

2012 Health Programs – Classes & P90X

Zumba Exercise Class

- Six-week class – Will evaluate at the end of that as to need/want to continue.
- Thursday evenings 7-8pm in UFOC. Enter door #5 (by gym)
- Class is lead by Allison Stolicker, who is a Zumba instructor and is currently leading a class on Tuesday morning at BHBC for Bible study.
- No experience necessary and all levels welcome.
- Cost is \$2 a per night donation. Wear comfortable clothes, work-out shoes and bring water bottle.

Q?s, contact Allison to registration so she can plan accordingly, alliegirl731@yahoo.com or 560.7351.

P90X Support Group – TeamRIPPED

- Dave Werner, who attends BHBC, and works at Priority Health (PH) will lead an online support group called TeamRIPPED for anyone who would like to tackle P90X or a related program (e.g. Power90, Insanity, etc.). This group may also include some coworkers from PH as they have a group that has recently completed a round of the P90X program. Open to all who attend BHBC.
- This workout is *effective* if you take on the nutrition plan as well. You will see amazing results (weight, body fat, cholesterol).
- Start time will begin between, January 16 – 30. Each person can begin decide when they want to start. The program is 90 days and it's a tough program, so you need to start planning now if you want to commit to this. Take a look at the current forum link to see if you'd like to be a part of it:
<http://teamripped.com/forum/p90x/join-us-teamripped-ph-starting-p90x-on-sept-18th>
- **To prepare for this invitation/challenge here's what you will need:**
 - Purchase your own DVD's *SOON!* – (all over eBay or the TeamRIPPED web site: <http://teamripped.com/programs/p90x-programs/p90x>). Buy P90X or use another program that would suite you: Power90, Insanity, Turbo Fire, or something you have "on the shelf". (Select a "coach" when you buy: Men >> Coach Wayne; Women >> Coach Anita.
 - Some minor workout gear to suit your particular program: chin-up bar, bands or dumbbells, yoga mat, little workout space – even your living room floor and DVD player and good shoes.
 - Only 90 days' worth of commitment! Working out six days a week for one hour, including warm-up and cool down (one workout is 90 minutes of yoga, or you can substitute a 60 minute version).
 - A little wise consideration to make sure this workout is right for you, it's intense, but you modify the moves to fit you. You do more as you improve.
- **How it Would Work**
 - We work out on our own, but communicate online via the Forum to keep ourselves accountable and motivated and to solve problems and challenges. Dave will establish a specific place on the online Forum for this.

Q?s, contact Dave Werner mailto:werner_p90x@sbcglobal.net