

FACULTY AND STAFF WELLNESS PROGRAM

SPRING 2016 - ACTIVITY CLASSES

Online registration begins on Tues, December 15th and ends on January 5th. 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 after you register in your confirmation email or you can locate it on the wellness website. It must be signed and sent to wellness program at +1649 prior to attending classes.

FITNESS CLASSES

INDOOR CYCLING

DATE: Mon. & Wed., Jan 11-April 27
TIME: 7:05am-7:50am
LOCATION: RecPlex Studio A
INSTRUCTOR: Willie Morris
FEE: \$20.00

ROWING

DATE: Tues. & Thurs., Jan 19-April 28
TIME: 12:05pm-12:50pm
LOCATION: Frericks Room 33
INSTRUCTOR: Emilie Gross
FEE: \$20.00

MUSCULAR STRENGTH & ENDURANCE

DATE: Tues. & Thurs., Jan 12-April 28
TIME: 6:45am-7:45am
LOCATION: RecPlex Studio B & Weight Room
INSTRUCTOR: TBD
FEE: \$20.00

CONCOURSE CIRCUIT

DATE: Mon. & Wed., Jan 11-April 27
TIME: 12:00pm-12:45pm
LOCATION: UD Arena
INSTRUCTOR: Pam Nelson
FEE \$20.00

WALKING CLUB

DATE: Mon. & Wed., Jan 11-April 27
TIME: 12:00pm – 1:00pm
LOCATION: RecPlex Track
INSTRUCTOR: Walk Leaders
FEE: \$20.00

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

DATE: Tues. & Thurs., March 1-April 21
TIME: 5:15pm-6:00pm
LOCATION: RecPlex meeting point/outside or track
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00

7 WEEK PROGRESSIVE TRX CLASS (please commit to full session – open to 10 registrants)

DATE: Mon. and Wed., Jan 25-March 9
TIME: 5:00pm-5:50pm
LOCATION: RecPlex Studio C
INSTRUCTOR: TBD
FEE: \$55.00

PILATES

DATE: Tues. & Thurs., Jan 12 – April 28
TIME: 12:05pm-12:50pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00

ZUMBA

Date: Tues & Thurs, Jan 12-April 28
TIME: 11:15-12:00 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Marcia Perio Epps
FEE: \$20.00

BODY SCULPTING

DATE: Mon, Wed, Fri, Jan 11-April 29
TIME: 12:05pm-12:50pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Marcia Perio Epps
FEE: \$30.00

LaBLAST FITNESS

DATE: Tues & Thurs, Jan 12-April 28
TIME: 5:05-5:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Dana Tobias
FEE: \$20.00

ZUMBA

DATE: Mon & Wed, Jan 11-April 27
TIME: 5:00-5:45 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: TBD
FEE: \$20.00

BARRE CLASS

DATE: Fridays, Jan 25-April 29
TIME: 11:15am-12:00pm
LOCATION: RecPlex Studio B
INSTRUCTOR: TBD
FEE: \$20.00

MIND BODY CLASSES

YOGA-Fitz Hall

DATE: Mon. & Wed., Jan 11-April 27
TIME: 11:15am-12:05pm
LOCATION: Fitz Room 676
INSTRUCTOR: Ranjani Powers
FEE: \$20.00

YOGA Rec Plex

DATE: Mon. & Wed., Jan 11-April 27
TIME: 11:15am-12:00pm
LOCATION: Studio B
INSTRUCTOR: Barb Morsa
FEE: \$20.00

MEDITATION

*INTRO SESSION: Jan 14 & Jan 21
DATES: Thursdays, Jan 28-April 28
TIME: 11:15am-12:00 pm
LOCATION: Fitz Room 638
INSTRUCTOR: Uma Mullapudi
FEE: **FREE, walk in and try it!**

YOGA Nidra

*INTRO SESSIONS: Jan 14 & Jan 21
DATES: Thursdays, Jan 28-April 28
TIME: TBD
LOCATION: TBD
INSTRUCTOR: Barb Morsa
FEE: **FREE, walk in and try it!**

