

FACULTY AND STAFF WELLNESS PROGRAM FALL 2016 - ACTIVITY CLASSES

Online registration begins on Tuesday, August 9th and ends Tuesday, August 23rd at noon. Go to 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](#) and must be signed to attend classes.

INDOOR CYCLING

DATE: Mon & Wed, Aug 29 - Dec 14
TIME: 7:05 am - 7:50 am
LOCATION: Rec Plex Studio A
INSTRUCTOR: Willie Morris
FEE: \$20.00

ROWING

DATE: Tues & Thurs, Aug 30 - Dec 15
TIME: 12:05 pm - 12:50 pm
LOCATION: Frericks Rm 33
INSTRUCTOR: Emilie Gross
FEE: \$20.00

MUSCULAR STRENGTH & ENDURANCE

DATE: Tues & Thurs, Aug 30 - Dec 15
TIME: 6:45 am - 7:45 am
LOCATION: Rec Plex Studio B & Weight Room
INSTRUCTOR: Rich Munn
FEE: \$20.00

LaBLAST FITNESS

DATE: Tues & Thurs, Aug 30 - Dec 15
TIME: 5:00 pm - 5:45 pm
LOCATION: Rec Plex Studio B
INSTRUCTOR: Dana Tobias
FEE: \$20.00

WALKING CLUB

DATE: Mon & Wed, Aug 29 - Dec 14
TIME: 12:00 pm - 1:00 pm
LOCATION: Rec Plex Track
FEE: \$20.00

FLYIN' TO THE FINISH- TRAIN FOR YOUR FIRST 5K

DATE: Tues & Thurs, Aug 30 - Oct 20
TIME: 5:00 pm - 5:45 pm
LOCATION: Rec Plex meeting point/outside or track
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00 (Wellness will pay for 5K registration)

PILATES

DATE: Tues & Thurs, Aug 30 - Dec 15
TIME: 12:05 pm - 12:50 pm
LOCATION: Rec Plex Studio B
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00

ZUMBA

Date: Tues & Thurs, Aug 30 - Dec 15
TIME: 11:15 am - 12:00 pm
LOCATION: Rec Plex Studio B
INSTRUCTOR: Marcia Perio Epps
FEE: \$20.00

BODY SCULPTING

DATE: Mon, Wed & Fri, Aug 29 - Dec 16
TIME: 12:05 pm - 12:50 pm
LOCATION: Rec Plex MAC Gym
INSTRUCTOR: Marcia Perio Epps
FEE: \$20.00

AFRICAN DANCE

DATE: Mon & Wed, Aug 29 - Dec 14
TIME: 5:00 pm - 5:45 pm
LOCATION: Rec Plex Studio B
INSTRUCTOR: Dorothy Mensah Aggrey
FEE: \$20.00

CONCOURSE CIRCUIT

DATE: Tues & Thurs, Aug 30 - Dec 15
TIME: 12:00 pm - 1:00 pm
LOCATION: UD Arena
INSTRUCTOR: Kelly Nadeau
FEE: \$20.00

Personal Training: Application required/anonymous selection by committee; \$55.00 for 8 sessions with Rec Plex Personal Trainers. Contact Maci Byers if interested at 229-2743. Open to 12 Benefit Eligible employees.

MIND BODY CLASSES

YOGA - Fitz Hall

DATE: Mon & Wed, Aug 29 - Dec 14
TIME: 11:15 am - 12:00 pm
LOCATION: Fitz Room 659
INSTRUCTOR: Ranjani Powers
FEE: \$20.00

YODA NIDRA

DATE: Mondays Sept 12 to Oct 17
TIME: 11:15 am - 11:45 am
LOCATION: KU 331
INSTRUCTOR: Barb Morsa
FEE: Free

YOGA - Rec Plex

DATE: Mon & Wed, Aug 29 - Dec 14
TIME: 12:05 pm - 12:50 pm
LOCATION: Studio B
INSTRUCTOR: Barb Morsa
FEE: \$20.00

