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STROKE RISK



▲ Rumford Hospital

▲ Bridgton Hospital

▲ Central Maine Medical Center

Happy and safe travels

Vacationing in central or western Maine this year? Central Maine Medical Family (CMMF) has accredited hospitals here for you. If a health issue arises while you're away, deciding where to seek care can be stressful. CMMF's acute care facilities include Central Maine Medical Center in Lewiston, Bridgton Hospital and Rumford Hospital. Together, these hospitals serve a region stretching eastward from rugged northeastern New Hampshire to Maine's picturesque Kennebec County, and southerly from the magnificent Rangeley Lakes area to the charming communities of northern Cumberland County. Other CMMF affiliates provide various outpatient and clinical services and maintain residential care facilities.

While on vacation this summer, keep these important health tips in mind:

- Pack an emergency kit.
- Carry a first-aid kit.

- Always apply sunscreen.
- Use insect repellent.
- Bring all medications and a list of current medications you take and allergies you have.
 - Carry a list of your physician(s) and their telephone number(s) with you at all times.
- Stay hydrated.
- Wear a helmet for biking, motorcycling, skating and contact sports.
 - Wear a safety belt while riding in a motor vehicle.
- Never swim alone.
- Wash hands before eating and preparing food.
- Learn about your destination's emergency plans, warning signals, evacuation routes and emergency shelter locations.
 - Locate and secure your important papers, including insurance policies, wills, licenses, passports and birth certificates. ♥



cardioCURRENTS

{ NEWS AND TIPS FOR THE HEART-CONSCIOUS }



Do fries supersize your risk?

It's not a lovely day in your neighborhood if your block is packed with fast-food eateries, say researchers from the University of Michigan. Here's what they found:

- ▶ People who live in neighborhoods with the highest number of fast-food restaurants are 13 percent more likely to suffer a stroke than those who don't live near burger-and-fry joints.
- ▶ The risk of stroke increases 1 percent for each fast-food restaurant in the neighborhood.

The researchers don't know whether the restaurants themselves raise stroke risks or if the eateries are just more apt to pop up in unhealthy neighborhoods. Either way, if you find yourself pulling up to the drive-through, bypass the burger and order a salad or a grilled chicken sandwich.



Air pollution: Exercise with caution

Summer is a great time to take your workout outdoors. But if you live in an area with polluted air, that after-dinner walk could do more harm than good, says the American Lung Association (ALA). Why? When we exercise, we breathe more deeply, mostly through the mouth. This bypasses the natural filtering function of the nasal passages, making us more vulnerable to the damage air pollutants can cause. Breathing lead, fine particles and gasses such as ozone and carbon monoxide can increase the odds of developing health problems like heart or lung disease, especially for older adults and children. The ALA recommends these tips to deflect the damage:

- ▶ Avoid midday or afternoon outdoor activities, when pollution levels tend to be highest.

- ▶ Steer clear of congested streets. Pollution can be high up to 50 feet from the roadway.
- ▶ Skip outdoor workouts if health officials issue a high-ozone alert or other health warning.

Stroke signs: Still a mystery to many

Quick, list the warning signs of stroke. Give up? Many people, especially those most likely to suffer a stroke, don't know the signs, according to researchers at the International Stroke Conference in San Diego. They polled more than 86,000 people and found that fewer than two in five knew these important stroke warning signs:

- ▶ sudden weakness in the face, arm or leg
- ▶ sudden severe headache with no known cause
- ▶ sudden vision problems in one or both eyes
- ▶ sudden confusion or difficulty speaking
- ▶ sudden dizziness, loss of balance, loss of coordination or problems walking



Many also didn't know to call for emergency medical assistance immediately. Your job: Memorize those warning signs, as the faster you're treated for stroke, the better your odds of surviving and limiting disability.



▶ DID YOU KNOW?

- ▶ Women over age 55 tend to have higher cholesterol than men.
- ▶ Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25 percent to 30 percent.
- ▶ Diabetes can raise your heart disease risk and increase your chances of developing Alzheimer's disease.

The beat goes on

Living with heart failure

EXTRA INFO

Many people hear the term heart failure and assume the heart has stopped beating. It hasn't. If you have heart failure, your heart is still pumping—just not in the way it should.

