



## Wellness Center - Fitness Class Schedule

Office Hours : Mon-Fri 7:00am - 7:00pm  
Gym Orientation: Tues 1:00pm & Thurs 6:00pm

MON	TUES	WED	THUR	FRI	SAT	SUN
	Sunrise Yoga H. Shick 7:30 - 8:45 am		Sunrise Yoga H. Shick 7:30 - 8:45 am	Strength & Tone D. Pendleton 8:15 - 9:15 am	Pilates (mixed level) L. Slater 9:00 - 10:00 am	Mat & Ball Pilates L. Slater 9:00 - 10:00 am
	Mat & Ball Pilates V. Crabtree 9:00 - 10:00 am		Mindful Pilates T. Woelbling-Hamner 9:00 - 10:00 am		Ashtanga Vinyasa Yoga P. Dahl 10:00 - 11:00 am	
	Restorative Yoga H. Shick 10:15 - 11:30am		Restorative Yoga H. Shick 10:15 - 11:30am		Boxing Aerobics C. Hutchison 12:45 - 1:45 pm	
Gentle Yoga M. Oom 4:00 - 5:10 pm	Tai Chi & Chi Gong A. Kottler 4:15 - 5:15 pm	Gentle Yoga M. Oom 4:00 - 5:10 pm	Tai Chi & Chi Gong A. Kottler 4:15 - 5:15 pm	Gentle Yoga M. Oom 4:00 - 5:10 pm		
Body Sculpt C. Hutchison 4:15 - 5:15 pm	Pilates L. Slater 4:30 - 5:30 pm	Body Sculpt C. Hutchison 4:15 - 5:15 pm	Body Sculpt C. Hinchcliff 4:30 - 5:30 pm			
Yoga (mixed level) M. Oom 5:30 - 6:45 pm	Tai Chi & Chi Gong A. Kottler 5:15 - 6:15 pm	Pilates (mixed level) L. Harvey 5:30 - 6:30 pm	Mindful Pilates T. Woelbling-Hamner 5:30 - 6:30 pm	Boxing Bootcamp C. Hutchison 5:30 - 6:30 pm		
Cardio Sculpt C. Hinchcliff/J. Hammond 5:45 - 6:45 pm	Cardio Blast! J. Hammond 5:45 - 6:45 pm	Yoga Flow M. Oom 5:30 - 6:45 pm	Cardio Circuit Blast! J. Hammond 5:45 - 6:45 pm			
	Exploring Yoga H. Shick 6:30 - 7:45 pm		Exploring Yoga H. Shick 6:45 - 8:00 pm			

Membership - \$35/mo    Annual - \$300/year

### Hours of Operation

Mon - Fri : 6:00 am - 9:00 pm  
Saturdays : 8:30 am - 2:00 pm  
Sundays : 8:30 am - 11:30 am

**262-5171**

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



**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  
Gym Orientation: Tues 1:00pm & Thurs 6:00pm

### *Membership Information*

**\$35 Monthly Unlimited Access**

*Individual Annual Membership- \$300/year*

*Couples Annual Membership - \$500/year*

*No Enrollment Fee ~ No Initiation Fee ~ Sing 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.*

### *NETA & ACE Certified Personal Fitness Trainers:*

Vera Crabtree, Cerra Hinchcliff, Aaron Jameson

### *Fitness & Mindful Movement Instructors:*

Body Sculpt - Cerra Hinchcliff, Cindy Hutchison

Cardio Circuit Blast & Cardio Blast- Jennifer Hammond

Cardio Kickboxing & Boxing Aerobics - Cindy Hutchinson

Pilates - Vera Crabtree, Leanne Harvey, Leslie Slater,

Tina Woelbling-Hamner

Strength & Tone - Dorey Pendleton

Tai Chi & Chi Gong - Arch Kottler

Yoga - Penny Dahl, Heather Shick, Mary Oom

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

Acupuncture  
Svetlana Petrowizky, L.Ac

Biofeedback  
Joe Prisco, PT, Certified MDT

Counseling - Family & Individual  
Mary Miche, MFT

Homeopathy  
Sasha Shempliner, CH

Hypnotherapy  
Gail Dyne, MFT, CMT  
Mary Oom, C.C.H.T, Certified  
Clinical Hypnotherapist,  
Journeywork™ Practitioner

Massage - Energy Work  
Carol Hoffman, CMT  
Gina Winter, CMT

Massage - Sports  
Aaron Jameson, CMT

Massage - Therapeutic  
Lotus & Zen, CMT

Natropathy  
Steve West, ND

Reiki  
Leslie Lovejoy, master

Wellness Coach  
Leslie Lovejoy, PhD.  
Susan Reed, LVN, CHTP/I

## Wellness Education

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

### *Create Your Health*

Physical, Mental & Emotional Balance

### *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, 10 sessions

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.