



SENTARA®

RMH Wellness Center

2500 Wellness Drive
Harrisonburg, VA 22801

Non Profit Org.
U.S. Postage
PAID
Permit #61
Harrisonburg, VA

amenities

CHILDCARE AVAILABLE WHILE YOU WORK OUT!

Child care is available to members and guests for a maximum of two hours per day while parents remain on the premises. We offer a fun and safe environment for children. Kids can enjoy the opportunity to play with a variety of toys, games, activities and crafts. Your child will be taken care of by CPR-certified child care professionals. Ask for our child care guidelines so you can familiarize yourself with our parent guidelines. Please note our child care areas are a snack-free zone.

Kidz Klub	
AGE	Infant - 12
DAYS/TIME	Mon-Thurs: 8:15am-1:30pm; 4-8pm Fri: 8:15am-1:30pm; 4-6:30pm Sat: 8:15am-1pm
YES Club	
AGE	Kindergarten - 12
DAYS/TIME	Mon-Thurs: 4-7pm Sat: 8:30am-noon
CHILDCARE COST	Included with child membership \$5/hr child nonmember
Be Our Guest! Daily guest admission fees	
Adult (18+)	\$15
Adult (18+) with member	\$10
Youth (10-17)	\$8
Child (5-9)	\$6
Infant/Tot (4 and under)	\$4



Guests under 18 must be accompanied by a parent or adult guardian. Ages under 14 have limited access to the facility with adult supervision. Please see child access policies for details.

PRO SHOP

Forget something important? We've got you covered! From hairbands and socks to sports bras and shirts, our Pro Shop has the latest in brand name aquatics, fitness, mind body apparel and accessories. Special orders are available! Return policy: All returns must be unworn/unused and have original tags with receipt of purchase presented within 30 days. No returns will be honored for damaged or used items. All items purchased with discount are final sale.

We're more than a gym! The Sentara RMH Wellness Center is much more than a gym. Our members don't join just to become fit; they join to lead a healthier lifestyle. We offer state-of-the-art fitness equipment, programs, and classes that give you the personal, motivational support you need to achieve your goals. From infants to seniors, we truly offer something for everyone. Call 540-564-5685 for more information on our current promotion! **Already a member? Stop by to find out our current member referral offer!**



center news

NEW YEAR, NEW GROUP FITNESS SCHEDULE JANUARY 1

Check out our new group fitness schedule on our website: RMHWellnessCenter.com. Group fitness classes are included with your membership.

INCLEMENT WEATHER

If the weather outside is frightful, here are the ways to find out about changes to our hours of operations and closings:

- Call 540-564-5682
- Check the Announcements section on the RMHWellnessCenter.com home page.
- Follow us on Facebook and Twitter, @RMHWellnessCenter

Decisions pertaining to closings and delays during winter weather events are driven by our commitment to always keep members and staff safe.

ACTIVITY GUIDE

winter 2019



SENTARA®

RMH Wellness Center

Get a first-hand look at upcoming programs and special events, as well as any center-related news, health tips and more.

hours

Main Phone Tree540-564-5682

Monday-Thursday 5:15am-9:30pm

Friday 5:15am-9pm

Saturday 7am-7pm

Sunday 10am-7pm

Pools close 15 minutes prior to the center close time.

Trackside Cafe

Monday-Friday 6:30am-1:30pm

Business Office540-564-7197

Monday-Friday 9am-5pm

Closed on holidays.

Membership Office540-564-5685

Monday-Friday 9am-7pm

Saturday & Sunday 11am-3pm

Closed on holidays.

Child Care.....540-564-5686

Kidz Klub

Monday-Thursday 8:15am-1:30pm; 4-8pm

Friday 8:15am-1:30pm; 4-6:30pm

Saturday 8:15am-1pm

YES Club

Monday-Thursday 4-7pm

Saturday 8:30am-12pm

holiday hours

Christmas Eve, December 24

Center Hours 7am-1pm

Christmas Day, December 25

CLOSED

December 26

Center Hours 7am-9:30pm

New Years Eve, December 31

Center Hours 7am-5pm

New Years Day, January 1

Center Hours 10am-5pm

Easter Sunday, April 21, 2019

CLOSED



Visit our membership office or call
540-564-5685.