MEDITATION MONDAYS (1)

DATE: Mondays, Sept 12 to Oct 3
TIME: 12:15 pm - 1:00 pm
LOCATION: KU 310
INSTRUCTOR: Uma Mullapudi
FEE: Free

YOGA - Friday only

DATE: Fridays, Sept 2 - Dec 16
TIME: 11:15 am -12:05 pm
LOCATION: Fitz Hall 659
INSTRUCTOR: Robin Oldfield
FEE: \$10.00

MEDITATION MONDAYS (2)

DATE: Mondays, Oct 10-Oct 31
TIME: 12:15 pm - 1:00 pm
LOCATION: KU 310
INSTRUCTOR: Uma Mullapudi
FEE: Free

THROWBACK THURSDAYS, LET'S COLOR

DATE: Thursday, Oct 27 to Nov 17
TIME: 12:00 pm - 12:50 pm
LOCATION: KU 207
INSTRUCTOR: Maci Byers
FEE: Free

No Class: Sept 5 (Labor Day), Nov 24th, 25th (Thanksgiving); Dec 8 (Feast of Immaculate Conception)

Description of Classes:

African Dance

Ghanaian Traditional Dancing

Dance in Ghana is part of everyday life – social gatherings such as naming ceremonies, weddings/traditional marriages, funerals etc. – they mark important events of life. Dance, although a non-verbal form of communication is still a very powerful tool of communication and exercise. Ghanaian dances can be categorized into three main forms: functionality, symbolism and aesthetic value – needless to say, the Ghanaian is always improvising except with the Adowa royal dance which has specific meanings, and, could land a dancer in hot waters if not performed well especially during a durbar of chiefs. Interpreting the language of the drums is a key factor for most royal dances.

During these sessions, we will learn the basic “two-count” steps for the most common of all Ghanaian dances known as *hi-life*. We will progress to Kpanlogo, which is a typical Ga recreational dance. If time permits, we will add Agbadza, another recreational dance (formerly a war dance) from the Ewe of Southern Ghana. Do not worry, you are not required to understand drum language. Just feel the rhythm and move along.

Indoor Cycling: A motivating and high energy class that will challenge your heart and define your lower body. Go at your own pace and enjoy a wonderful group class that will start your day off right with a burst of energy and fun.

LaBlast Fitness: LaBlast is an exciting interval dance workout based on all dances seen on “Dancing with the Stars”. It is completely partner free and uses a wide variety of music. LaBlast also incorporates strength training with weights in Viennese Waltz, Merengue and Rhumba. LaBlast is a workout in disguise! No prior dance experience is required.

Zumba: This fun and easy to follow cardio dance combines high energy motivating music from around the world with easy to follow moves and combinations that make you feel like you are partying on the dance floor. Zumba is something everyone can do. No dance experience is necessary. Come join the party!

Yoga: This class will help you connect to your body through breath control, simple meditation, and the adoption of specific body postures, which is widely practiced for health and relaxation. This class will help you find an inner calmness/peace, enhance your balance and stability, and leave you feeling stronger and more centered for the rest of your day!

Muscular Strength and Endurance: Begin the class with a few minutes of stretching and then work at your own pace in the weight room with the monitoring of a personal trainer to guide you with appropriate exercises and workout routines to develop improved muscle tone and/or strength depending on your goals.

Walking Club: This is a group class for those that want the option to make new friends and walk at the Rec Plex track during their lunch hour. This is walking at your own pace. You will only be allowed to walk on the Rec Plex track during this time frame.

Body Sculpting: This class will provide you with an overall body workout using circuit training and your own body weight to build tone and muscle!

