



**MERCYHEALTH**

Fairfield HealthPlex



# Fall/Winter 2022 Fairfield HealthPlex Program Guide

**ABOUT FAIRFIELD HEALTHPLEX**

The HealthPlex is not your typical gym, fitness center or health club. We strive to be a wellness “oasis” where you can relax, rejuvenate, socialize and have fun. Our members are of all ages, sizes, colors and professions and many are discovering, for the first time in their lives, the incredible physical, emotional, social and spiritual benefits of exercise.

Whether you are a novice exerciser or an elite athlete, the HealthPlex has something for everyone, and you don’t need to have the latest fitness attire, gelled tennis shoes or a six-pack abdomen to feel comfortable here. It is our vision to provide you with innovative, entertaining and interactive programs and services. We welcome and encourage you to take part in all Fairfield HealthPlex has to offer.

**OUR VISION**

To create an environment that improves your quality of life through innovative, entertaining and interactive programs and services delivered by caring individuals encouraging you and your family along the journey to optimum health and well-being.

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## Events/Features

### Brand New Mobile App **COMING SOON**

Managing your membership is easier than ever! Our brand-new mobile app will allow you to see your membership details at a glance, get center notifications, check in with your membership card and view and reserve your spot in group fitness classes.

See Member Services for details.

### Group Ex Extravaganza

**Sunday, September 18 from 9 a.m.–5 p.m.**

**Cost: Free for Members, \$5 for Non-Members**

Members and guests are invited to the Plex for a taste of our Group Exercise classes, including Body Pump, Yoga, Outdoor Cycle, Tap Dancing, Hoop Social, Zumba, Aqua Fitness, and more. Contact Rebecca Bedel at [rbedel@mercyhealthplex.com](mailto:rbedel@mercyhealthplex.com) for more information.



### Family Ghostbuster Day

**Sunday, October 16 from 9 a.m.–5 p.m.**

**Cost: Free for Members, \$5 for Non-Members**

Members and guests are invited to a Halloween party with activities for the whole family. Enjoy dance classes all day long along with costume contests, pumpkin painting, Halloween treats and more. Contact Rio Light at [rlight@merchealthplex.com](mailto:rlight@merchealthplex.com) for more information.

### Turkey Burn

**November 1-30**

Burn calories and get fit in time for Thanksgiving! Register for FREE at the Member Services desk and then track your workouts each time you visit the center. Earn a feather for every five visits. Two feathers get you a t-shirt and all earned feathers will be entered into a drawing at the end of the month with three grand prizes up for grabs. See the Member Services desk for details.

### Fitness Challenge

**Sunday, November 20 from 9 a.m.–5 p.m.**

**Cost: Free for Members, \$5 for Non-Members**

Members and guests are invited to meet the Fitness Staff and participate in a variety of challenges, including an obstacle course for kids, a mini indoor triathlon for beginners, hamster races and more. All ages welcome. Contact Madison Holschuh at [mholschuh@mercyhealthplex.com](mailto:mholschuh@mercyhealthplex.com) or Danielle Doria – [ddoria@mercyhealthplex.com](mailto:ddoria@mercyhealthplex.com) for more information.

# Aquatics

## Sea School Group Swim Lessons

Sea School provides a safe and fun environment for children to explore and learn. Swimmers are challenged through structured lessons and guided play and celebrated for milestones along the way. Through forward movement and growth, children learn that they can accomplish great things with confidence and positive self-esteem.

For more information or to get started with a private placement session, contact Diane Kabakoff at 513-682-1214 or [dkabakoff@mercyhealthplex.com](mailto:dkabakoff@mercyhealthplex.com).

### Session Dates

September 13–October 25 (*No class on 10/4*)

November 1–December 6 (*No class on 11/24 and 11/26*)

**Cost** (6-Week Session): \$72 Members Only

## Sea School Classes

### Parent/Child

**Ages 6 months–3 years**

Parents learn how to teach their children the basics of water comfort, submersion and safety. An adult caregiver is required to be in the water with each child.

|           |          |
|-----------|----------|
| Tuesdays  | 4:30 pm  |
| Thursdays | 6:00 pm  |
| Saturdays | 10:00 am |

### Sea Star Beginner

**Preschool Level 1 Ages 3-5 years**

Students learn how to put their faces in the water while blowing bubbles from the nose and from the mouth. Students are introduced to freestyle, backstroke, flip swimming as well as floating.

|          |         |
|----------|---------|
| Tuesdays | 7:00 pm |
|----------|---------|

### Sea Horse Intermediate

**Preschool Level 2 Ages 3-5 years**

Students are more comfortable with floating and flip swimming. They begin to independently swim with face in the water and learn to breathe by rolling onto the back. Students in this class know how to jump into water over their head and swim back to “safety” (the wall) independently.

|          |         |
|----------|---------|
| Tuesdays | 6:00 pm |
|----------|---------|

### Sea Turtle Advanced

**Preschool Level 3 Ages 3-5 years**

Students are independent floaters and are comfortable with flip swimming. They continue to learn freestyle and are introduced to whip kicks and elementary backstroke. By the end of this level, students are proficient in treading water.