Follow us on Facebook and Twitter,
[@RMHWellnessCenter.com](https://www.facebook.com/RMHWellnessCenter)

member perks

For a full list of membership benefits, go to RMHWellnessCenter.com.

CHAIR YOGA. Flow through yoga-inspired poses with the support of a chair as you increase strength, flexibility, and range of motion. Perfect for anyone with limited balance or mobility.

DAYS	DATES	TIMES
Thursdays	Jan 10-Feb 28	9:45-10:30am
Thursdays	Apr 4-May 30	9:45-10:30am

FIT ENCORE. This group-based exercise program targets your balance, posture, gait awareness, and reduces falling risk. Call 564-5693 for more information.

DAYS	DATES	TIMES
Mon/Wed	Jan 28-Mar 20	10:30-11:15am
Mon/Wed	Apr 1-May 29	10:30-11:15am

FITNESS ASSESSMENT, EXERCISE PRESCRIPTION & ORIENTATION.

Our fitness professionals will design a personalized program to fit your individual goals! Call 540-564-5682 to schedule your appointment today!

GROUP FITNESS FIRST SATURDAYS.

The first Saturday of every month is the perfect time to try out a new class or refresh your form and technique in your favorite class! Join us for a fun mix of studio and pool group fitness classes on these special-themed days!

Saturday, January 5

STUDIO	
7:15am	RESOLUTION RIDE
8:30am	NEW YEARS FLOW
9:30am	BARRE ABOVE
10:30am	STEP & SCULPT

POOL	
8:30am	YOQUA BARRE
9:30am	AQUA BOX

Saturday, February 2

STUDIO	
7:15am	PUMPED CYCLE
8:30am	POWER RESTORE
9:30am	PILATES
10:30am	STEP AWAY

POOL	
8:30am	AQUA CHI
9:30am	TIDAL WAVE

Saturday, March 2

STUDIO	
7:15am	CYCLE & FLOW
8:30am	YOGA BALL
9:30am	BARRE BASICS
10:30am	STEP & PUMP

POOL	
8:30am	AQUA BALANCE
9:30am	AQUA FIT

Saturday, April 6

STUDIO	
7:15am	CYCLE & SCULPT
8:30am	YOGA CHALLENGE
9:30am	OFF THE BARRE
10:30am	STEP & STRETCH

POOL	
8:30am	YOQUA
9:30am	MAKING WAVES

GROUP FITNESS CLASSES. We offer over 100 group fitness classes every week! Pick up a schedule in the lobby or visit: rmhwellnesscenter.com.

METABOLIC MELTDOWN. Participate in weekly workouts led by our certified trainers that are designed to challenge your body in all areas of fitness and prevent muscular imbalances, injuries, burnout, and boredom. Active recovery days are purposely built in to allow your body time to recover. Workouts are created to be effective, intense, and to safely progress.

Next 12-week session starts Monday, January 7.

DAYS	LOCATION	TIMES
Mon/Wed/Fri	TRX Area	5:30am, noon, 5:30pm
Tues/Thurs	Arena	5:3am, noon, 5:30pm

MASTERS SWIM. Great for adult former swimmers, new lap swimmers, or triathletes in training. Gain speed, develop your technique, and achieve specific goals with the support of a coach and team camaraderie! No competitive swimming experience necessary. A whiteboard workout will be posted every Wednesday at 6:30 p.m.

DATES	TIMES
Mondays/Fridays	5:30am
2nd and 4th Saturdays	7am

fitness and wellness

AHA Certification Courses: Call 540-564-5696 to register.

HEARTSAVER CPR & AED

(Automated External Defibrillator)

Learn CPR techniques, how to use an AED, and how to respond to cardiac emergencies in the workplace or community. This course is NOT for the healthcare provider. Skills taught: CPR for adult, child, and infant victims, AED use on adults and children, and relief of choking in all ages.

