

Community Classes and Events

Community Education and Screenings

Healthy Minds, Healthy Bodies Presented by Spectrum Health Gerber Memorial

Join us the second Thursday of every month as we discuss ways to keep your mind and body healthy.

Date	Time	Program
January 12	6:30 p.m. to 7:30 p.m.	2017 New Year's resolutions: This year can be different!
February 9	6:30 p.m. to 7:30 p.m.	MedNow: See a doctor from your home!
March 9	6:30 p.m. to 7:30 p.m.	The air we breathe: How to keep your lungs healthy

Healthy Minds, Healthy Bodies is free and open to the community. Light refreshments will be provided, and free Child Watch is available with an appointment.

Cost: Free

Location: Tamarac

For more information or to register, call 231.924.3073.

Space is limited.

Vascular Screenings

Spectrum Health is offering free vascular screenings, close to home, for high-risk patients. To qualify for a free vascular screening, you must be 60 or older and have at least two of the following:

- Diabetes
- Hypertension/high blood pressure
- History of smoking
- High cholesterol
- Family history of abdominal aortic aneurysm
- Family history of hardening of the arteries before age 60

Day	Date	Time
Wednesday	January 4	By appointment
Wednesday	March 1	By appointment

Cost: Free

Location: Gerber Memorial

To schedule your vascular screening, call 877.495.2626, option 4.

Blood Pressure Screening Clinics

Get your blood pressure checked often. Free blood pressure screenings are offered at Gerber Memorial the second Wednesday of every month, and at Tamarac on the fourth Wednesday of every month.

Day	Date	Time
Wednesday	January 11	8 a.m. to noon
Wednesday	February 8	8 a.m. to noon
Wednesday	March 8	8 a.m. to noon

Cost: Free

Location: Gerber Memorial Radiology Department

Day	Date	Time
Wednesday	January 25	8 a.m. to 10 a.m.
Wednesday	February 22	8 a.m. to 10 a.m.
Wednesday	March 22	8 a.m. to 10 a.m.

Cost: Free

Location: Tamarac

Diabetes Self-Management Education

Gerber Memorial's Diabetes Self-Management Education program provides group and individual education to people with diabetes and helps participants understand how simple choices can make a big difference in their health. The program is certified by the State of Michigan and recognized by the American Diabetes Association.

A primary care physician referral is required.

For more information and a class schedule, call 231.924.1866.

Location: Tamarac

Cardiopulmonary Resuscitation (CPR)

Heart Saver classes are free, open to the public and taught by our certified CPR instructors.

Day	Date	Time
Tuesday	January 10	8:15 a.m. to noon
Tuesday	February 14	8:15 a.m. to noon
Tuesday	March 14	8:15 a.m. to noon

Cost: Free

Location: Tamarac

Registration is required, and space is limited. Call 231.924.1192.

Stroke Support Group

Join us the first Thursday of every month for free information, inspiration and support as we discuss various topics regarding strokes and related issues. Patients, survivors, families and caregivers are welcome.

Day	Date	Time
Thursday	January 5	3:30 p.m. to 5 p.m.
Thursday	February 2	3:30 p.m. to 5 p.m.
Thursday	March 2	3:30 p.m. to 5 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Parkinson's Support Group

Join us the third Thursday of every month for free information, inspiration and support as we discuss various topics regarding Parkinson's disease. Patients, families and caregivers are welcome.

Day	Date	Time
Thursday	January 19	3:30 p.m. to 5 p.m.
Thursday	February 16	3:30 p.m. to 5 p.m.
Thursday	March 16	3:30 p.m. to 5 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Alzheimer's Support Group

Join us the fourth Thursday of every month for free information, inspiration and support as we discuss various topics regarding Alzheimer's disease and other forms of dementia and memory loss. Patients, families and caregivers are welcome.

Day	Date	Time
Thursday	January 26	3:30 p.m. to 5 p.m.
Thursday	February 23	3:30 p.m. to 5 p.m.
Thursday	March 23	3:30 p.m. to 5 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Answers on Alzheimer's

Meet one on one with an Alzheimer's Association community outreach coordinator to discuss your concerns and get your questions answered on the third Thursday of every month. Appointments are recommended, but walk-ins are welcome.