### Angel Fish Beginner

**School-Age Level 1 Ages 5+ years**

Students learn how to put their faces in the water while blowing bubbles from the nose and from the mouth. Students are introduced to freestyle, backstroke, flip swimming as well as floating.

|          |         |
|----------|---------|
| Tuesdays | 6:30 pm |
|----------|---------|

### Betta Fish Intermediate

**School-Age Level 2 Ages 5+ years**

Students continue to work on freestyle and backstroke and become acquainted with the breaststroke, elementary backstroke and the butterfly. Students learn about body position and proper stroke technique and are proficient in treading water.

|          |         |
|----------|---------|
| Tuesdays | 5:30 pm |
|----------|---------|

### Clown Fish Intermediate/Advanced

**School-Age Level 3 Ages 5+ years**

Students work on further stroke development through drills. By the end of this level, students have knowledge of all four competitive strokes and begin to work on flip turns and open turns and how to touch the wall on finishes.

|          |         |
|----------|---------|
| Tuesdays | 5:00 pm |
|----------|---------|

### Sea Pups Advanced

**School-Age Swim Level 4 Ages 5+ years**

Students are beginning to prepare for swim team or swimming for endurance and enjoyment. Strokes are refined through drills and sets and students swim laps while working on flip turns and open turns. Swimmers have a strong knowledge of the strokes and are ready to join the swim team, if they choose, at the end of this level.

|          |         |
|----------|---------|
| Tuesdays | 7:30 pm |
|----------|---------|







Adults

Adult lessons cover everything from beginners learning water comfort to stroke development. Learn how your body works in the water, improve your technique, and gain confidence swimming laps.

Adult Beginner

Tuesdays 8:00 pm  
Thursdays 6:30 pm  
Saturdays 10:30 am

Adult Intermediate

Saturdays 11:00 am

Private Swim Lessons

Get comfortable in the water or train for your next triathlon. Personalized 30-minute swim lessons can be customized to meet your needs and goals. Performed in either the Lap Pool or the Warm Water Pool.

Complete the Private Swim Lesson Interest Form and we'll reach out to schedule your first appointment. For more information, contact Diane Kabakoff at 513-682-1214 or [dkabakoff@mercyhealthplex.com](mailto:dkabakoff@mercyhealthplex.com).

Cost of Private Swim Lessons (Members only)  
Private Lesson • One-on-One

1 Session \$23  
5 Session \$104  
10 Sessions \$196

Partner Lesson • 2 participants (per participant)

1 Session \$15  
5 Session \$69  
10 Sessions \$135

Trio Lesson • 3 participants (per participant)

1 Session \$12  
5 Session \$58  
10 Sessions \$108

Stroke Clinics

Ages 5-14

Stroke clinic is designed for children who have graduated from Sea School and are ready for the next step of swimming.

Participants improve technique and endurance while exploring what it's like to be on a swim team. Swimmers must be able to swim 25 yards front crawl and 25 yards backstroke.

For more information, contact Diane Kabakoff at 513-682-1214 or [dkabakoff@mercyhealthplex.com](mailto:dkabakoff@mercyhealthplex.com).

Days and Time

Mondays and Wednesdays  
4:30-5:30 pm or 5:30-6:30 pm

Session Dates

Session 1: September 12 – October 19  
Session 2: November 2 – December 12

Cost per session

\$144 Two Classes per Week  
\$80 One Class per Week

Parent/Tot Fitness and Pool Safety

You and your child can enjoy this water class together! The parent gets a great cardio and strength workout while the baby gets introduced to the water. The class ends with water safety training.

For more information, contact Diane Kabakoff at 513-682-1214 or [dkabakoff@mercyhealthplex.com](mailto:dkabakoff@mercyhealthplex.com).

**Dates** September 12 – October 17

**Days/Time** Mondays at 5:30-6:00 pm

**Cost** (6-Week Session): \$72 Members Only

Personal Training in the Water

Make a splash and discover a new way to workout! Aquatic exercise is completely customizable for all fitness levels – for those working around joint pain to athletes looking for more resistance training, and everything in between.

