

FACULTY AND STAFF WELLNESS PROGRAM SUMMER 2016 - ACTIVITY CLASSES

Online registration begins on Friday, April 22nd and ends on May 9th. 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 annually 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 prior to attending classes.

INDOOR CYCLING

DATE: Mon./Wed./Fri., May 16 to Aug 5
TIME: 7:15 am – 8:00 am
LOCATION: RecPlex Studio A
INSTRUCTOR: Willie Morris
FEE: \$30.00

ROWING

DATE: Tues. & Thurs., May 17 to Aug 4
TIME: 12:05 pm – 12:50 pm
LOCATION: Frericks Rm 33
INSTRUCTOR: Mike Wenker
FEE: \$20.00

MUSCULAR STRENGTH & ENDURANCE

DATE: Tues. & Thurs., May 17 to Aug 4
TIME: 7:15 am – 8:00 am
LOCATION: RecPlex Studio B & Weight Room
INSTRUCTOR: Rich Munn
FEE: \$20.00

WALKING CLUB

DATE: Mon./Wed./Fri., May 16 to Aug 5
TIME: 12:00 pm – 1:00 pm
LOCATION: RecPlex Track
INSTRUCTOR: Walk Leaders
FEE: \$20.00

YOGA - Fitz Hall

DATE: Mon. & Wed., May 16 to Aug 3
TIME: 11:15 am - 12:00 pm
LOCATION: Fitz Room 659
INSTRUCTOR: Ranjani Powers
FEE: \$20.00

PILATES

DATE: Tues. & Thurs., May 17 to Aug 4
TIME: 12:05 pm – 12:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00

ZUMBA DAYTIME

Date: Tues. & Thurs., May 17 to July 26
TIME: 12:15 pm – 1:00 pm
LOCATION: RecPlex North Gym
INSTRUCTOR: Christa Payne
FEE: \$20.00

BODY SCULPTING

DATE: Mon./Wed./Fri., May 16 to July 27
TIME: 12:05 pm – 12:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Christa Payne
FEE: \$30.00

ZUMBA EVENING

DATE: Mon. & Wed., May 16 to July 27
TIME: 5:00 pm - 5:45 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Christa Payne
FEE: \$20.00

YOGA- Rec Plex

DATE: Mon. & Wed., May 16 to Aug 3
TIME: 12:05 pm - 12:50 pm
LOCATION: RecPlex Studio C
INSTRUCTOR: Barb Morsa
FEE: \$20.00

Personal Training: Application required/anonymous selection by committee; \$55.00 for 8 sessions with Rec Plex Personal Trainers. Application available to download on Wellness website. Open to 12 Benefit Eligible employees.

No Class: Monday, May 30 (Memorial Day) and July 4 (Independence Day)