Day	Date	Time
Thursday	January 19	9 a.m. to noon
Thursday	February 16	9 a.m. to noon
Thursday	March 16	9 a.m. to noon

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Alzheimer's Program: The Basics—**Memory Loss, Dementia and Alzheimer's Disease**

What is the difference between normal memory loss and Alzheimer's disease? Learn more about the risk factors, the diagnostic process and brain changes that occur with dementias in this free class.

Day	Date	Time
Wednesday	February 8	1 p.m. to 2:30 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Tobacco and Nicotine Quit Information

Drop in to one of our free tobacco and nicotine quit information sessions to learn more about insurance coverage for tobacco and nicotine quit classes and medications, the second Thursday of every month. Gerber Memorial also offers individualized coaching and classes for youth, pregnant women and new moms.

Day	Date	Time
Thursday	January 12	5:30 p.m. to 6:30 p.m. Drop in anytime
Thursday	February 9	5:30 p.m. to 6:30 p.m. Drop in anytime
Thursday	March 9	5:30 p.m. to 6:30 p.m. Drop in anytime

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Quit 101: Smoking Cessation Class—Four-Week Series

Are you fed up with the costs of tobacco to your wallet and your health? Have you struggled to stop using tobacco, only to remain caught in the web of addiction? Quit 101 focuses on tips to help you develop a quit plan and strategies that will work for you.

Day	Dates	Time
Wednesdays	March 1 to March 22	6 p.m. to 7:30 p.m.

Cost: Free

Location: The Stream, Newaygo

To register, call 231.924.3073.

Freedom From Smoking®—Eight-Week Series

Join the American Lung Association's successful tobacco and nicotine quit program. You will get a workbook, a DVD and the support you need to quit for good.

Day	Dates	Time
Wednesdays	January 11 to February 22	6 p.m. to 7:30 p.m.
Friday	February 3	6 p.m. to 7:30 p.m.

Cost: \$25; financial assistance available

Location: Tamarac

For more information or to register, call 231.924.3073.

Participants will be eligible to receive a free month membership at Tamarac.

Freedom From Smoking and individual tobacco cessation counseling are also offered by District Health Department No. 10. For more information, call the health department at 231.305.8659.

Hope and Healing Support Group

Spectrum Health Hospice offers the following sessions to provide information about the grief experience. Sessions are open to the community and geared toward adults who have had a loss within the past year. A minimum of four participants is needed to hold the group.

Day	Date	Time
Wednesday	January 11	10 a.m. to 11 a.m.
Wednesday	February 8	10 a.m. to 11 a.m.
Wednesday	March 8	10 a.m. to 11 a.m.

Cost: Free

Location: Tamarac

Registration is required; call 616.391.4312 or email hospicebereavement@spectrumhealth.org.

Weight Empowered (formerly TEAM)

Join others in your weight loss or weight management journey for an encouraging time of group coaching and support, weekly weight tracking and more.

Day	Time	Location
Tuesdays	5:30 p.m. to 6:15 p.m.	Tamarac
Wednesdays	11 a.m. to 11:45 a.m.	Tamarac
Wednesdays	3:45 p.m. to 4:30 p.m.	The Stream, Newaygo

Cost: \$10 a month for Tamarac members or \$20 a month for nonmembers

For more information or to sign up, call 231.924.3073.

OPTIFAST® Weight Management Program

OPTIFAST is a comprehensive weight management program that combines lifestyle education with medical monitoring and meal replacements. This program includes:

- Meal replacement products
- Lifestyle education
- Expert counseling
- Medical supervision
- Weekly support with health coach
- One year of weekly classes covering behavioral, nutrition and physical activity topics

Free OPTIFAST Information Session

Day	Date	Time
Tuesday	January 31	5:30 p.m.

Location: Tamarac

For more information or to register for the information session, please call 231.924.3073.

Grocery Store Tours

Led by a registered dietitian, you'll learn how to read nutrition labels and make healthy food choices. The grocery store tours are free and include healthy shopping information and lists.

