

# SUMMER 2015

## ACTIVITY CLASS REGISTRATION

\*Online registration begins week of April 27<sup>th</sup> and ends May 12<sup>th</sup> at noon. You will register and pay online at: [go.udayton.edu/hrwellness](http://go.udayton.edu/hrwellness). A Rec Plex membership is NOT required to attend these classes. In addition, you must sign a [medical waiver](#) to attend classes. This form is available to download on the wellness website as well as the online registration home page and must be signed to attend classes.

### **INDOOR CYCLING**

**Dates:** May 20 – July 29, Mon. & Wed.  
**Time:** 7:05 am - 7:50 am  
**Location:** Rec Plex Studio Room A  
**Instructor:** Willie Morris  
**Fee:** \$15.00

### **YOGA**

**Dates:** May 20 – July 31, Wed. & Fri.  
**Time:** 12:05 pm -12:50 pm  
**Location:** Rec Plex Studio A  
**Instructor:** Melissa Ledinsky  
**Fee:** \$15.00

### **ROWING**

**Dates:** May 19 – July 30, Tues. & Thurs.  
**Times:** 12:05 pm - 12:50 pm  
**Location:** Frericks Rm 33  
**Instructor:** Mike Wenker (UD rowing coach)  
**Fee:** \$15.00

### **MUSCULAR STRENGTH & ENDURANCE**

**Dates:** May 19 – July 30, Tues. & Thurs.  
**Time:** 7:15 am – 8:15 am  
**Location:** Rec Plex Studio B & Weight Rm  
**Instructor:** Pam Nelson  
**Fee:** \$15.00

### **CONCOURSE CIRCUIT**

**Dates:** May 19 - July 30, Tues. & Thurs.  
**Time:** 12:05 pm - 12:50 pm  
**Location:** UD Arena  
**Instructor:** Pam Nelson  
**Fee:** \$15.00

### **PILATES**

**Dates:** May 19 – July 30, Tues. & Thurs.  
**Time:** 12:05 pm - 12:50 pm  
**Location:** Rec Plex Studio Room B  
**Instructor:** Melissa Ledinsky  
**Fee:** \$15.00

### **ZUMBA**

**Dates:** May 19 – July 30, Tues. & Thurs.  
**Time:** 12:05 pm - 12:50 pm  
**Location:** Rec Plex Studio Room A  
**Instructors:** Marcia Perio Epps  
**Fee:** \$15.00

### **YOGA- 4 week session**

**Dates:** May 19 – June 11, Tues. & Thurs.  
**Times:** 12:05 pm – 12:50 pm  
**Location:** Fitz Hall, Dance Studio Rm 159  
**Instructor:** Robin Oldfield  
**Fee:** \$10.00

### **BODY SCULPTING**

**Dates:** May 20 – July 29, Mon. & Wed.  
**Time:** 12:05 pm - 12:50 pm  
**Location:** Rec Plex Studio B  
**Instructor:** Marcia Perio Epps  
**Fee:** \$15.00

### **WALKING CLUB**

**Dates:** May 20 to July 29, Mon. & Wed.  
**Time:** 12:00 pm - 1:00 pm  
**Location:** Rec Plex Walking Track  
**Instructor:** Walking Leaders  
**Fee:** \$15.00

**\*\*NO CLASSES ON THE FOLLOWING DATE: Monday, May 25<sup>th</sup>\*\***