

# ways to exercise

## fitness classes at the positive choice wellness center



### MUSCLE TONING CLASS

Build a stronger, healthier body using light weights, bands, and fitness balls to strengthen, tone, and firm muscles.

**Eight, one-hour sessions \$55**  
**Meets twice a week.**

### SIMPLE YOGA

Gain strength and flexibility using modified yoga poses that accommodate beginners and those with physical limitations.

**Eight, one-hour sessions \$72**  
**Meets once a week.**

### YOGA

Combine stretching exercises with deep breathing and meditation. Experience increased energy, relaxation, flexibility, and strength.

**Eight, one-hour sessions \$72**  
**Meets once a week.**

Looking for more help than an exercise class? Personal Training, Body Age Fitness Testing, Performance VO<sub>2</sub> Testing, Nutrition/ Fitness Consults, and Metabolic Rate Testing are available to you as well. Call or visit us online for more information.

**Positive Choice Wellness Center**  
[positivechoice.org](http://positivechoice.org)

**(858) 573-0090**

## current schedule

2010

### FITNESS FORUM

Free advice from an exercise physiologist.  
Monday through Thursdays, 5 to 5:30 P.M.  
No appointment necessary.

### MUSCLE TONING

**Mondays and Wednesdays— 5:15 to 6:15 P.M.**  
Norma Solomon  
January 25, February 22, March 22, April 19,  
May 17, and June 16

### YOGA

**Mondays—6:30 to 7:30 P.M.**  
Norma Solomon  
January 11, March 8, and May 3

**Wednesdays—6:30 to 7:30 P.M.**  
Norma Solomon  
January 20, March 17, and May 12

### SIMPLE YOGA

**Wednesdays—1:30 to 2:30 P.M.**  
Norma Solomon  
February 17, April 14, and June 9

**Classes have open enrollment. Join any time!**

# ways to continue losing weight

Group options for after your weight program.

You can continue losing weight using supplement in any one of these listed groups after completing your 20-week Fasting Program. The weekly fee remains the same; however, you will be required to attend a full session (10 to 12 weeks) of the group you choose. Remember that the transition from a full fast supplement to food takes 6 to 8 weeks and a partial fast, 4 to 6 weeks. Speak with your group counselor or call **Diana Bishop for more information and/or to enroll. (858) 573-5506**

## SOLUTIONS

### Recovery from food addiction.

Learn about the physiology of addictive responses in our brains and practice strategies for overcoming urges to binge eat. This highly informational group provides time for group discussion and sharing. 12-week program.

Counselor: Steven Fortson

## ACTIVE WELLNESS

### Holistic wellness and exercise.

Blend one hour of walking, resistance training, yoga, and breath work with a second hour focused on implementing healthy mind-body-spirit behaviors into your daily routine.

12-week program.

Counselors: Barbara Cohen

## CONNECTIONS

### Recovery from sexual trauma.

This safe, supportive group helps women make connections between past adverse events, their current health, and their struggles with weight loss. Weekly. (Women only.)

Counselor: Tama Dumlao

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Diana Bishop  
(858) 573-5506

## Tentative Schedule

2010

These groups are scheduled and started based on enrollment. Often new classes are added or start dates changed. Ask your counselor or a Positive Choice receptionist for dates and times. We have left room on this schedule to write-in dates and class information. Thank you.

## SOLUTIONS

Tuesdays, 7 to 9 P.M.

Tuesdays, 4:30 to 6:30 P.M.

## ACTIVE WELLNESS

Thursdays, 7 to 9 P.M.

## CONNECTIONS

Wednesdays, 4:30-6:30 P.M. — Weekly enrollment