

## Onsite or Virtual Fitness Classes (Single class sessions or 4-6 week series)

### **Barre**

Fusing the best of Pilates, yoga, aerobics and elements of the strength training exercises professional dancers do, this full-body blend of movements challenges your core, strength and stability.

### **Boot Camp**

This class will keep you guessing and will provide a different challenge each time! Workouts are designed to improve your overall fitness – strength, cardio, speed, agility, balance and core by using bodyweight exercises and cardio intervals.

### **Butts & Guts**

A 45 minute glute, leg and abdominal workout geared to strengthen and define the muscles of the lower body and core.

### **Core & More**

Improve your posture and strengthen your core with low-impact, bodyweight exercises that target the abs, back, glutes and hips.

### **Functional Fitness**

This low impact class combines cardio training with body weight exercises designed to help you improve muscular strength and endurance, bone density, balance and flexibility. Finish the class with core strengthening exercises and a great stretch for a complete and functional workout.

### **Mat Pilates**

Think “long lean body.” This class focuses on strength and flexibility of the entire core and is based on the traditional studies of Joseph Pilates. The exercises combine a variety of Pilates poses and stretches to strengthen your core and lengthen your muscles.

### **Relaxing Flow Yoga**

Connect your mind, body and breath to just PAUSE. Welcome to a relaxing yoga session where gentle poses meet calm music, creating an experience as unique as you. Embrace the calmness of this relaxing flow yoga class as you increase strength and flexibility while at the same time reducing daily stress.

### **Strength & Stability**

A full body strength and conditioning class using a variety of body weight and strengthening exercises that help build muscle, core stability, and balance.

### **Tension Release Breaks**

Improve productivity, alleviate stiffness and increase your energy level in just 15 minutes. Take a break from sitting and join your co-workers by doing gentle stretching and movement exercises that will get you on your feet and feeling refreshed! Tension Release Breaks can be done as a group or for individual work departments.

### **Wellness Walks**

Enjoy a sensory hike with a focus on color, pattern, sound and scents of nature. Just walking outside has positive physical and mental effects such as lowering blood pressure, decreasing stress and increasing positive emotions.



## **Work Day Yoga**

Prolonged sitting is a health crisis! Long periods of immobility, like the 8-hour work day, have detrimental effects on your health. Frequent low impact exercise, such as yoga, can prevent and reverse these effects. Learn simple yoga-based movements to use throughout the day to overcome stiffness, loss of lean muscle and imbalance.

## **Yoga for Every Body**

Whatever your fitness level, you can enjoy the benefits of yoga. Yoga increases flexibility and strength while reducing stress and tension. No need to be intimidated, this class introduces a gentle sequence of poses that can be done anytime. Poses can be modified for those with injuries or physical limitations.

## **Zumba**

A dance fitness workout that anyone can do. Leave your inhibitions at the door, grab a hold of some attitude and enjoy the sounds of Latin and international rhythms. Combine simple moves with motivating music and experience an exhilarating calorie burning, body energizing class!

## **Zumba Lite**

Designed for the beginner and/or individual just starting an exercise program. This invigorating low impact class uses the same great Latin styles of music and dance as Zumba, and lets you move to the beat at your own speed! Zumba Lite strives to improve balance, strength, flexibility and most importantly, the heart.

## **Fitness Assessments**

### **InBody**

Body composition (percent fat and lean body mass) reflects the results of both physical activity and nutritional practices. Body weight alone can be very misleading. Even though we need a certain amount of fat in our bodies to ensure good health, excess body fat has been found to increase the risk of diseases such as cancer, diabetes and heart disease. Only by accurately measuring body composition do you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. InBody assessments are performed at the Dublin Community Rec Center.

## **Health Coaching**

Work with a certified health coach to help you get “unstuck” and make true progress towards better health and wellness. Working with a coach offers you a non-judgmental approach that provides a profound level of support and guidance to help you achieve your goals for long-lasting lifestyle change. Whether your goal is to lose weight, find balance, or get more out of life, wellness coaching is one of the most effective approaches to help people make and sustain improvements in their well-being.

## **Onsite or Virtual Wellness presentations (30 minutes) – offered by Health Coaches from The Ohio State University Wexner Medical Plan and The OSU Health Plan.**

- *All virtual presentations include a recording of the presentation.*



**THE OHIO STATE  
UNIVERSITY**

WEXNER MEDICAL CENTER

### **Breathe Better, Feel Less Stress**

Breathing is a continual process. When your mind perceives stress, your breathing pattern changes which can keep you in a state of chronic stress. But the opposite is also true and can be used to your advantage. Control your body's response to stress with various breathing techniques to help react to stress in a positive way!



EVERYTHING GROWS HERE.