Date	Time	Store
January 12	9 a.m. to 10:30 a.m.	Bill's Shop-N-Save
January 19	5:30 p.m. to 7 p.m.	Bill's Shop-N-Save
February 14	9 a.m. to 10:30 a.m.	Walmart
February 21	5:30 p.m. to 7 p.m.	Walmart
March 9	5:30 p.m. to 7 p.m.	TBD
March 16	9 a.m. to 10:30 a.m.	TBD

Cost: Free

Registration is required. Must be 13 years or older to participate. For more information or to sign up, call 231.924.3073.

MyLife Care Planning

Is your living will enough? Who will speak for you when you cannot speak for yourself? Make your wishes known and be involved in the decision-making process while you are able, giving yourself peace of mind and lifting the burden from your loved ones.

MyLife Care Planning is an internationally recognized care model that helps you put the kind of end-of-life care you want in writing. Spectrum Health Advance Directive Services are free and do not require an attorney.

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Michigan Blood Saves Lives—Be a Donor

Donating blood is the simplest way to help save lives. Giving blood with Michigan Blood helps ensure that your donation stays local.

Day	Date	Time
Friday	January 6	7 a.m. to 1 p.m.
Friday	March 3	7 a.m. to 1 p.m.

Location: Gerber Memorial Hospital

Childbirth Education

Early Pregnancy (first trimester to 20 weeks)

This free class is designed to help you have a healthy pregnancy. For more information, call 231.924.1344.

Preparation for Childbirth (second or third trimester)

This five-week class will help you prepare for labor and delivery, and will include relaxation and pain-management techniques, infant massage, CPR, breastfeeding, and new mom and baby care. Classes are taught by certified childbirth educators and registered nurses.

Day	Time
Mondays	6 p.m. to 8:30 p.m.
Wednesdays	6:30 p.m. to 9 p.m.

Cost: Covered by most insurance plans

Location: Tamarac

For more information, call 231.924.1344.

HypnoBirthing

This five-week childbirth class teaches that severe discomfort doesn't need to be a natural accompaniment of birth when a woman is properly prepared and trusts her body.

Cost: Covered by most insurance plans

Location: Tamarac

For more information, call 231.924.1344.

Big Kids' Class

This free class is designed for kids 3 to 10 years old and teaches them about becoming big brothers or sisters. They will learn about their new role and how to help care for the new baby. Class includes a DVD, information about babies and a tour of the Gerber Memorial Birth Center.

For more information, call 231.924.1344.

Infant CPR

This free class teaches you how to take action if an infant begins to choke or stops breathing. The class is taught by an American Heart Association certified instructor. Grandparents are welcome. For more information, call 231.924.1344.

Breastfeeding: One of the Best Gifts You Can Give Your New Baby!

Join this free class for up-to-date breastfeeding information and the tools to be successful. The class is taught by a certified lactation consultant. For more information, call 231.924.1344.

Childbirth Review

This class reviews labor, delivery, relaxation and breathing for those who have previously taken childbirth classes.

Cost: Covered by most insurance plans

For more information, call 231.924.1344.

Tamarac, a member of Spectrum Health

At Tamarac you'll find certified trainers, a café, a swimming pool, an exercise facility, a full-service spa, community events and fitness classes for every level. Tamarac also offers a range of affordable membership options that fit your needs. For more information about membership, call 231.924.1600.

Holiday Hours

New Year's Day, January 1: Noon to 5 p.m.

Tamarac

Monday through Thursday: 5 a.m. to 9 p.m.

Friday: 5 a.m. to 8 p.m.

Saturday: 6 a.m. to 5 p.m. Sunday: Noon to 5 p.m.

For more information, call 231.924.1788 or visit tamaracwellness.org.

Tree House Child Watch*

Monday through Thursday: 8 a.m. to 8 p.m.

Friday: 8 a.m. to 1 p.m.

Saturday: 8 a.m. to noon Sunday: Noon to 4 p.m.

*Child Watch is now free with a Tamarac membership.

The Skincare Center & Spa at Tamarac

Sunday: Closed

Monday to Thursday: 9 a.m. to 7 p.m.

