

# SilverSneakers Classes COMING SOON

**Our focus is on fitness, friends, and fun!**

- If you are a group retiree or part of a Medicare health plan, you may already have a SilverSneakers membership!
- Keeps an eye out for SilverSneakers Classes coming to InCharge Fitness Soon!



## Welcome to InCharge Fitness Sherry Holloway



The health and fitness of all ages is my passion! When I came to Bemidji State University in 1985 I was in poor health. I smoked, was inactive and weighed 260 lbs. Over the past 29 years, I have learned and demonstrated the concept of “input / output”. What you put in your body in hydration, nutrients, and chemicals greatly affects your ability to maintain a positive output while participating in physical activity, life-long fitness, and attitude. While at BSU I earned a BA in Sports Management, A BS in Physical Education and Adapted Physical Education, and finally a MS in Sports Science. For the past 20 years I have taught K-12 Physical Education and coached in the Bemidji Area. I look forward to meeting more of you as I teach circuit-training classes, as well as the Silver Sneakers program at In Charge Fitness. Please stop in for a workout and say hello!

## Get on Track!

If you're feeling a little off track, or want to add something to your workout

## InCharge Fitness Can Help!

| Herbalife Shake Station  | Pedometers   | Group Fitness  | Personal Trainers   |
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| <ul style="list-style-type: none"> <li>- Nutritious meal replacement shakes</li> <li>- Great for after workout recovery</li> <li>- Great source of protein and other vitamins and nutrients</li> </ul> | <ul style="list-style-type: none"> <li>- Hold your self accountable by tracking your steps!</li> <li>- See how many step you take in a day can be a motivator to reach daily/ weekly/monthly goals!</li> <li>- Available for purchase at InCharge Fitness</li> </ul> | <ul style="list-style-type: none"> <li>- Working out in a group provides support, accountability, and structure!</li> <li>- A proven way to help you stay on track according to the <i>Journal of American Academy of Phsician Assistants</i></li> <li>- FREE FOR INCHARGE MEMBERS!</li> </ul> | <ul style="list-style-type: none"> <li>- Help you set goals and stay motivated!</li> <li>- Set up personalized programs for success</li> <li>- Provide valuable nutrition advice</li> <li>- Teach proper technique for physical activity</li> </ul> |

Rent Our Space!



### Want to rent our Group fitness room?

To schedule an appointment or to ask questions, please visit Sabrina Chernugal in the InCharge Fitness Office during staff hours or call InCharge Fitness at (218) 444-8138.