### **Build your Own Exercise Program**

Put together a workout program without fancy equipment that works for you.

### **Building Lasting Habits**

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and readiness for change.

### **Chair Yoga**

Practice gentle stretching and chair yoga with resources to continue on your own.

### **Choose My Plate**

Participants will learn to eat sensibly by using MyPlate as a guide. Each of the 5 food groups will be discussed. Participants will review their current eating plan and explore ways to add fruits and vegetables when meal planning.

### **Cooking Demonstration**

Learn how to make nutritious food that is not only healthy but still full of flavor. Demos can be customized to your needs and interests (e.g. snacks, salads, lunch, dinner, sides, desserts, etc.)

### **Creating Healthy Habits**

Create new habits that stick by learning how to set and achieve goals through behavior modification techniques. You will learn how to identify and overcome barriers that generally hold you back.

### **Getting Started with Stress Management**

Learn how your built-in stress manager, your nervous system, responds to stressors and discover simple strategies to better cope with everyday stress.

### **Everyday Mindfulness**

Explore how you can apply the art of mindfulness into your life to increase calm and well-being.

### **Exercise for Stress Management**

You have heard that you can use exercise to manage your stress. But not all types of exercise provide the stress relieving effects that you may want. How you spend your day will determine the type of exercise you need.

### **Exploring Gut Health**

Explore the importance of gut health and how it can impact many aspects of living a healthier lifestyle and feeling your best. Learn what it takes to keep your gut in proper balance with good nutrition.

### **Fall into Fitness and Health**

Check out some tips and recipes for activities to keep you going this fall

### **Finding your Happy Weight**

The scale isn't the only source of stress when it comes to weight loss. Find balance in life in the areas of nutrition, exercise and stress, all of which have an impact on our weight and happiness.

### **Fueling your Family**

Discuss tips on keeping your family fueled and ready for the day.

### **Getting Ready for Summer**

Share tips for outdoor activities, grab-and-go breakfasts, and fast grill friendly meals.

### **Getting Started with Physical Activity**

Is staying active a struggle? You're not alone! Identify barriers to being active, and create a personalized plan that fits your energy, interests and schedule.



### **Hack your Snack**

This snacking demo will highlight foods that are nutritious and delicious. A snack demo will be provided for tasting.

### **Healthy Eating on a Budget**

Learn tips to save at the grocery store, create shopping lists, and plan meals.

### **Healthy Holiday Eating**

Explore ways to make holiday recipes healthy with ingredient substitutions and learn how to stay on your eating plan during the holidays. Taste testing can be included if desired.

### **How to Stay Active at Home**

Get creative with ideas to fit in exercise and boost productivity when working from home.

### **Hydration 101**

We all know that drinking water is important to our health, but why is it important and what does it do for us? Learn about different ways to water your body, how much water you should be drinking each day, and why soda and other sugary beverages should be limited.

### **Improving your Posture**

We will look at "good posture" and how to correct "poor posture". Learn exercises to keep your posture in top shape.

### **Kick the Sugar Habit for Good!**

It's no surprise that most Americans today are addicted to sugar. Be inspired to positively change your relationship with sugar and to finally control what you eat and drink. Understand what causes our uncontrollable cravings and learn how to reduce them naturally over time.

### **Making Time for Physical Activity**

Learn to get creative and make the most of the time you have for exercise and daily physical activity.

### **Mastering Meal Planning**

Meal planning can improve your life by keeping you on track with your diet, saving you money, and leaving you more time to do the things you love.

### **Mindfulness and Meditation**

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

### **Overcoming a Weight Loss Plateau**

Do you feel like you have been doing everything right, but it seems like you are not making progress? Learn four factors that could be your key to weight loss.

### **Portion Distortion and Label Reading**

This interactive session will explore how portions have changed over the years in the American diet. Learn what a true portion size is and an easy method to identify proper portion sizes. Participants will also learn to read and understand food labels.

### **Reflect and Relax**

Practice relaxation and mindfulness exercises that can you manage stress and to use in your day-to-day activities.

### **Savoring and Slowing Down**

A leisurely, enjoyable meal can feel like a radical act of self-care! See how you can transform your mealtimes into wellness breaks with mindful eating. *\*\*Includes mindful eating practice. A great program for lunch meetings!*



### **Sleep Well for Wellness**

Discover why sleep is the foundation for all wellness and discuss strategies for a restful nights' sleep.

### **Spring into Wellness**

As we move into the spring season, let's spring into action with goals to re-energize your fitness, nutrition, and overall well-being.

### **Strengthening your Immune System**

Day to day choices can impact our immune system response more than we think. Learn how and what we can control to strengthen our immune system.