Friday: 9 a.m. to 5 p.m.

Saturday: By appointment only

To make an appointment or for more information, call the Spa at 231.924.7800 or visit tamaracwellness.org/thespa.

Family Swim at Tamarac

Monday: 6 p.m. to 8 p.m.

Friday: 4 p.m. to 7 p.m.

Saturday: 11:45 a.m. to 2:30 p.m. Sunday: Noon to 2 p.m.

Family swim is free for Tamarac members. For nonmembers, it is free for children up to age 12 and \$10 for adult nonmembers.

Note: There must be an adult in the pool area for each child at all times.

Special Events at Tamarac

Help us celebrate 10 years!

Tamarac turns 10 in 2017, and we're celebrating all year long.

Join us on the 17th of every month for a special event as we anticipate our upcoming birthday. For more information about birthday events, follow us on Facebook, visit the Welcome Center at Tamarac or call us at 231.924.1600.

Super Tuesday: Class Sampler

Tuesday, January 17

6 p.m. to 8 p.m.

Join us for a two-hour class sampler, where you can participate in all your favorite Tamarac fitness classes in one evening. Each class is 20 minutes with a 10-minute break.

Cost: Free for members; \$5 for nonmembers

For a class schedule and to register, visit tamaracwellness.org. Space is limited, and registration is required.

Couples' Fitness and Kids' Night Out

Friday, February 17

Kids' Night Out: 5 p.m. to 9 p.m.

Couples' Yoga: 5:15 p.m. to 6:15 p.m.

Couples' Boot Camp: 6:30 p.m. to 7:30 p.m.

Spend part of your Valentine's weekend with us. Grab your partner or a friend and join us for a night of good endorphins while the Tree House keeps your children entertained at Kids' Night Out.

Cost: Kids' Night Out: \$12 per child

Couples' Yoga and Boot Camp: Free for members; \$5 for nonmembers

Registration is required; call 231.924.1600 to reserve your place. Space is limited.

Spa Event and Kids' Night Out

Friday, March 17

5 p.m. to 9 p.m.

Bring a friend and join us for hors d'oeuvres and refreshments, sample industry-leading skincare products, experience our medical aesthetic services and more at The Skincare Center & Spa at Tamarac. And, as a bonus, the Tree House is hosting a Kids' Night Out, so you have child care.

Cost: Spa event: Free

Kids' Night Out: \$12 per child

Registration is required for Kids' Night Out. Call 231.924.1600 to reserve your child's place. Space is limited.

Cycle Fest 2017

Saturday, February 4

8 a.m.

Test your endurance with other athletes of all levels in our annual three-hour indoor winter cycling event led by our team of instructors. Bring your water, grab some towels and get ready to ride! Registration opens the Monday prior to the event.

Cost: Free for members; \$5 for nonmembers

Tamarac's Running Club

Cost: Free for members and nonmembers; all distances and abilities welcome

Day: Saturday mornings

Location: Tamarac lobby, 8 a.m.

Group Fitness Classes

All group fitness classes are free for Tamarac members. Nonmembers may purchase class passes, five classes for \$25 (may mix and match). For more information, call 231.924.1600.

For a complete group fitness schedule, visit tamaracwellness.org.

SF = Senior-friendly classes

PE = Safe for expectant mothers

NEW! Barre Fusion

Intensity: moderate

Toning exercises fuse Pilates, yoga and weight training.

NEW! Body Sculpt

Intensity: low to moderate

This low-intensity workout is designed to systematically strengthen each muscle group in the body.

Cardio Blast

Intensity: moderate to high

Heart-pumping cardio class uses track work and weight lifting. No two classes are the same!

NEW! Core'n'Stretch

Intensity: low to moderate

Increase your flexibility and strengthen your core and spine in a class open to all abilities and limitations.

NEW! CycleFit

Intensity: high

This class is a unique combination of cycling and strength training for a solid conditioning workout.

Energize  

Intensity: low to moderate

We all want more energy, which is why Tamarac has created Energize! This low-impact cardio, strength and stretching class was designed for just about anyone, regardless of physical ability. It doesn't always take a high-impact, fast-paced class to get results. Come try Energize, and let us show you the difference!