Heart failure is a serious condition, often caused by coronary artery disease, high blood pressure or diabetes. It requires lifelong treatment, but its symptoms, such as shortness of breath and swelling of the legs and ankles, can be managed and you can live a full life. Here's how:



► **Eat up.** Focus on foods that are low in salt, unhealthy fats and cholesterol. The National Heart, Lung, and Blood Institute's

Therapeutic Lifestyle Changes (TLC) diet and the Dietary Approaches to Stop Hypertension (DASH) diet, which limit salt, sweets, fat and red meat in favor of fruits, vegetables, fat-free or low-fat dairy products, whole grains, fish, poultry, beans and nuts, are great options. Get more information at www.nhlbi.nih.gov.

Make sure you're getting enough potassium, too. Some heart medications can sap this mineral from your body, leading to life-threatening rapid heart rhythms, or arrhythmias. You'll find potassium in bananas, strawberries and various greens, such as kale and Swiss chard. Ask your healthcare provider how much potassium you need. He or she may also advise you to limit your fluids to prevent fluid buildup.



► **Clean up your act.** Don't drink alcohol, smoke or use illegal drugs, which can further damage your heart.



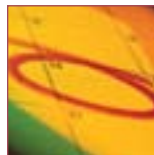
► **Make friends with your pharmacist.** Medication is key to controlling your condition. Your healthcare provider may prescribe medicines such as diuretics to curb fluid buildup and beta-blockers to lower your blood pressure. He or she may also recommend digoxin to help your heart beat stronger.



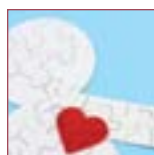
► **Get moving.** Before you start exercising, ask your provider about the type and amount of exercise that's safe for you, and whether cardiac rehabilitation (a program that gets you moving slowly, under the supervision of healthcare professionals) is a good idea for you.



► **Just say no to germs.** Avoiding illnesses like flu and pneumonia is key, as they force your already ailing heart to work harder. Ask your provider about vaccines.



► **Don't stand your doctor up.** Keep all appointments, as your provider needs to see you to track your progress.



► **Watch for signs of heart failure.** Call your provider if you experience any of the following symptoms, which could indicate that your condition isn't being managed well:

- sudden weight gain (two or more pounds in one day)
- shortness of breath without physical exertion
- swelling in your legs or ankles
- swelling or pain in your stomach
- sleep problems (waking up short of breath or having to use more pillows to breathe easier)
- dry, hacking cough
- increased fatigue ♥

What causes heart failure?

- coronary artery disease
- high blood pressure
- diabetes
- congenital heart defects
- abnormal heart rhythms
- damage to heart muscle
- faulty heart valves

Central Maine Medical Family Community Health & Wellness Programs and Events

COMMUNITY EDUCATION

Central Maine Medical Center
Call 207-795-2106 or register
online at www.cmmc.org.

MENDED HEARTS

Presented by Cheryl Strout, R.N.

► **Meets the second Thursday of each month, 5 p.m., Y1 conf. room**
Affiliated with the American Heart Association, this patient-run support group offers support to heart disease patients and their families. Call 207-795-8230 for details.

ICD SUPPORT GROUP

Topic to be announced

► **Meets the third Thursday of each month, 2:30–4 p.m., Y1 conf. room**

REFLEXOLOGY

Presented by Donna Crawford, C.M.T.

► **September 23, 6–7:30 p.m., conf. room A, CMMC**

Learn how applying pressure to foot and hand reflex points can offer health benefits.

CANCER AND ONCOLOGY

All programs are free and open to cancer patients, survivors and caregivers. Unless noted, please call 207-795-8250 or 1-877-336-7287 for more information. Preregistration is required.

UPDATE ON THE PREVENTION AND EARLY DETECTION OF COLON CANCER

Presented by Philip J. O'Connor, M.D., Central Maine Gastroenterology

► **July 14, 6–7:30 p.m., conf. room H, CMMC**

Learn about the importance of colon cancer prevention and early detection.

JIN SHIN JYUTSU: LEADING TO SELF-DISCOVERY AND LIFE ENERGY

Presented by May Scott, Jin Shin Jyutsu practitioner & H.O.P.E. guide

► **July 15, 1:30–3 p.m., conf. room I, CMMC**

Empower yourself with increased awareness of your body's energy flow.

NORDIC WALKING

Presented by co-owners of Nordic Walking, LLC, Kate Carroll, cancer survivor, and Rita Myrick, cancer caregiver

► **July 29, 1:30–3 p.m., conf. room I, CMMC**

Join us for this health-promoting presentation. Walking poles will be available.