### **Stress Management 101**

Get to know how your nervous system – your internal stress manager! – identifies and responds to stressors and learn what makes an effective resilience or relaxation strategy to reduce stress.

### **Sugar Facts**

Examine the added sugar content in foods and beverages by reading food labels. Participants will learn about the recommended daily amount of sugars for adults while also discovering healthy alternatives and substitutes.

### **Take a Relaxation Break**

Learn about and practice various relaxation strategies for better stress management.

### **The Gift of Gratitude**

Learn how to meaningfully incorporate gratitude into your everyday life! Participants will review the research on gratitude, try a few simple practices, and identify realistic gratitude routines.

### **Tobacco Cessation**

Discuss strategies and create a plan to quit for good.

### **Tracking: Tools to Maintain Motivation**

Learn the many ways tracking can support your health goals, and create personalized tracking systems to visualize your progress!

### **Using Visualization for Calm and Clarity**

Learn to use your power of imagination for relaxation and resilience by exploring different visualization practices.

### **Weight Loss: Looking Beyond Diet and Exercise**

Have you tried to change your diet and exercise but the weight just won't come off? We will discuss other factors that can help you budge the scale in the right direction.

### **Well-Being and Resilience at Work**

Discover strength-based strategies individuals and teams can use to increase well-being and resilience at work.

### **Winter Well-Being**

Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.

## **Nutrition Services**

### **Nutrition Counseling**

Nutrition counseling provided by a registered dietitian helps participants make healthy food choices with an emphasis on lifestyle changes which result in weight loss and improved health. Sessions also include healthy meal planning and recipes.



## Virtual Mental & Emotional Wellness presentations offered by Syntero

- *All virtual presentations are 45 minutes with 15 minutes of Q & A.*

### General Topics:

**Caring for Yourself While Caring for Others: Combating Compassion Fatigue and Burnout for Parents and Caregivers:** Participants will learn about mental and emotional wellness, different types of stress reactions and their impact on functioning, and strategies to reduce the risk of burnout and compassion fatigue.

**Navigating Grief & Loss:** Participants will learn about common reactions to grief and loss, stages of grief, and the tasks of mourning. The discussion may also include considerations in navigating unique challenges in our grief process based on circumstances surrounding an experience of loss.

**The Importance of Connection in a Disconnected Era:** Loneliness and isolation may seem foreign concepts during a time when technology gives us the feeling of being connected 24/7. Examine the impact of isolation, the importance of connections, and practical steps to make genuine connections and improve overall health and well-being.

### Parenting:

**Communication with Your Teen:** Navigating interactions with adolescents can be challenging. Learn to listen through the noise and hear what teens are trying to communicate. Join the discussion and learn practical skills for engaging in meaningful conversations with your teens.

**Zones of Regulation at Home:** Gain knowledge regarding Zones of Regulation concepts. Learn practical strategies to help children regulate their emotions in order to enhance healthy decision making skills and their ability to communicate needs effectively.

### How to Talk to your Kids Series (offered as a series or by individual topic):

#### **How to Talk with your Child about Race**

Learn how to talk to your child about racism, cultural diversity, and inclusiveness.

#### **How to Talk with your Child about Sex**

Learn how to make talking about sex with your child less scary and more comfortable. Discuss the importance of being an "askable parent" and how to become one, and learn how to keep the conversations around sexual health more positive and less shameful.

#### **How to Talk with your Child about Substance Use and Refusal Skills**

Learn how to talk with your child about drug and alcohol use and how to say "no" to negative peer pressure messages.

***\* Topics can be developed by request. Areas of expertise include: Parenting, Mental Health, Mental Wellness, Stress Management, Building a Trauma-Informed Culture and Suicide Prevention.***



## Dublin Community Recreation Center Corporate Membership Rate:

\$300.00/year (\$26.00/month) per individual

\*\* *Current pay stub required*

## Corporate Volunteering

Giving back, involvement in and caring for our communities are vital efforts in our world. Corporate social responsibility is not only the right thing to do, but a key aspect in employee morale, retention and overall satisfaction. Depending on a company's goals, we will work together to match you with a community need. Volunteers may help with parkland, gardens, waterways and nature education; create safe bicycling initiatives; work with children, seniors or those with special needs for recreational programming; help with massive special event duties; measure technology effectiveness and customer service; and offer helping hearts, hands and minds for special projects. If looking for volunteer opportunities for your employees, we can help!

## Contact Us

The City of Dublin cares about the health and wellness of our corporate citizens. It's no secret that healthy employees are happier and more productive employees with improved employee morale. By providing wellness opportunities for your workforce, your investment will benefit both your employees and your bottom line. We look forward to working with you!

### **Mollie Steiner, Administrator**

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