Pilates: Pilates is a stretching and strengthening exercise form that fuses the best of Eastern and Western style movements with a special focus on building core strength and body awareness. For the most part, Pilates work is done on a mat relying on an individual’s body weight resisting gravity to achieve results. Hand weights, fitness balls, blocks and bands are often used to aid movement, add variety, and increase difficulty. Pilates is a great complement to repetitive cardiorespiratory activities because it stretches out those muscles that tighten up from repetitive walking, running, cycling, and dancing. Pilates also provides opportunities to release tightness that comes from sitting at a desk and hunching over a computer.

Rowing: The rowing class is perfect for anyone who wants to try a new activity. The class starts with fundamentals on the rowing ergometer and advance after a few weeks to varying intensity and type. For example, classes may be short intense intervals with circuits or long, easy rows. Rowing will work all muscle groups and energize you for the rest of your afternoon! This is a great option for those that prefer a convenient location at the Frerick’s building.

Concourse Circuit: The Concourse Circuit is a class held at the **UD Arena** that uses the concourse to get aerobic conditioning (and option is open to use the stairs) along with core moves using your own body weight or exercise bands at each corner of the concourse. The instructor sets up a different routine each week and helps keep you motivated and energized to change your body composition with a balance of aerobic and strength conditioning.

Flyin to the Finish train for your first 5K with Alexis McLaughlin: Have you ever been interested in doing a 5K run? Train with a group of beginners to do your first 5K. The program will gradually increase your ability to run the distance of 3.1 miles with a goal to complete at 5K on Sunday, Oct 23rd (A Force Against Cancer 5K). A

great way to go through an exciting experience with friends and support. The wellness program will pay for the 5K registration.

Yoga Nidra: Yoga Nidra, which is “yogic sleep.” It is a guided deep relaxation technique that is deeply rejuvenating and stress relieving. A 30-minute yoga Nidra session is roughly equivalent to a 2-3 hour nap with even deeper benefits to the parasympathetic nervous system (the body’s relaxation response). Yoga Nidra can be done by anyone and provides amazing benefits. The military is now using it to treat PTSD and there is good data that it is highly effective for stress, insomnia, depression, anxiety and a host of physical conditions even beyond traditional western medical modalities, including medication in many cases. Come to learn more information and if you can bring a pillow and blanket for a demonstration. Free to Faculty and Staff, walk ins welcome. Yoga Nidra will be offered on Mondays from Sept 12 to Oct 17 in Kennedy Union room 331. Free to Faculty and Staff, walk-ins welcome. Register at go.udayton.edu/hrwellness.

Meditation: Heartfulness is a simple practical way to experience the heart’s unlimited resources. It includes guided relaxation, and meditation techniques. The Beaver Creek Natural Path Meditation Center will be offering free weekly Heartfulness relaxation & meditation classes, on campus, for University of Dayton Faculty and Staff. Heartfulness meditation is practiced in over 100 countries around the world. Please visit website www.heartfulness.org for guided relaxation videos and more information on Heartfulness meditation. Meditation will continue to be offered throughout the semester for two sessions. Choose from Sept 12 to Oct 3 (session 1) or Oct 10 to Oct 31 (session 2) Location is Kennedy Union room 310. Free to Faculty and Staff, walk-ins welcome. Register for session one or two at go.udayton.edu/hrwellness.

Throwback Thursdays, Let’s Color...adult coloring: Learn about this new class offering which will be a free, walk in coloring sessions using adult coloring books (option: purchase own adult coloring books for minimal fee/I will have some available) Adult coloring can help you de stress as it has a meditative aspect that allows you to relax and reduces stress and anxiety levels. Coloring is also good for your brain as it takes focus which is also good as it helps you put other stressful issues aside for the time being. It is also an opportunity to make new friends and enjoy the social aspect while coloring. Learn more about your creative side and embrace your inner child with this class! Class will be held every Thursday from Oct 27 to Nov 17. Location Kennedy Union Room 207. Free to Faculty and Staff, walk-ins welcome. Register at go.udayton.edu/hrwellness.