Personalized sessions can be scheduled at your convenience and crafted to meet your specific fitness goals. Performed in either the Lap Pool or the Warm Water Pool.

Complete the Personal Training Interest Form and we'll reach out to schedule your first appointment. For more information, contact Diane Kabakoff at 513-682-1214 or [dkabakoff@mercyhealthplex.com](mailto:dkabakoff@mercyhealthplex.com).

Cost of Aquatic Training

1-Hour Sessions

|             |       |
|-------------|-------|
| 1 Session   | \$60  |
| 6 Sessions  | \$342 |
| 12 Sessions | \$648 |

30-Minute Sessions

|             |       |
|-------------|-------|
| 1 Session   | \$35  |
| 6 Sessions  | \$200 |
| 12 Sessions | \$378 |

1-Hour Buddy Training *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$35  |
| 6 Sessions  | \$200 |
| 12 Sessions | \$378 |

30-Minute Buddy Training *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$25  |
| 6 Sessions  | \$143 |
| 12 Sessions | \$270 |

1-Hour Trio Training *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$20  |
| 6 Sessions  | \$114 |
| 12 Sessions | \$216 |

Boot Camp in the Water

Take your aquatic workouts to the next level in this small group training class. Push your limits and get a great strength and cardio workout. For more information, contact Diane Kabakoff at 513-682-1214 or [dkabakoff@mercyhealthplex.com](mailto:dkabakoff@mercyhealthplex.com).

**Session Dates** September 12 – October 17

**Time** 7:00-8:00 pm

**Cost** (6-Week Session): \$114 Members Only



**Please note: Cancellations for scheduled aquatic training and private swim lesson appointments must be received 24 hours in advance to avoid being charged for the appointment. Sessions will not be pro-rated for missed classes.**



# Fitness

## Group Fitness Classes

Fairfield HealthPlex offers over 50 land and aquatic group fitness classes each week. Our certified instructors will have you loving the latest fitness craze as well as the best of the standards. Best of all, group fitness classes are included in your membership, so be sure to try them all!

Find the latest group fitness class schedule on our website at [mercyhealthplex.com/events](https://mercyhealthplex.com/events).

## Equipment Orientations

Learn how to use the Freemotion Epic Machines and Freemotion Cable machines with the help of one of our Fitness Specialists. Max 2 members per session.

## Last Tuesday and Thursday of Every Month

12:00–1:00 pm and 5:00–6:00 pm

Register at the Member Services desk or call 513-682-1212.

## Personal Training

Take your fitness journey to the next level with a certified personal trainer. A trainer will customize a program tailored to your unique needs and hold you accountable to meeting your goals more efficiently. All fitness levels welcome.

Complete the Personal Training Interest Form and we'll reach out to schedule your first appointment. For more information, contact Madison Holschuh at 513-603-8517 or [mholschuh@mercyhealthplex.com](mailto:mholschuh@mercyhealthplex.com).



### Cost of Personal Training

#### 1-Hour Private Training

|             |       |
|-------------|-------|
| 1 Session   | \$60  |
| 6 Sessions  | \$342 |
| 12 Sessions | \$648 |

#### 30-Minute Private Training

|             |       |
|-------------|-------|
| 1 Session   | \$35  |
| 6 Sessions  | \$200 |
| 12 Sessions | \$378 |

#### 1-Hour Buddy Training *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$35  |
| 6 Sessions  | \$200 |
| 12 Sessions | \$378 |

#### 30-Minute Buddy Training *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$25  |
| 6 Sessions  | \$143 |
| 12 Sessions | \$270 |

#### 1-Hour Group Training *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$20  |
| 6 Sessions  | \$114 |
| 12 Sessions | \$216 |

**Virtual Programming** **COMING SOON**

Your HealthPlex membership is now mobile! Our new app features on demand, streaming group classes delivered directly to your favorite mobile device. Take the HealthPlex on vacation or just pop in and do a class from home. Get custom fitness content at any time from any location.

See a Fitness Specialist for details and stay tuned for additional virtual features coming soon.

**BodyScript™** **COMING SOON**

Our brand new BodyScript Composition Analyzer, featuring near-infrared technology, provides Gold Standard body measurements for muscle, fat and water. It only takes 10 seconds, and it syncs to your HealthPlex app so you can easily track your progress.

Find the BodyScript Analyzer on the Fitness Floor and be sure to ask a Fitness Specialist if you have questions.

**Pilates Reformer – Group Classes**

The Pilates Reformer is a total body conditioning workout that allows you to work the full length of every muscle while maintaining core control. The result is increased core strength, sculpted legs and arms, flatter abdominals, and improved posture, flexibility, and balance.

