

Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.



Wellness Programs

ALL PARTICIPANTS MUST PRE-REGISTER

CLASS/PROGRAM	DESCRIPTION	DATES/TIMES LOCATION	FEES
Personal Nutritional Counseling	Available for individuals specifically seeking nutrition counseling related to weight management, heart health and diabetes. The goal of Personal Nutrition Coaching is to provide a nutrition plan based on individuals needs and provide you with resources and recommendations.	By appointment only! Call 898-3102, ext. 36, to schedule.	1 Hour; \$60 ½ Hour; \$30 Highmark Medical Insurance Members FREE!
NEW 10186 Drop 10 in 10	Group-based 10 week weight management program designed to help participants lose 10 pounds or 10 percent of their body weight through an intensive program of optimal nutrition, exercise, and behavior change.	Sept. 20–Nov. 22 Mdays 6:30–7:30 p.m. Conference Rm. C	\$85 R/\$95 NR Highmark Medical Insurance Members FREE! <i>\$16 materials fee for all participants due at registration.</i>
#10190 Eat Well For Life I	A 4-week lifestyle improvement program promoting wellness and long-term weight management through nutrition, physical activity and stress management. Learn how to make healthy food and lifestyle choices for a balanced lifestyle and long term weight management.	Sept. 14–Oct. 5 Tuesdays 6:00–7:30 p.m. Conference Rm. D	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! <i>\$15 materials fee for non-Highmark participants due at registration.</i>
#10191 Eat Well For Life II	Follow up class to Eat Well For Life I	Nov. 9–30 Tuesdays 6:00–7:30 p.m. Conference Rm. D	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! <i>\$15 materials fee for non-Highmark participants due at registration.</i>
#10192 Diabetes Awareness and Prevention	A group based program designed to help establish healthy habits and help prevent or manage diabetes and its complications. Topics include nutrition, exercise, weight management, stress management, preventive care, as each is related to diabetes.	Oct. 12–Nov. 2 Tuesdays 6:00–7:30 p.m. Conference Rm. D	\$50 R/\$60 NR Highmark Medical Insurance Members FREE! <i>\$15 materials fee for non-Highmark participants due at registration.</i>
#10218 <i>Health on the Menu Wellness Workshop</i> All About: Heart Health and Cholesterol	High blood cholesterol is one of the major risk factors for heart disease, affecting almost half of the adult population in the U.S. You'll learn to "know your numbers" and discover what steps you can take to protect your heart, whether you are trying to manage or prevent heart disease and high blood cholesterol.	Oct. 14 Thursday 6:30–7:30 p.m. Conference Rm. D	FREE!
#10219 <i>Health on the Menu Wellness Workshop</i> Bone Health: Your Risk Factors, Your Choices	Osteoporosis is a major public health problem, and yet it's almost entirely preventable through healthy lifestyle choices. Learn what lifestyle improvements and choices you can make at any age to improve bone health.	Nov. 11 Thursday 6:30–7:30 p.m. Conference Rm. D	FREE!
#10220 <i>Health on the Menu Wellness Workshop</i> All About: Heart Health and Blood Pressure	About one out of every three American adults has high blood pressure. We'll talk about "knowing your numbers" and how to make healthy lifestyle choices to maintain a healthy heart and blood pressure count.	Dec. 9 Thursday 6:30–7:30 p.m. Conference Rm. D	FREE!