Extreme Circuit

Intensity: moderate to high

Train like athletes in this high-intensity circuit-style workout. Our instructor creates a full-body program that builds strength and lean muscle mass to increase your metabolism all day long.

FAST (Functional Agility and Strength Training)

Intensity: moderate to high

If a high-energy exercise class is what you are looking for, then you definitely need to check out FAST! This circuit-training class will not only teach you a variety of full-body exercises but will also help you maximize your calorie burn by combining short bursts of cardiovascular exercise with form-perfect strength-training exercises. You'll use your own body weight and lightweight accessory equipment. NEW! Evening classes offered in 2017.

Kidding Around Yoga 

Intensity: low

Kids will experience creative instruction in meditation, breathing, relaxation, fitness, games and activities, and stress management. (Recommended for children 6 to 12.)

Pilates  

Intensity: low to moderate

Improve your core strength and posture while practicing proper breathing techniques.

PiYo  

Intensity: low to moderate

PiYo is a blend of Pilates and yoga designed to strengthen the core and create long, lean lines using resistance bands, balls and rings. This class brings together stretching and isometric exercises to increase your range of motion and circulation, reduce your risk of falls or injuries, and gain the best results from your workouts.

POUND 

Intensity: moderate

Using Ripstix , lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

Power Yoga

Intensity: moderate to high

This one-hour class offers a vigorous fitness-based approach to Vinyasa-style yoga.

NEW! Quick HIIT

Intensity: high

It's a short, high-intensity interval workout to turn up the metabolic heat for long-lasting effect.

Restorative Yoga

Intensity: low

Soothe the nervous system with the use of props and a few simple poses to achieve a deep level of relaxation.

Slow Flow Yoga

Intensity: low to moderate

This class teaches yoga fundamentals in a traditional format with Pranayama (breath control), Asana (postures) and meditation.

Spinning 

Intensity: moderate to high

Regardless of your age, weight or skill level, Tamarac's Spinning class is a great way to work on your fitness goals. Reserve your seat by calling 231.924.1884.

Weekend Warrior

Intensity: moderate to high

This yoga class is specifically targeted to athletes and focuses on shoulder and hip mobility and strength.

Yoga

Intensity: moderate

This is a 60-minute yoga class focused on pose breakdowns and transitions as you work through a series of poses.

Zumba®

Intensity: moderate to high

Zumba is an exhilarating, effective and easy-to-follow Latin-inspired calorie-burning activity that moves you toward optimal health.

Specialty Fitness Classes

For more information about Tamarac's specialty fitness classes, call 231.924.1600 or visit tamaracwellness.org.

Intro to Weight Training

Break out of your cardio comfort zone. In this six-week weight lifting class, you'll learn basic weight training techniques to help you improve your overall strength and expand your exercise program. The class size is small; two to three people per class, taught by one of our fitness specialists.

Cost: \$50

Knockout

This is an intense 60-minute workout with kicking, punching and lifting to test your stamina and build strength. It's a small class environment with tailored programming and multiple options each week.

Cost: \$75 for members; \$99 for nonmembers (12 class passes)

Suspension Training

Train every muscle group in your body with a workout that utilizes gravity and body weight to emphasize muscular balance, control and strength.

Cost: \$75 for members; \$99 for nonmembers (12 class passes)

Pickleball

Pickleball is one of the fastest-growing sports in the United States. It's a combination of table tennis, badminton, tennis and racquetball. It's fast-paced, easy to learn, great exercise and fun for all ages. All are welcome.

Day	Time
Tuesdays	5:30 p.m. to 7:30 p.m.
Thursdays	5:30 p.m. to 7:30 p.m.

Cost: \$5 for drop-in pickleball; punch cards available for \$65
Location: Fremont Rec Center

Tai Chi for Health: Beginner

Learn the 12 basic movements of the sun style, with gentle, agile and powerful qigong exercises to improve breathing, facilitate relaxation and promote healing. The Centers for Disease Control and Prevention recognizes the use of tai chi for arthritis and fall prevention. Seven-week series. For dates and times or to register, call 231.924.1788.