COST	\$60 member	\$70 nonmember
DAY	DATES	TIME
Sat	Jan 12	8am-12:30pm
Sat	Feb 9	8am-12:30pm
Sat	Mar 23	8am-12:30pm

FIRST AID

Learn how to manage illness and injuries in the time before professional help arrives. Skills taught: First aid treatment for bleeding, broken bones, sprains, shock, and other emergencies.

COST	\$40 member	\$50 nonmember
DAY	DATES	TIME
Sat	Jan 12	1-4pm
Sat	Feb 9	1-4pm
Sat	Mar 23	1-4pm

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS

The course is designed for, but not limited to, healthcare professionals, students preparing for a licensed healthcare profession, and other allied health personnel. Skills taught: CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device), use of an AED on adults and children, and relief of choking.

COST	\$65 member	\$75 nonmember
DAY	DATES	TIME
Mon	Jan 7	5:30-10pm
Thu	Jan 17	5:30-10pm
Sat	Jan 26	9am-1:30pm
Mon	Feb 4	5:30-10pm
Tue	Feb 12	5:30-10pm
Sat	Feb 23	9am-1:30pm
Sat	Mar 9	9am-1:30pm
Tue	Mar 19	5:30-10pm
Tue	Mar 26	5:30-10pm

BLS RENEWAL COURSE

For those who are currently certified in Basic Life Support who would like to renew their certification. Participants must present a current BLS Provider certification card the day of class in order to be eligible for this course. This 2.5 hour renewal course will review the fundamental skills of Basic Life Support including 1 and 2-rescuer adult, child and infant BLS, relief of choking and use of an AED on victims of all ages.

COST	\$55 member	\$65 nonmember
DAY	DATES	TIME
Mon	Jan 21	5:30-8pm
Mon	Mar 18	5:30-8pm

TRAINING SERVICES & PROGRAMS:
Call 540-564-5146 to register.



BOXING FIT

This FUNctional cardio fitness program will help you gain power, strength, stamina, focus, and core stability! Boxing gloves are required. Available for purchase at the Front Desk Pro Shop.

COST	\$99 member	\$120 nonmember
DAY	DATES	TIME
Mon/Wed	Feb 4-27	5:15pm
Tues/Thurs	Apr 2-25	6:15pm

PRIVATE, PARTNER & GROUP TRAINING

Our experienced and certified trainers can help you reach your goals. With expert guidance, motivation, and encouragement, we can make your fitness goals a reality. Our specialized personal, partner, and group training programs and services are a perfect supplement to your fitness routine.

WHEN	By appointment
COST	Varies by package

PILATES TRAINING

Transform the way your body looks, feels and performs. The Pilates method can increase your strength, flexibility, mobility, balance and posture. No matter what your age or condition, Pilates will work for you! Customize your training with sessions using the full array of studio equipment by an appointment set to fit your schedule. Options are available for one to 3 participants.

INSTRUCTOR	Mary, Rebekah, Shea
WHEN	By appointment
COST	Varies by package

WINTER MELTDOWN CHALLENGE

This 8 week weight loss challenge will help you lose weight the healthy way with accountability, healthy recipes, weekly workouts and weigh-ins. Top prizes go to the top 3 participants who lose the highest percentage of weight. Register at the front desk!

INFORMATION SESSION	Sat, Jan 19; 8:30am
CHALLENGE DATES	Jan 21 – Mar 15
COST	\$50 members \$150 nonmembers



camps and recreation

Call 540-564-5684 to register.

KIDS' DAY OFF

The kids are out of school... come spend the day with us! We will be playing gym games, making arts and crafts, and swimming! Please pack a snack, sack lunch, and swimsuit.

AGES	Kindergarten – Age 12
COST	\$45 child member; \$25 additional sibling \$53 child nonmember; \$30 additional sibling

DAY	DATES	TIME
Mon	Jan 21	8am-5pm
Fri	Feb 8	8am-5pm

PARENTS' NIGHT OUT

Parents, it's your night to go out while we entertain the kids. We will play games, eat pizza, make crafts, and watch a movie, while you enjoy an evening out the third Friday of each month.