R_x FOR YOU, THE CAREGIVER

Presented by Emily Ecker, LCSW, oncology outreach social worker

► **August 12, 1:30–3 p.m., large boardroom, Bridgton Hospital**

► **August 13, 1:30–3 p.m., Room 357, Rumford Hospital**

Learn ways to handle stress and how to be an advocate for your loved one.

SCARF-TYING 101

Presented by Zam Zam Mohamud

► **August 13, 10 a.m.–noon, conf. room D, CMMC**

Learn how to create scarves and sew head-wrap designs to wear.

THE ART OF CAREGIVING

A three-week series for caregivers.

■ CAREGIVING TIPS

Presented by Tamara English, R.N., M.S.N., O.C.N., Hematology Oncology Associates

► **August 31, 6–7:30 p.m., conf. rooms A and B, CMMC**

Learn the how-tos of hands-on caregiving.

■ COMPASSIONATE SELF-CARE

Presented by Emily Ecker, LCSW and Terri Quatrano-Simpson, LCSW, oncology social workers

► **September 14, 6–7:30 p.m., conf. room C, CMMC**

Set aside this time to learn how to be compassionate to yourself.

■ ADVOCATING FOR YOUR LOVED ONE

Presented by Dorn McMahon, LMSW-cc, and Emily Ecker, LCSW, oncology social workers

► **September 21, 6–7:30 p.m., conf. room C, CMMC**

Learn ways to effectively communicate with your loved one's healthcare team and insurance companies.

PATHS TO WHOLENESS

A four-week wellness series

■ NUTRITION TO HELP YOU THRIVE

Presented by Leslie McDonald and Jane Wardwell, registered dietitians, Rumford Hospital

► **September 1, 1:30–3 p.m., room 357, Rumford Hospital**

Learn how nutrition can support you during and after your treatment.

■ STRENGTHEN YOUR INNER SKILLS

Presented by Dan Elliott, R.N., respiratory therapy department

► **September 8, 1:30–3 p.m., room 357, Rumford Hospital**

Learn how to combine breathing techniques with gentle exercises to reduce stress and enhance a sense of well-being.

■ USING HEALING ENERGY TO MANAGE PAIN AND FATIGUE

Presented by Rhonda Ouellette, registered counselor, energy healer, shamanic practitioner and soul coach

► **September 15, 1:30–3 p.m., room 357, Rumford Hospital**

Learn about the structures of the energetic body, how to sense energy and how to move blockages in order to relieve pain.

■ HOW CANCER TOUCHES OUR EMOTIONAL AND SPIRITUAL LIVES

Presented by Rev. John Gensel, minister, Dixfield Congregational Church and hospice chaplain, Androscoggin Home Care and Hospice

► **September 22, 1:30–3 p.m., room 357, Rumford Hospital**

Reacting, coping and finding meaning in a cancer diagnosis.

DECORATING BRAS FOR BREAST CANCER AWARENESS MONTH

Presented by Sue Baker, artist and breast cancer survivor

► **September 10 and 17, 5:30–7:30 p.m., conf. room C, CMMC**

Decorate a bra that reflects your personality while raising breast-health awareness. Bring a slightly padded bra—and your sense of humor. Decorating materials will be provided, but you may bring your own, too.

UNDERSTANDING SOCIAL SECURITY BENEFITS FOR PEOPLE WITH CANCER

Presented by Lourdes Rubio, claims representative, Social Security Administration

► **September 14, 2:30–3:30 p.m., conf. room I, CMMC**

An overview of Social Security benefits you or your loved one may be eligible for

PEACEFUL BODY, CALM MIND

Presented by Marcy Covey

► **September 15, 1:30–3:00 p.m., conf. room I, CMMC**

Focus your mind on healing images that can bring peaceful change to your body, mind and spirit. Healing practices will include t'ai chi, yoga, massage and guided visual imagery.

SURVIVORS SPEAK UP

Presented by Sue Rivet, R.N., O.C.N., director of specialty clinics, Bridgton Hospital, and Emily Ecker, LCSW, oncology social worker

► **September 16, 6–7:30 p.m., Specialty Clinic lobby, Bridgton Hospital**

Four survivors will share their stories of hope and survival.

YOGA FOR THE HANDS

Presented by Marcy Covey

► **September 22, 1:30–3 p.m., conf. room I, CMMC**

Learn yoga positions for the hands that can help the entire body relax.

