

# Reach

Together in health and happiness

---

Spring 2025

---

## HOW TO REGISTER

To register for classes, visit [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes) or call 702.616.4900.









# Fitness

## Bingocize®

This fun, familiar, and unique edition of bingo combines a bingo-like game with exercise. Bingocize® has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

**GV** Thursdays, 2:30 to 3:30 p.m.  
FREE

## HIGH Fitness

High energy, intense group fitness experience led by Kristi that combines modern fitness techniques with music you know and love.

**NLV** Mondays, 9:30 to 10:30 a.m.

**HYBR** Meeting ID: 967 1470 7853  
Password: 370732  
FREE

**WEST** Saturdays, 9 to 10 a.m.  
FREE

**BLUE** Thursdays, 9:30 to 10:30 a.m.

Meeting ID: 928 438 7723  
No Password Needed  
FREE

## High Fitness and High Yo

This Yoga inspired class incorporates stretching, strength and balance to help you take care of your body, prevent injuries, and maintain overall good health!

**BLUE** **HYBR** Tuesdays, 9 to 10 a.m.  
**HI Fitness (Low Body Toning)**  
Tuesdays, 9:30 to 10 a.m.  
Meeting ID: 928 438 7723  
FREE

**NLV** **HYBR** Tuesdays, 9:30 to 10:30 a.m.  
Meeting ID: 967 1470 7853  
Password: 370732

## Surge Strength

Targeted, high-rep weight training class led by Kristi, set to music you know and love!

**NLV** **HYBR** Wednesdays,  
9:30 to 10:30 a.m.  
Meeting ID: 967 1470 7853  
Password: 370732  
FREE



## Surge Fit

High cardio and weight training, set to music you know and love!

**NLV** **HYBR** Thursdays, 9:30 to 10:30 a.m.  
Meeting ID: 967 1470 7853  
Password: 370732  
FREE

## Enhance Fitness

Exercise group programs help older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

**GV** Mondays, Wednesdays, and  
Fridays, 9 to 10 a.m.  
Tuesdays, Thursdays, 8 to 9 a.m.  
Tuesdays, Thursdays,  
1:15 to 2:15 p.m.  
Meeting ID: 2662794587  
FREE

**WEST** Mondays and Wednesdays,  
1:30 to 2:30 p.m.  
Tuesdays and Thursdays  
8:30 - 9:30 a.m.  
Meeting ID: 937 2168 6896  
Password: 927227  
FREE

**HEND** Mondays, Wednesdays, and  
Fridays, 9 to 10 a.m. and 10:15  
to 11:15 a.m.  
FREE

**SAHA** Mondays 8:45am - 9:45

**BLUE** Mondays 2 p.m. to 3 p.m.

## Gentle Yoga

Gain flexibility and balance.

**WEST** **HYBR** Mondays & Wednesdays,  
9:30 to 10:30 a.m.  
\$5 per session or five sessions  
for \$20

**BLUE** **HYBR** Mondays 11 a.m. - 12 p.m.  
Meeting ID: 946 887 49631  
Passcode: 451695

**GV** Tuesdays, Thursdays, 10 to 11 a.m.  
in person only \$5 per session  
or five sessions for \$20

**HEND** Tuesdays, Thursdays, 10 to 11 a.m.

## Beginner Yoga

Join our instructors in learning gentle poses, slow stretching, focused breath work, and guided meditation.

**BLUE** Mondays, 12 to 1 p.m.  
**FLAM** Thursdays, 11 a.m. to noon  
FREE

## Mixed-Level Yoga

Requires experience beyond basic beginner. Bring a block and strap, if possible.

**WEST** Mondays & Wednesdays,  
8:30 to 9:30 a.m.  
\$5 per session or five sessions  
for \$20

## Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures to build strength, balance, and flexibility.

**FLAM** **HYBR** Monday and Thursdays,  
8:30 to 9:30 a.m.  
Meeting ID: 913 3688 1442  
Password: Wellness  
FREE

## Take It Easy/Chair Yoga

With a focus on breath and body awareness, this gentle chair-based class is excellent for beginners and those with limited mobility. All levels welcome.

**HEND** Tuesdays and Thursdays,  
1 to 2 p.m. FREE

## Yin Yoga

**FLAM** **HYBR** Mondays and Thursdays,  
9:45 to 10:45 a.m.  
Meeting ID: 964 9303 1685  
Password: Wellness

## UpBeat Barre

A low impact fitness class that fuses strength training, Ballet, Yoga, and Pilates with popular music to create a sweaty, fun and balanced workout with varying levels of intensity designed to include everyone.