AGES	1 year – Age 12	
COST	\$25 child member; \$10 additional sibling \$30 child nonmember; \$15 additional sibling	
DAY	DATES	TIME
Fri	Jan 18	5-9pm
Fri	Feb 15	5-9pm
Fri	Mar 15	5-9pm
Fri	Apr 19	5-9pm

SOCCER LEAGUE

Learn soccer basics with the emphasis on having fun! No score/no win records. Sign up early to guarantee your child's spot.

AGES	4 – 6
COST	\$50 child member; \$65 child nonmember
DATES/TIME	Saturdays, April 13-June 1 Practices and games held for 1 hour 9am-noon

SPRING BREAK CAMP

Keep your child active over spring break! Kids meet new friends while participating in activities including: sports and recreation or games, crafts, afternoon swimming, and so much fun!

AGES	Kindergarten-Age 12
DATES	Mon-Fri, Mar 25-29
COST	FULL WEEK OPTIONS: Full day (9am-5pm): Register & pay by Mar 1: \$135; after Mar 1: \$145 Morning camp (9am-noon): Register & pay by Mar 1: \$75; after Mar 1: \$85 Afternoon camp (1-5pm): Register & pay by Mar 1: \$100; after Mar 1: \$110
COST	PER DAY OPTIONS: Morning camp (9am-noon): \$25 Afternoon camp (1-5pm): \$35 Full day (9am-5pm): \$40 Before care available: \$25/week or \$5/day.

aquatics

Call 540-564-5521 to register or email swimwithSRMH@sentara.com.

PARENT & CHILD CLASSES

These classes help participants learn how to orient their children and themselves to the water and to supervise water activities safely. Participants will be taught and introduced to skills through song, play, and example. Sessions include 8 30-minute classes.

COST	\$80 child member \$100 child nonmember
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BABY & ME

For children ages 6-18 months old with a parent in the water.

DAY	DATES	POOL	TIME
Sat	1/5-2/23	Warm	9:30am
Mon/Wed	1/7-1/30	Warm	9:30am
Tues/Thurs	2/12-3/7	Warm	9:30am
Sat	3/9-4/27	Warm	9:30am
Mon/Wed	3/18-4/10	Warm	9:30am

TODDLER & ME

For ages 18 months-3 years, with a parent and instructor. This class will teach the parent how to introduce basic water skills to their child.

DAY	DATES	POOL	TIME
Sat	1/5-2/23	Warm	10:15am
Mon/Wed	1/7-1/30	Warm	10:15am
Tues/Thurs	2/12-3/7	Warm	10:15am
Sat	3/9-4/27	Warm	10:15am
Mon/Wed	3/18-4/10	Warm	10:15am

GROUP SWIM LESSONS

Participants will develop skills and confidence in a safe and fun learning environment. The class teaches basic water safety and skills to beginners through various games and activities while improving overall water comfort and agility. The swim instructor will work with children individually and as a group. Group sessions include eight 30 minute classes.

COST	\$80 child members \$100 child nonmember
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PRESCHOOL SWIM, AGES 3-5

Class teaches basic water safety and skills to beginners through games and activities while improving overall water comfort and agility.

DAY	DATES	POOL	TIME
Sat	1/5-2/23	Warm	11am
Tues/Thurs	1/8-1/31	Warm	6:45pm
Mon/Wed	2/11-3/6	Warm	6:30pm
Sat	3/9-4/27	Warm	11am
Tues/Thurs	3/19-4/11	Warm	6:45pm

SCHOOL AGE SWIM LESSONS

For children ages 6-12 years old. Class teaches water safety and skills through games and activities while improving overall water comfort and agility. Participants will also receive stroke development training (crawl, breaststroke, backstroke, sidestroke, and butterfly).

DAY	DATES	POOL	TIME
Sat	1/5-2/23	Warm	11:45am
Tues/Thurs	1/8-1/31	Warm	7:30pm
Mon/Wed	2/11-3/6	Warm	7:15pm
Sat	3/9-4/27	Warm	11:45am
Tues/Thurs	3/19-4/11	Warm	7:30pm

PRIVATE SWIM LESSONS

Half hour lessons for individuals ages 3 and up. All skill and interest levels welcome.