THE BODY MAPPING WORKSHOP

► **September 28–October 2**

Offered jointly by Bates College and the Patrick Dempsey Center, this free five-day retreat for cancer patients and survivors allows participants to reflect on and creatively communicate their life stories.

MANAGING DAILY STRESS: IT'S LIKE MONEY IN THE BANK

Presented by Marcy Covey

► **September 29, 1:30–3 p.m., conf. room H, CMMC**

Learn ways to help minimize daily stress.

STEPPING OUT OF THE BOX AND OVERCOMING THE FEAR OF CHANGE

Presented by Karen J. McCarthy, M.A., LCPC

► **September 30, 1:30–3 p.m., small boardroom, Bridgton Hospital**

Sometimes a health crisis can spark our motivation to make some changes. Learn ways to identify, accept, forgive, let go and move forward.

ONGOING PROGRAMS

CANCER WELLNESS & SUPPORT GROUP

► **Wednesdays, 1:30–3 p.m., conf. room I, CMMC**

► **Thursdays, 1:30–3 p.m., room 357, Rumford Hospital**

Learn skills to enhance wellness and healing.

CARING CARDS STAMPING SESSIONS

► **Meets the third Thursday of each month, 6–7:30 p.m., Patrick Dempsey Center**

Create uplifting notecards for cancer patients. Sessions are free and notecards and some stamps and materials are provided. Attendees are welcome to bring their own supplies as well.

CAREGIVER SUPPORT GROUP

► **Mondays, 6–7:30 p.m., Patrick Dempsey Center**

Support and education for adults with loved ones facing cancer

GUIDANCE THROUGH GRIEF SERIES

► **Meets Tuesdays, September 15–November 3, 6–7:30 p.m., CMMC and Androscoggin Home Care & Hospice Hospice House**

An eight-week education and support group designed for grieving adults. For more information or to register, contact Jim Douglas, 207-777-7740.

EXPANDED KNITTING CIRCLE

► **Wednesdays, 6:30–8:30 p.m., Patrick Dempsey Center and Thursdays, 1–3 p.m., call for location**

Join either or both of our knitting circles. You may bring your own projects; we will also be working on creating hats, lap blankets, bra inserts, etc., that will be donated to cancer patients.

LOOK GOOD, FEEL BETTER

► **Meets the third Wednesday of the month, 10 a.m.–noon, Sam & Jennie Bennett Breast Care Center**

This American Cancer Society program helps patients cope with changes in appearance related to cancer and treatment. Participants are provided a free makeup kit and taught how to use the cosmetics to look and feel their best. Please note that sessions and wigs are available to all cancer patients, not just those with breast cancer.

MAINE BUDDY SUPPORT MEETINGS

► **June 29 and August 24, 6–8 p.m., conf. rooms A and B**

The Patrick Dempsey Center and Cancer Community Center will co-host Maine Buddy Support Meetings for Maine Buddies who've attended joint training sessions. Meetings include a potluck dinner, with beverages provided.

MASSAGE THERAPY SERVICES

► **Tuesdays and Thursdays, Patrick Dempsey Center**

Call for an appointment for one of our free services.

MEN'S CANCER SURVIVORS' GROUP

► **Meets Wednesdays, September 16–November 4, 5–6 p.m., CMMC campus (location to be determined)**

This eight-week group for male cancer survivors will discuss survivorship, fear of recurrence, sharing of cancer experience and relationships. Group size is limited to eight. Preregistration required; please contact Dom McMahon, oncology social worker, at 207-795-2692.

MINI-SPA SERVICES

► **Meets the 2nd and 4th Thursday of the month, 6:30 p.m., Patrick Dempsey Center**

Join us for an evening of free mini-spa treatments, limited to four people each evening. Appointments are required.

PROSTATE SUPPORT GROUP

► **Meets the last Wednesday of the month, 6–7:30 p.m., conf. room C, CMMC**

Education and support for men with prostate cancer and their families. Group facilitator is Sarah Lawson-Link, R.N., O.C.N. Call 207-795-2440 for more information.

PSYCHOSOCIAL ONCOLOGY NETWORKING GROUP

► **Meets the second Monday of each month, 1:30–2:30 p.m., conf. room I, CMMC**

An opportunity for clinical and medical social workers, counselors and chaplains who work with cancer patients to share resources regarding challenging cases.