Day	Date	Time
Thursdays	January 5 to February 16	5 p.m. to 6 p.m.

Cost: Tamarac members \$20; nonmembers \$30

Location: Tamarac

Tai Chi for Health: Intermediate

Students learn to do nine new movements. Learning and practicing tai chi can improve overall health and help with arthritis and fibromyalgia symptoms. The benefits are cumulative and compound over time. Seven-week series. For dates and times or to register, call 231.924.1788.

Day	Date	Time
Tuesdays	January 3 to February 14	5 p.m. to 6 p.m.

Cost: Tamarac members \$20; nonmembers \$30

Location: Tamarac

Tai Chi for Health: Continuing Practice

This class is for students who have reached comfortable levels of practice with the 12 basic movements, reverse of the 12 basic movements, the nine intermediate movements and the reverse of the nine intermediate movements. Seven-week series. For dates and times or to register, call 231.924.1788.

Day	Date	Time
Mondays	January 9 to February 20	5 p.m. to 6 p.m.

Cost: Tamarac members \$20; nonmembers \$30

Location: Tamarac

Aquatic Classes

Tabata Bootcamp

Intensity: low to high

This intense workout is designed around intervals of work and rest to keep the heart pumping, burn calories and challenge your muscles.

Hydro Blast ^{PE} ^{SF}

Intensity: low to high

Get everything from deep-water exercises to kickboxing while challenging yourself against the waves!

Aqua Fitness  

Intensity: low to high

Improve your endurance and core strength while splashing around in the pool during a total-body workout! This is a low-impact cardiovascular class designed for all ages and levels.

Aqua Power  

Intensity: low to moderate

Get body tone and strength using only aquatic weights and the water's natural resistive properties.

Aqua Fusion 

Intensity: low to high

Dive into a class that has it all: cardio, toning, games and aqua toys! No two classes are alike.

Arthritis Aquatic Program 

Intensity: low

Gentle activities in our warm-water therapy pool will help you gain strength and flexibility and help decrease pain and stiffness in your joints and muscles.

Deep-Water Challenge

Intensity: moderate to high

With the use of buoyancy tools, challenge your core and limbs to move against the resistive properties of the water.

vSwim Lessons

Adults and Children Private Swim Lessons

Learn to swim or improve your strokes with one-on-one instruction for adults and children. We welcome all swim abilities and will go through each level at your desired pace.

Cost: Tamarac members	Nonmembers
\$20, 30-minute session	\$35, 30-minute session
\$40, 60-minute session	\$55, 60-minute session

Location: Tamarac

Classes are six weeks, 30 minutes, with a maximum of 10 participants and parents in the pool with child. Call 231.924.1788.

Day	Dates	Time
Saturdays	January 28 to March 4	8:30 a.m. to 9 a.m.

Cost: Tamarac members \$50; nonmembers \$75

Location: Tamarac

Beginners/Tadpoles—According to Ability Level

Classes are six weeks, 30 minutes, with a maximum of 10 participants and parents in the pool with child. Call 231.924.1788.

Day	Dates	Time
Saturdays	January 28 to March 4	9 a.m. to 9:30 a.m.

Cost: Tamarac members \$50; nonmembers \$75

Location: Tamarac

Tadpoles/Frogs—According to Ability Level

Classes are six weeks, 30 minutes, with a maximum of 10 participants and parents in the pool with child. Call 231.924.1788.

Day	Dates	Time
Saturdays	January 28 to March 4	9:30 a.m. to 10 a.m.

Cost: Tamarac members \$50; nonmembers \$75

Location: Tamarac

Sharks—According to Ability Level

Classes are six weeks, 45 minutes, with a maximum of 10 participants. Call 231.924.1788.

Day	Dates	Time
Saturdays	January 28 to March 4	9:30 a.m. to 10 a.m.

Cost: Tamarac members \$50; nonmembers \$75

Location: Tamarac

Swim class times are subject to change based on enrollment.

Beginners—6 Weeks to 3 Years