Small group classes ensure that you get more individualized attention, and customized workouts make Pilates Reformer perfect for all levels of fitness.

For more information, contact Rebecca Bedel at 513-682-1205 or rbedel@mercyhealthplex.com.

**Session Dates** September 6-October 7  
October 10- November 11  
November 14-December 16  
December 19-January 20

**Time** See flyer for details.  
**Cost** \$99 (5 sessions)



**Pilates Reformer – Private Training**

Pilates Reformer is a customizable workout for all fitness levels – pro athletes, beginners, and seniors. Private training delivers focused workouts created just for you.

Reformer improves core strength and muscle engagement to offer a variety of benefits including enhanced athletic performance, improvement in back pain and balance, recovery from injury and help with weight loss, just to name a few.

Private Pilates Reformer Training is offered Monday through Friday. For available times or more information, contact Rebecca Bedel at 513-682-1205 or rbedel@mercyhealthplex.com.

**Cost of Private Pilates Reformer Training**  
**1-Hour Sessions**

|             |       |
|-------------|-------|
| 1 Session   | \$60  |
| 6 Sessions  | \$342 |
| 12 Sessions | \$648 |

**30-Minute Sessions**

|             |       |
|-------------|-------|
| 1 Session   | \$35  |
| 6 Sessions  | \$200 |
| 12 Sessions | \$378 |

**1-Hour Buddy Training** *(per participant)*

|             |       |
|-------------|-------|
| 1 Session   | \$35  |
| 6 Sessions  | \$199 |
| 12 Sessions | \$378 |

**Pranassage**

Grounded in the science of yoga, anatomy, physiology, and efficient body mechanics, Pranassage offers a unique opportunity to experience deep relaxation. This one-on-one practice of assisted poses allows you to release tension exactly where needed to increase flexibility, relieve discomfort, and discover in-depth body awareness. Safe for all fitness levels.

To schedule your Pranassage appointment or for more information, contact Rebecca Bedel at 513-682-1205 or rbedel@mercyhealthplex.com.

**Cost of Pranassage**  
**1-Hour Sessions**

|            |       |
|------------|-------|
| 1 Session  | \$75  |
| 4 Sessions | \$260 |

**Please note: Cancellations for scheduled fitness appointments must be received 24 hours in advance to avoid being charged for the session. Sessions will not be pro-rated for missed classes.**



# Massage

Licensed Massage Therapist, Luther Risma, is a highly skilled, quality-driven professional with 16 years of experience as a Massage Therapist. He integrates conventional and alternative modalities to enhance his clients' health and wellness.

Book your appointment at the Member Services desk or call 513-682-1212.

**Massage Services**

|            | Members | Non-members |
|------------|---------|-------------|
| 30-minutes | \$49    | \$52        |
| 60-minutes | \$70    | \$75        |
| 90-minutes | \$103   | \$110       |

**Massage Packages**

**30-minutes**

|               |          |          |
|---------------|----------|----------|
| Package of 4  | \$191.10 | \$202.80 |
| Package of 8  | \$372.40 | \$395.20 |
| Package of 12 | \$529.20 | \$561.60 |

**60-minutes**

|               |          |          |
|---------------|----------|----------|
| Package of 4  | \$273.00 | \$292.50 |
| Package of 8  | \$532    | \$570    |
| Package of 12 | \$756    | \$810    |

**90-minutes**

|               |           |        |
|---------------|-----------|--------|
| Package of 4  | \$401.70  | \$429  |
| Package of 8  | \$782.80  | \$836  |
| Package of 12 | \$1112.40 | \$1188 |





Improving lives through guided exercise

Through healthcare provider-based referrals and guided exercise, MyFitRx pathways are designed to help you improve your level of physical activity and feel comfortable and confident about fitness.

## All *eight-week* pathways include:

- Assessments at the beginning and end of your pathway
- A customized exercise plan
- Two 60-minute supervised exercise sessions per week
- A summary report provided to you and made available to your provider
- Full membership access to your enrolling Mercy HealthPlex
- **Enrollment fee waived after pathway completion**

Ask your provider if a referral to MyFitRx is right for you. **Begin any pathway today for *just* \$99.**

Program is open to the community. Mercy HealthPlex membership not required.

Some prerequisites apply. Contact your nearest Mercy HealthPlex for details.



### Cancer Fitness

Guides movement to help reduce fatigue while improving muscle function and range of motion.



### Cardiac Fitness

Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.