REIKI SERVICES

► **Tuesdays and Thursdays, Patrick Dempsey Center**

Call for an appointment for one of our free Reiki services.

TELECONFERENCE WORKSHOPS

Join us in the Patrick Dempsey Center for free telephone education workshops for people living with cancer. Presented by national experts and offered by CancerCare, Inc. Register in advance by calling 207-795-8250 or listen at home by registering at 1-800-813-4673 or www.cancercares.org.

UNDERSTANDING PERIPHERAL NEUROPATHY

► **July 16, 1:30–2:30 p.m.**

WHAT'S NEW IN HEAD AND NECK CANCER: KNOWING YOUR HEALTH-CARE TEAM

► **July 23, 1:30–2:30 p.m.**

WHAT'S NEW IN LUNG CANCER

► **August 13, 1:30–2:30 p.m.**

UPDATE ON COLORECTAL CANCER

► **August 18, 1:30–2:30 p.m.**

TRUE OR FALSE

If you want to be heart healthy, you have to be heart smart. Test your knowledge by answering true or false to the following statements (answers below).

STATEMENTS

1. Triglycerides are the same as cholesterol. T F
2. One in 10 people over age 50 has varicose veins. T F
3. Stress can affect how you manage your diabetes. T F
4. More American women die of cardiovascular disease than all forms of cancer combined. T F

ANSWERS

1. FALSE: Both are types of fat in your blood, but triglycerides supply your body with energy, while cholesterol helps your body create cells and hormones. Your healthcare provider can get a measurement of both with a blood test called a lipid panel. High triglycerides and elevated total cholesterol contribute to increased stroke and heart disease risk.

2. FALSE: Varicose veins are far more common. Half of people over age 50 cope with the bulging veins on the backs of their calves or on the inside of their legs. Exercise, weight loss, elevating your legs while resting, not crossing your legs when sitting and avoiding long periods of standing can prevent varicose veins from getting worse.

3. TRUE: Though you can't see it, stress can have a big impact on how you manage your diabetes. You may not take care of yourself the way you should. Long periods of stress may even stop insulin from working right, so do what you can to ease your anxiety.

4. TRUE: Heart disease is the No. 1 killer of American women. But the good news is that many risk factors for the disease can be controlled, such as smoking, being obese and having high cholesterol or blood pressure.

Playing the numbers game

Omega 3 + omega 6 = a healthier you



You probably know a little bit about omega-3 fatty acids, and you may even have heard about omega-6 fatty acids. But what are they, and why are they so good for you?

OMEGA-3

Both omega-3 and omega-6 are essential fatty acids. We get them mostly from foods. Many experts consider omega-3 the most important of the omegas. It may help:

- ▶ protect against heart disease
- ▶ reduce levels of triglycerides (a type of blood fat)
- ▶ improve heart rhythm problems and reduce the risk of sudden cardiac death
- ▶ slightly lower blood pressure

You can find omega-3 fatty acids in certain nuts, such as walnuts; in vegetable oils such as canola, soybean and flaxseed oil; and in sardines, salmon, herring, mackerel, halibut, tuna and other fatty fish.

The biggest heart boost seems to come from fish, which is why experts recommend eating two servings a week. Worried about mercury contamination? Government researchers say that the benefits of eating fish usually outweigh the risk of contaminant exposure. Still, children and women who are or may become pregnant should limit fish to

12 ounces a week or less and avoid larger fish, like shark, swordfish, tilefish and king mackerel, which contain more mercury.

If you're at high risk for bleeding, ask your healthcare provider before adding omega-3 to your diet. It can increase your risk of bleeding if taken in large quantities.

OMEGA-6

When consumed in moderation, omega-6 fats are also good for your heart—especially when you eat them instead of saturated and trans fats. However, omega-6, which is found in vegetable oils like corn and sunflower oils, tofu, nuts and seeds, has been the subject of controversy.

Previous research has suggested that too much omega-6 could spur inflammation, damaging the heart. But the American Heart Association recently came out in support of omega-6; studies have shown that people who ate the most omega-6 actually have a lower incidence of heart disease and lower blood pressure than those who ate less of the stuff.

Bottom line: Both omega-3 and omega-6 fatty acids appear to offer plenty of heart benefits, but eating an overall healthy diet is the best way to combat heart disease. ♥

Me? At risk of stroke? No way!

