

Program Instructors



Program Coordinator

Cheryl Van Demark, PT is a registered Yoga teacher and physical therapist with a master's degree in physical education and exercise science. She has enjoyed over 25 years

of helping individuals learn to relieve pain and enjoy Health in Motion. Cheryl and her incredible faculty teach evidence-based mindful movement practices matched with the breath, as a vehicle to unify the body, mind and spirit and thus embark on a positive path to optimal health.

Libby Smith, PhD, EdD is an educator, author, international speaker, mentor, Personal Trainer, Yoga instructor, and an Ordained Minister. Libby has taught at the university level in areas of Sociology, Psychology, Human Sexuality, Marriage and Family, Lifetime Fitness, and Yoga. She is Founder and Director of Wind Horse Wellness.



Zenda Sergio is a certified 12 year veteran of the Pilates Method. Zenda's life experience and her work with her clients has taught her that the decline of flexibility, mobility and function are not inevitable - but most probably the result of misalignments

addressed through the Pilates Method. Zenda currently works full time as a private instructor at Prescott Pilates Studio.

Aaron Kravetz has made a full time career of Chinese Martial Arts for the past 27 years. He has focused on the powerful and scientifically proven therapeutic aspects of Tai Chi, Meditation and Balance for the past decade.



His teaching technique is fun, engaging and an effective form of therapeutic movement. The arts he teaches can be practiced for the rest of your life. Aaron is the founder of Prescott Tai Chi.



Deborah Korda teaches Arthritis Aquatics, has been an instructor at the YMCA for the past six years and developed the Aqua Yoga program for the 'Y'. It is Deborah's great pleasure to share these techniques with others! She teaches in multiple

aquatic facilities around the Quad-Cities.

HEALTH



JOINT INVESTORS

PROGRAM DATES: Sept. 28 - Nov. 20, '09

Group Personal Training Sessions

Mon. & Fri.

6:30 - 7:30am **or** 7:45 - 8:45am

or 12 - 1pm **or** 5:30 - 6:30pm

(Other hours available by appointment)

Aquatic Exercise

Saturday 10:30 - 11:30am **and/or**

Thurs. 5:30 - 6:30pm

Mindful Movement & Arthritis Education

Tues. 5:30 - 7:00pm *

or Wed. 2:00 - 3:45pm †

** Classes held at The Adult Center of Prescott*

† Classes held at the Center for Physical Excellence

Program Fees:

Take the full Joint Investors Program or register for separate program components:

- Mindful Movement and Arthritis Education (8 Classes) : \$160
- Aquatic Exercise: \$75
- Small Group Weight Training (with physical therapist): 3 sessions/\$120 or 6/\$216 or 10/\$320
- Individual Personal Training or private Yoga with the physical therapist: \$85/hr.

Get a 15% price break when you sign up for the full program and an additional 15% discount for cash payment. Please refer to our web site for details.

Registration Deadline

Sept. 24, 2009

**Options Available to
Bill Health Insurance**

Registration and Questions:

Cheryl Van Demark, PT 928.925.4388

www.HealthInMotionAZ.com