**BLUE** Mondays, 9:30 to 10:30 a.m.  
ID: 928 438 7723  
No Password Needed  
FREE

**FLAM** Fridays, 9:30 to 10:30 a.m.  
FREE

## Tai Ji Quan: Movement for Better Balance - Level 1

A balance class for adults at risk for falls. Improves muscle strength, balance, flexibility, posture, and mobility. Best results are achieved by completing level 1 and level 2 twice weekly for three months.

**ZOOM** Mondays and Wednesdays,  
9 to 10 a.m.  
To register call 702.612.7201  
ID: 99105069117  
Passcode: 172186

## Tai Ji Quan: Moving for Better Balance - Level 2

Have you completed Tai Ji Quan: Moving for Better Balance program and want to keep your Tai Ji Quan skills going? Join Gwen for this class as she covers Level 2.

**GV** **HYBR** Mondays and Wednesdays,  
12 to 1pm, starting April 21  
To register call 702.612.7201  
ID: 99105069117  
Passcode: 172186

**FLAM** Tuesdays and Thursdays,  
Starting May 6, 3 p.m. to 4 p.m.  
To register, call 702.620.7800

## Tai Ji Quan: Moving for Better Balance - Ongoing Level 2

Continue your progress at your level of balance challenge

**GV** Mondays and Wednesdays 11 a.m.  
to 12 p.m., starting April 21  
To register call 702.612.7201

## Intro to Tai Chi Qigong

**GV** Mondays at 1 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

## Beginning Tai Chi

**GV** Wednesdays at 1 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

## Intermediate Tai Chi

**GV** Wednesdays at 2 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

## Advanced Tai Chi

**GV** Mondays at 2 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

# Screenings & Survivorship

## Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program. Please email Richard at Richard.Davis@commonspirit.org for more information.

## Health Screenings

Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently?

**GV** May 13, 8 a.m. to 10 a.m.  
Call 702.616.4902 to schedule an appointment.

Many classes require registration. Register online at [StRoseHospitals.org/Classes](https://www.strosehospitals.org/classes)

## CLASS LOCATIONS

Classes are offered at various locations. Please note the location codes below each class date/time, then refer to the location map and addresses on the back cover.

## MONTHLY eNEWSLETTER

Sign up for our monthly newsletter, delivered the first Friday of every month for the month's class listings. Send your email address to [Jemaima.Tagayuna@commonspirit.org](mailto:Jemaima.Tagayuna@commonspirit.org).

### LOCATION KEY



The Womens Care/Outreach Centers have supported Dignity Health St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost fitness, health, nutrition, pregnancy/parenting, and wellness classes are offered at our seven convenient locations. For information, visit [StRoseHospitals.org](http://StRoseHospitals.org).



- GV** **WomensCare/Outreach Center**  
Green Valley  
2651 Paseo Verde Parkway  
Suite 180  
702.616.4901
- HEND** **WomensCare/Outreach Center**  
Henderson  
Rose de Lima Campus  
102 E. Lake Mead Parkway  
702.616.4378
- ZOOM** **ZOOM** (virtual)
- HYBR** **HYBRID**  
(choose in person or Zoom)
- WEST** **WomensCare/Outreach Center**  
Las Vegas  
7220 S. Cimarron Road  
Suite 195  
702.616.4910
- SAN** **San Martín Campus**  
Las Vegas  
8280 W. Warm Springs Road  
702.616.4900
- SIENA** **Siena Campus**  
Henderson  
3001 St. Rose Parkway  
702.616.5000

- WELLNESS CENTERS**
- BLUE** **Blue Diamond Campus**  
Las Vegas  
4855 Blue Diamond Rd.  
Suite 220  
702.620.7025
- NLV** **North Las Vegas Campus**  
North Las Vegas  
1550 W. Craig Rd.  
Suite 250  
702.620.7862
- FLAM** **West Flamingo Campus**  
Las Vegas  
9880 W. Flamingo Rd.  
Suite 220  
702.620.7800
- SAHA** **Sahara Campus**  
Las Vegas  
4980 W. Sahara Avenue  
Suite 220  
725.307.8901



Please scan the QR code to access the current issue of Reach Magazine

**Donate to the St. Rose Dominican Health Foundation**  
Help support our community wellness programs and consider donating to our Health Foundation at [SupportStRose.org](http://SupportStRose.org).