilates (mixed level) Leanne 5:30 - 6:30 pm	Zumba Shannon 5:30 - 6:30 pm		
Zumba Shannon 5:30- 6:30 pm	Beginner Yoga Flow Rama 6:30 - 7:45 pm		Cardio Circuit Blast! Jennifer 5:45 - 6:45 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: 01/03/12



## 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 34 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; Cindy Hutchison

### 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, Vera Crabtree, Irma Lopez

SLH Wellness Center Director - Joe Prisco

## Integrative Healing House

Office Hours : By appointment only

Call : 262-5171 to make appointment

### Integrative Healing Services

#### Acupressure

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 Hypnotherapist,

Journeywork™ Practitioner

#### Massage

Gina Winter, CMT

Rama Deva, HHP

Carol Hoffman, 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:

Sutter Lakeside Hospital Wellness Center

5176 Hill Road East

Lakeport, CA 95453

[www.sutterlakeside.org/wellness](http://www.sutterlakeside.org/wellness)

**262-5171**

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