



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			
	Mat & Ball Pilates V. Crabtree 9:00 - 10:00 am		Mindful Pilates T. Woelbling-Hamner 9:00 - 10:00 am		Pilates (mixed level) L. Slater 9:00 - 10:00 am	Mat & Ball Pilates L. Slater 9:00 - 10:00 am
	Restorative Yoga H. Shick 10:15 - 11:30am	Belly Dance J. Evans 9:30 - 10:30 am	Restorative Yoga H. Shick 10:15 - 11:30am	<i>1st Friday of the month</i> Yoga for the Aging Body H. Shick 10:15 - 11:30 am	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 H. Shick 4:00 - 5:10 pm	Tai Chi & Chi Gong A. Kottler 4:15 - 5:15 pm	Gentle Yoga Flow M. Oom 2:30 - 3:30 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	Gentle Yoga M. Oom 4:00 - 5:10 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	<i>3rd Friday of the month</i> Intro to Yoga - basics H. Shick 5:30 - 6:45 pm		
<i>2nd & 4th Monday</i> Cardio Sculpt C. Hinchcliff 5:45 - 6:45 pm	Cardio Blast! J. Hammond 5:45 - 6:45 pm		Cardio Circuit Blast! J. Hammond 5:45 - 6:45 pm	Boxing Bootcamp C. Hutchison 5:30 - 6:30 pm		
<i>1st & 3rd Monday</i> Hot Power Yoga J. Leavy 5:45 - 6:45 pm	Exploring Yoga H. Shick 6:30 - 7:45 pm		Exploring Yoga H. Shick 6:45 - 8:00 pm			

Membership - \$40/mo Annual - \$350/year
*New Couple Membership - \$65/mo

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



**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

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

Membership Information

\$40 Monthly Individual *Unlimited Access*

\$65 Monthly Couple *Unlimited Access*

Individual Annual Membership- \$350/year

Couples Annual Membership - \$600/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 Certified Personal Fitness Trainers:

Vera Crabtree & Cerra Hinchcliff

Fitness & Mindful Movement Instructors:

Belly Dancing - Jennifer Evans

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

Tai Chi & Chi Gong - Arch Kottler

Yoga - Heather Shick, Mary Oom, Jackie Leavy, Rama Deva[★]

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
Richard Diwald

Acupuncture

Svetlana Petrowizky, L.Ac
Kimberly Curtis, L.Ac

Biofeedback

Joe Prisco, PT, Certified MDT

Counseling - Family & Individual

Mary Miche, MFT
Gail Dyne, MFT, CMT

Homeopathy

Sasha Shempliner, CH

Hypnotherapy

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

Massage

Carol Hoffman, CMT
Gina Winter, CMT
Nikole Brown, CMT

Coming in August 2010

★ Rama Deva, HHP

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, 10 sessions

All Fitness Classes, Integrative Healing Services
and Education Classes take place at:

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Lakeport, CA 95453

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