

PARTNER PAGE AND COURSE SCHEDULE



Lincoln County Healthcare
MaineHealth



Ames Supply



RE-SCHEDULED

SATURDAY, FEBRUARY 20TH, 2016

Wellness U Course Schedule:

7:30am-8:30am Gym Fit with CLICKS! Denise Click, WCC Instructor

Denise Click has a background in dance, sports, massage therapy, and personal training. She incorporated her custom choreography and music into her Zumba® classes. When students preferred Click's varied routines and music compared to the repetitive Zumba® format, she decided to create her own dance fitness program called, "FIT with CLICK". Click's routines include dance and athletic movements, so participants get a complete body workout while having fun. Members benefit from the cardio, toning, balance, interval training and core exercises within the choreography. Those who stick with Clicks experience increased flexibility and move in ways they never thought possible. People of all fitness levels and abilities join FIT with CLICK. FIT with CLICK is more than exercise. Click's carefree spirit inspires her students to lose their inhibitions and build self-confidence. They stop worry-ing about what others think and become free to be themselves. Her dynamic personality, contagious laugh, and fun classes will keep you coming back for the good times and leaving with a smile on your face, joy in your heart, and a more fit body.

8:30am-9:30am SC-A Yoga with Murielle Murielle Corwin, WCC Instructor

Instructor Murielle Corwin leads this yoga class "for real people". Yoga will realign and detoxify the body and develop inner and outer strength. At the end of the class, Murielle will leave you feeling energized, grounded, and refreshed. Strengthening and lengthening muscle groups are one great way to relieve stress and some of those daily aches and pains.

8:30am-9:10am Gym Being Well with Stretching Josh Garneau, Lincoln Health

Instructor Josh Garneau is our "resident" Physical Therapist from Lincoln Health and works out of St. Andrews and the Miles Campus. Josh stops by the WCC monthly to discuss any physical therapy and rehabilitation questions. Today Josh is going to lead the group in the importance of static ad dynamic stretching exercise. We will be working on stretches in the gym and discuss why it's good for you!

9:20am-10:00am Gym 2,5,10K-Walk/Run to Wellness Josh Garneau & Chelsea Haggett

What's it going to take to prepare yourself for walking and or running your way to fitness? Josh Garneau will speak about the rigors of running and discuss a program that he conducts which monitors running form and

analyzes how to change your form to become a better runner. Chelsea Haggett will also discuss her methodology for running and walking and talk about her new program

9:30am-10:00am SC-B Eat Right When Money's Tight! Lara Cogar, Healthy Lincoln County

Cooking healthy is a great way to Wellness! Lara Cogar is the Nutrition Education Coordinator for Healthy Lincoln County, and a great friend of the WCC. She will discuss cost saving tips for grocery shopping and menu planning to stay within a budget. There is a food demo and tastings too!

10:00am-10:30am SC-A Student Athlete Injury Prevention Josh Garneau, Lincoln Health

NFL Combine Screenings are just one of the tools that Josh is familiar with that will educate students and parents in injury prevention. Josh will also discuss SFMA (Selective Functional Movement Assessment) and FMS (Functional Movement Screening) during this informative session.

10:15am-10:45am SC-B Make Half Your Grains Whole Lara Cogar, Healthy Lincoln County

In this session Lara will discuss how to find whole grains and read nutrition facts on food labels. Sample cooking and have some fun while learning great eating habits!

11:00am-12:00pm Pool Waterworks WCC Pool Instructors

Waterworks uses the 83 degree pool water's natural resistance and buoyancy for a great aerobic workout. The class is set to music and consists of 5 components; warm up, specialty exercises, run exercises, barbell and noodle work and a cool down. This class tones and firms muscles along with increasing flexibility and range of motion, an excellent alternative to land based workouts!

Ongoing Classes and groups

Music Together! Lobby Sharon Pyne
Join Sharon for Music Together demonstrations in the lobby and learn about family music time

Wiscasset Ambulance Service Lobby Blood Pressure Clinic

Bounce House from Ames Supply Wiscasset, set up in Gymnasium with supervision by ASA Staff

Our trainer Cedric Maguire will be in house to talk about personal fitness goals and his Flex-Fit class

We will have a diabetes educator in the lobby from Lincoln Health Miles Campus to discuss their education program and offer great information about diabetes healthcare.

Midcoast Lyme Disease Support and Education Group will also have a table here with information on Lyme disease and what is available for education and support.