### Cognitive Health

Uses exercise to help support and improve mental capacity, self-esteem, mood, sleep, energy and stress levels.



### Diabetes Fitness

Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and promoting healthy habits.



### Fit for Surgery

Helps build muscular strength and endurance prior to surgery to aid in recovery.



### Functional Fitness

Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.



### Orthopedic Fitness

Encourages strength training in targeted muscle groups after physical therapy.



### Pulmonary Fitness

Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.



### Transitional Care

Provides motivation to help improve stamina and health-related issues due to an inactive lifestyle.



### Weight Management

Encourages realistic goal setting for healthy weight and helps develop physical activity habits.





# Recreation

## Private Basketball Training MEMBERS ONLY

Children of all skill levels learn how to take their game to the next level, while improving confidence to be successful on and off the court.

Coach Deointay Walters, of Shine Training, played for Princeton High School and was named 2013 Defensive Player of the Year. He continued his successful playing career through community college and finished at Cumberland University leading the team in assists. Deointay currently coaches at Hamilton High School.

To get started, complete the Basketball Interest Form and drop off at the Member Services desk. We'll reach out to schedule your first appointment.

### Cost of Private Basketball Training

#### 1-Hour Sessions

|            |       |
|------------|-------|
| 1 Session  | \$40  |
| 4 Sessions | \$160 |
| 8 Sessions | \$240 |

#### 30-Minute Sessions

|            |       |
|------------|-------|
| 1 Session  | \$20  |
| 4 Sessions | \$80  |
| 8 Sessions | \$160 |

#### 1-Hour Buddy Training *(per participant)*

|            |       |
|------------|-------|
| 1 Session  | \$30  |
| 4 Sessions | \$120 |
| 8 Sessions | \$200 |

## Taekwondo MEMBERS ONLY

Jerome Whitaker - a third degree black belt - brings over 30 years of Taekwondo training experience to the center. Learn higher level basic motions, kicks and hand techniques along with self-defense forms such as sparring and breaking. Open to all ages.

**Session Days** Tuesdays and Thursdays

**Dates** September 22-November 15

**Time** 6:00-7:00 pm

**Cost** \$75 (8-Week Session)

Plus \$30 Uniform (Optional)

Register at the Member Services desk or call 513-682-1212.

# Tennis

### Adult Drop-In Clinic

Start your weekend on the courts! The drill and play format of this adult clinic engages players of all levels. Whether you have been playing for years or are somewhat new to the game, you will enjoy trading forehands and friendly banter with other tennis playing members of our community.

For more information, contact Patrick Fete at 513-682-1800 or pfete@mercyhealthplex.com.

**Day/Time** Saturdays at 9:00-10:00 am

**Cost per Drop-In**

\$22 Members, \$27 Non-members

*Please pay at the Member Services desk when checking in to the center.*

### Junior Drop-In Clinic

Designed for junior players ages 8-14, students learn the basic strokes of the game as well as rules and scoring. Students with some experience playing tennis will excel in this group, but beginners are also welcome!

For more information, contact Patrick Fete at 513-682-1800 or pfete@mercyhealthplex.com.

**Day/Time** Saturdays at 11:00 am-12:00 pm

**Cost per Drop-In**

\$18 Members, \$22 Non-members

*Please pay at the Member Services desk when checking in to the center.*

### Advanced Junior Clinic

Junior players who are competent in ground strokes, serves, and all-around play will be challenged with situational tactics, point play, and stroke production technique. This clinic is suited for students who are interested in playing tournaments or participating in inter-scholastic tennis.

To be approved for the advance clinic or for more information, contact Patrick Fete at 513-682-1800 or pfete@mercyhealthplex.com.

**Day/Time** Thursdays at 5:00-6:30 pm

**Cost per Drop-In**

\$27 Members, \$33 Non-members

*Please pay at the Member Services desk when checking in to the center.*

### Tennis Private Lessons

Private tennis lessons are available for students of all ages and playing abilities. Whether you are a true beginner or a lifetime player looking to add a few new dimensions to your game, the tennis staff is here to serve. Lessons can be scheduled at your convenience.

For more information, contact Patrick Fete at 513-682-1800 or pfete@mercyhealthplex.com.

### Cost of Private Tennis Lessons

|             | Members | Non-members |
|-------------|---------|-------------|
| 1 Session   | \$61    | \$76        |
| 6 Sessions  | \$330   | \$410       |
| 12 Sessions | \$620   | \$775       |







**Fairfield HealthPlex**

3050 Mack Rd., Fairfield, OH 45014  
513-682-1212  
[mercyhealthplex.com](http://mercyhealthplex.com)