COST	1 half hour lesson: \$20 members, \$30 nonmembers Package of 5 half hour lessons: \$85 members, \$130 nonmembers
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Semi-Private Swim Lessons

For two individuals. Half hour lessons for individuals ages 3 and up. All skill and interest levels welcome.

COST	1 half hour semi-private lesson: \$25 members, \$40 nonmembers Package of 5 half hour semi-private lessons: \$110 members, \$150 nonmembers
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AMERICAN RED CROSS LIFEGUARD CLASSES

This 2 year certification teaches rescue and surveillance skills, First Aid, CPR/AED, and other skills needed to work as a professional lifeguard. Participants must be age 15 years or older by the end of the course. The Eligibility Swim is a mandatory prerequisite to take the class. 1) Swim 300 yards continuously demonstrating breath control and rhythmic breathing (swimming with face in-water required). 2) Tread water for 2 minutes using only the legs. 3) Complete this timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. Surface dive to a depth of 6 feet, swim 10 to 15 feet along the bottom to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object.

COST	\$199. If participant does not pass eligibility swim test, the participant will receive a refund minus a \$25 fee.
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DAYS	DATES	TIMES
Thurs/Fri/Sat/ Sun	Jan 24, 25, 26, 27	Thurs/Fri: 4:30-8:30pm; Sat/Sun: 9am-5pm Eligibility swim: Thursday, Jan 17, 5pm
Thurs/Fri/Sat/ Sun	Feb 21, 22, 23, 24	Thurs/Fri: 4:30-8:30 p.m.; Sat/Sun: 9am-5pm Eligibility swim: Thursday, Feb 14, 5pm
Thurs/Fri/Sat/ Sun	Mar 7, 8, 9, 10	Thurs/Fri: 4:30-8:30pm; Sat/Sun: 9am-5pm Eligibility swim: Thursday, Feb 28, 5pm
Thurs/Fri/Sat/Sun	Mar 28, 29, 30, 31	Thurs/Fri: 4:30-8:30pm, Sat/Sun: 9am-5pm Eligibility swim: Thursday, Mar 21, 5pm
Thurs/Fri/Sat/ Sun	Apr 11, 12, 13, 14	Thurs/Fri: 4:30-8:30pm; Sat/Sun: 9am-5pm Eligibility swim: Thursday, Apr 4, 5pm
Thurs/Fri/Sat/ Sun	Apr 25, 26, 27, 28	Thurs/Fri: 4:30-8:30 p.m.; Sat/Sun: 9am-5pm Eligibility swim: Thursday, Apr 18, 5pm

LIFEGUARD RECERTIFICATION COURSE

A 6-8 hour recertification course offered through the American Red Cross. Individuals will be trained through videos, group discussion and hands on practice. This will re-certify participants in the second year of certification of Lifeguarding, First Aid, and CPR/AED.

COST	\$99		
DAY	DATES	POOL	TIME
Sun	Jan 6	Warm	9am-5pm
Sun	Mar 31	Warm	9am-5pm
Sun	Apr 7	Warm	9am-5pm
Sun	Apr 21	Warm	9am-5pm



ADULT SWIM

Adult Swim is a time reserved for adults age 18 and over to use the pools.

DAY	TIME	POOL
Mon	11:30am- 12:30pm	All Pools *Warm Pool for fitness class only
Tues	11am-3pm	Warm Water Pool
Thurs	11 am-3pm	Warm Water Pool
Thurs	5:30-6:30pm	All Pools *Warm Pool for fitness class only
Sat	7- 9:30am	All Pools *Warm Pool for fitness class only 8:30-9:30am

Our programming is designed to promote a positive, healthy attitude toward family fitness and exercise. Sentara RMH Wellness Center membership is not required but Wellness Center members do receive discounts on some programs. Payment is required to confirm your reservation. **Cancellation and Refund Policy:** To receive a full refund, we must receive cancellations 5 business days prior to the start date of the program. **Payment Policy:** If payment is not received 48 hours prior to the start date of the program, participants will be charged an additional \$5 late registration fee per participant. In order to hold your space, payment is due upon registration. We reserve the right to cancel classes if the minimum number of registrants is not met.