DRUMMING CIRCLE

DATE: Thursdays, Jan 14-April 28
TIME: 12:10pm-1:00pm
LOCATION: Fitz Hall Room 440
INSTRUCTOR: Susan Gardstrom
FEE: \$10.00

YOGA – Friday Only

DATE: Fridays, Jan 15-April 29
TIME: 11:15am-12:05pm
LOCATION: Fitz Room 676
INSTRUCTOR: Robin Oldfield
FEE: \$10.00

THE COLORFUL WORLD OF WELLNESS- Adult Coloring

*INTRO SESSION: March 16th
DATE: Wednesdays, March 23-April 27th
TIME: 12:00pm-12:50 pm
LOCATION: KU 207
INSTRUCTOR: Theresa Gilbert
FEE: **FREE, walk in and try any or all of the dates! No class April 20.**

**You are not required to purchase your own coloring book, but for a small fee the option will be available. Supplies provided.

PERSONAL TRAINING: Application required/anonymous selection by committee; \$55.00 for 8 sessions with Rec Plex Personal Trainers: Contact Theresa Gilbert if interested. Open to 12 Benefit Eligible employees. Contact Theresa Gilbert at tgilbert1@u Dayton.edu for an application or download from wellness website. Instructions are on the application.

***Classes have a Lunch & Learn Intro Session Prior to Class Start Date-See Spring 2016 Programs. Register online for lunch and learns at go.udayton.edu/hrwellness**

****No Classes: ****

**Monday, Jan 18th (Martin Luther King Day)
Thurs.-Mon. March 24, 25 & 28 (Easter)**

Descriptions of Classes

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. (No class on Jan 18 or March 28)

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 required.

Zumba: This fun and easy to follow cardio dance class 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 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 timeframe.

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 the 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: Concourse circuit is a class held at **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 different routines each week and helps keep you motivated and energized to change your body composition with a balance of aerobic and strength conditioning.

Progressive TRX Class: This is a specialty class that is an 8 week consecutive class, strongly recommended that if you would like to take this that you commit to all sessions as they build upon each other, helping you gain core strength and overall strength and toning. You will utilize TRX ropes throughout the class. This class is higher cost due to limited class size and cost splitting with Rec Plex. (Class will include 16 sessions and is **only open to 10 registrants** – please only sign up if you can attend all classes!)

Drumming Circles: Drumming circles (hand drums) not only offers opportunities for enjoyment, but also is known to: build upper body strength and endurance, reduces physical tension, promotes healthier release of emotion, allows for creativity and artistic self-expression and develops a sense of community. Join Faculty and students from UD's music therapy program for a six week drumming series. No prior musical experience is necessary, and each session is stand alone. Instruments will be provided; participants may also bring their own.

Flyin to the Finish train for your first 5K: Have you ever been interested in doing a 5K run? Train with a group of beginners to do your first 5 K on April 23rd St Vincent De Paul. The program will gradually increase your ability to run the distance of 3.1 miles with a goal and complete a 5K. A great way to go through an exciting experience with friends and support. You are responsible for registering and paying for the 5K, but if you complete the run/walk, you can get a credit on your next wellness class for summer of Fall 2016.

Barre Class: Barre classes are described as a combination of Pilates, yoga, and strength training. The moves are based on the Lotte Berk Method, a famous European dancer, with focus on high repetition, small pulsing, and isometric movements with the goal of building a lean and stronger dancer's body.

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. This introductory session will be offered again on January 21st in Fitz Hall Room TBD from 11:15am-12:00pm. Yoga Nidra will continue to be offered throughout the semester every Thursday from Jan 28-April 28 in Fitz Hall Room TBD. Free to Faculty and Staff, walk ins welcome. No registration necessary. (Register for the informational brown bag 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 Beavercreek 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. This lunch and learn will be offered again on Jan 21st from 12-12:45 pm in KU 222. Meditation will continue to be offered throughout the semester every Thursday from Jan 28-April 28 in Fitz Hall Room 638. Free to Faculty and Staff, walk ins welcome. No registration necessary for weekly sessions. (Register for the informational brown bag at go.udayton.edu/hrwellness)

Colorful world of wellness...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 new offering!