You're not overweight, you've never had heart problems, you try to avoid salty, fatty, bad-for-you foods and you feel fine. But you still may not be in the clear when it comes to stroke. Some risk factors you can't control, like your family history (did Mom have a stroke?), your age (being older than 55 raises your risk), your ethnicity (African-Americans are more likely to suffer a stroke) and even your gender (men are at greater risk).

The good news is that you can control many risk factors. If you can check off any of the following, consider this your wake-up call. Then start making lifestyle changes to stay stroke-free.

✓ **You have high blood pressure.** They don't call it the "silent killer" for nothing. You should have your blood pressure checked regularly by your healthcare provider. Readings of 140/90 mm Hg and above can damage blood vessels in the brain and in the arteries that supply blood to the brain.

✓ **Your cholesterol level is elevated.** Cholesterol is a fatty substance that builds up in the

arteries. These deposits can rupture and cause blood clots to travel up to the brain, cutting off blood flow and causing a stroke. If your total cholesterol is 200 mg/dL or higher, your LDL (bad) cholesterol is 130 mg/dL or above or your HDL (good) cholesterol is less than 40 mg/dL for men (less than 50 mg/dL for women), you may be at higher risk.

✓ **You have untreated diabetes.** The disease makes it impossible for your body to correctly use sugars and fats. Left untreated, diabetes damages blood vessels throughout the body—including those in the brain.

✓ **You're physically inactive and/or obese.** Not exercising or weighing too much can increase your risk of developing high blood pressure and cholesterol, diabetes and heart disease—all stroke risk factors.

✓ **You smoke.** The nicotine and carbon monoxide in cigarettes damage the cardiovascular system.

REDUCE YOUR RISK

▶ **Make over your meals.** Adding fresh fruits, vegetables, low-fat or nonfat dairy, lean meats and low-sodium foods can help some people lower their blood pressure and cholesterol.

▶ **Pop your prescribed pills.** This includes medication for blood pressure, cholesterol and diabetes. Always ask your healthcare provider before stopping any treatment.

▶ **Do something active.** Aim for at least 30 minutes of housework, walking, swimming or some other activity most or all days of the week.

▶ **Kick butts.** Ask your healthcare provider about quit-smoking options like patches, gum or inhalers. ♥

IS ASPIRIN THE ANSWER?

Aspirin can keep blood from clotting. Some people may benefit from a daily aspirin regimen, but for others the risk of gastrointestinal bleeding may outweigh the benefits. Research has also shown that aspirin affects men and women

differently. For example, it may help prevent a first stroke in women, but not in men. On the flip side, daily aspirin may help prevent a first heart attack in men, but not for women under age 65. Ask your provider if daily aspirin is right for you.



**For more information, call
207-753-3910 or write to**

Central Maine Heart and Vascular
Institute, 300 Main Street, Lewiston,
Maine 04240 or

visit us online at www.cmhvi.org.

The mission of the Central Maine Heart and Vascular Institute is to develop a comprehensive, integrated program providing cardiovascular services from prevention and screening to treatment and rehabilitation that are high quality, efficient and patient/family-focused.



The class offerings and current schedules vary depending on the season and instructor availability. Classes are subject to cancellation due to lack of participation. For more information, call **207-795-2473** or visit our Web Site at **www.cmmc.org** and click "**Wellness Solutions.**"

♥ *Sessions begin July 20.*

<u>CLASS</u>	<u>DAY(S)</u>	<u>TIME</u>	<u>COST</u>
Ballroom Basics	F	6:30–7:30 p.m.	\$40/person for 5-week series
Beginner Belly Dancing	W	7:15–8:15 p.m.	\$60 for 6-week series
Fit-n-Fun	T,TH	9:30–10:30 a.m.	\$25/month
Flexible Body, Flexible Life	W	5:30–6:30 p.m.	\$48 for 6-week series
Functional Fitness	M,W,F	noon–12:30 p.m.	Call for cost
Happy Hearts	M,W,F	8–9 a.m., 9–10:00 a.m. 10:30–11:30 a.m., 1–2:00 p.m.	\$25/month
Personal Fitness	T,TH	8–9 a.m., 9:30–10:30 a.m., 10:45–11:45 a.m.	\$25/month
Pilates Core Strengthening	TH	4:30–5:30 p.m.	Call for cost
Power Plus	T,TH	5:30–6:30 a.m.	Call for cost
Step Aerobics	M,W	3:45–4:45 p.m.	Call for cost
Zumba	M	5–6 p.m.	\$48 for 6-week series