

# FACULTY AND STAFF WELLNESS PROGRAM

## FALL 2017 - ACTIVITY CLASSES

Online registration begins on Tuesday, August 1 and ends on Wednesday, August 16 at noon. A RecPlex membership is NOT required to attend these classes and an online medical waiver is available when registering.

### INDOOR CYCLING

DATE: Mon. & Wed., Aug. 23 – Dec. 6  
TIME: 7:15 am – 8:00 am  
LOCATION: RecPlex Studio A  
INSTRUCTOR: Willie Morris  
FEE: \$20.00

### ROWING

DATE: Tues. & Thurs., Aug. 24 – Dec. 7  
TIME: 12:05 pm – 12:50 pm  
LOCATION: Frericks Rm 034  
INSTRUCTOR: Mike Wenker  
FEE: \$20.00

### MUSCULAR STRENGTH & ENDURANCE

DATE: Tues. & Thurs., Aug. 24 – Dec. 7  
TIME: 7:15 am – 8:00 am  
LOCATION: Weight Room  
INSTRUCTOR: Rich Munn  
FEE: \$20.00

### WALKING GROUP

DATE: Mon. & Wed., Aug. 23 – Dec. 6  
TIME: 12:00 pm – 1:00 pm  
LOCATION: RecPlex Track  
INSTRUCTOR: Self Walk/Walk Leaders  
FEE: \$20.00

### WATER AEROBICS

DATE: Mon. & Wed., Aug. 23 – Dec. 6  
TIME: 11:15 – 12:00 pm  
LOCATION: RecPlex Pool  
INSTRUCTOR: Rebecca Lephart  
FEE: \$20.00

### REVELATION FITNESS

DATE: Tues. & Thurs., Aug. 24 – Dec. 7  
TIME: 5:00 pm - 5:45 pm  
LOCATION: RecPlex Studio B  
INSTRUCTOR: Kate Hutson  
FEE: \$20.00

### FLYING TO THE FINISH

DATE: Tues. & Thurs., Aug. 22 – Oct. 19  
TIME: 5:00 – 5:45 pm  
LOCATION: Meet Outside the RecPlex  
INSTRUCTOR: Alexis McLaughlin  
FEE: \$20.00, RACE DATE: Oct. 22nd

### PILATES

DATE: Tues. & Thurs., Aug 24 – Dec. 7  
TIME: 12:05 pm – 12:50 pm  
LOCATION: RecPlex Studio B  
INSTRUCTOR: Alexis McLaughlin  
FEE: \$20.00

### ZUMBA DAYTIME

Date: Tues. & Thur., Aug. 24 – Dec. 7  
TIME: 11:15 pm – 12:00 pm  
LOCATION: RecPlex Studio B  
INSTRUCTOR: Ayanna Archie  
FEE: \$20.00

### ZUMBA/ZUMBA STRONG

DATE: Mon. & Wed., Aug. 23 – Dec. 6  
TIME: 11:15 am - 12:00 pm  
LOCATION: RecPlex Studio A  
INSTRUCTOR: Radka Kroteva  
FEE: \$20.00

### TAI CHI

DATE: Mon. & Wed., Aug. 23 – Dec. 6  
TIME: 5:00 pm - 5:45 pm  
LOCATION: RecPlex Studio B  
INSTRUCTOR: Carmine Anastasio  
FEE: \$20.00

### LABLAST FITNESS

DATE: Tues. & Thurs., Aug 24- Dec. 7  
TIME: 7:05 – 7:50 am  
LOCATION: Studio B  
INSTRUCTOR: Dana Tobias  
FEE: \$20.00

### CARDIO CORE AND MORE!

DATE: Tues. & Thurs., Aug. 24 – Dec. 7  
TIME: 12:05-12:50 pm  
LOCATION: MAC GYM  
INSTRUCTOR: Marcia Perio-Epps  
FEE: \$20.00

## **MIND BODY CLASSES**

### **MEDITATION – RIVER CAMPUS**

DATE: Fridays, Sept. 15 – Oct. 6  
TIME: 1:30 – 2:00 pm  
LOCATION: Reflection Room, M2330  
FEE: Free

### **YOGA**

DATE: Mon., Wed., & Fri., Aug. 23 – Dec. 6  
TIME: 12:05 pm – 12:50 pm  
LOCATION: RecPlex Studio B  
INSTRUCTOR: Barb Morsa  
FEE: \$20.00

### **YOGA FITZ HALL**

DATE: Mon. & Wed., Aug. 23 – Dec. 6  
TIME: 11:15 am - 12:00 pm  
LOCATION: Fitz Hall Room 659  
INSTRUCTOR: Anna Furderer  
FEE: \$20.00

### **ONLINE MASTERING MEDITATION**

DATE: Wednesday, Aug. 23- Sept. 27  
TIME: 12:10 -1:00pm  
LOCATION: Online.  
INSTRUCTOR: Keith Englehardt  
FEE: \$40.00  
WEBSITE: Please go to link to register <http://bit.ly/2uSC6dA>

### **MEDITATION MONDAYS (1)**

DATE: Mondays, Sep. 11 – Oct. 2  
TIME: 12:30 pm – 1:00 pm  
LOCATION: KU 222  
INSTRUCTOR: Uma Mullapudi  
FEE: Free

### **MEDITATION MONDAYS (2)**

DATE: Mondays, Nov. 13 – Dec. 4  
TIME: 12:30 pm – 1:00 pm  
LOCATION: KU 331  
INSTRUCTOR: Uma Mullapudi  
FEE: Free

**\*No Class: Monday, Sept. 4 (Labor Day), Thursday, November 23 (Thanksgiving) and Friday, November 24 (Day after Thanksgiving)**

## Description 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
- **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!
- **Revelation Fitness:** A great way to get fit from the inside out. Let's take back the way the world views health and wellness and replace it with God's perspective! Enjoy a fun fitness class that involves part cardio, part strength, and dance but all praise and worship. Participants have described it as "Bible meets bootcamp. Workout meets worship". Join in on the fitness class that speaks life into our souls while we move our bodies. Revelation Wellness encourages people to love God, get healthy, be whole and love others.
- **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.
- **Tai Chi:** Is a no impact form of physical movement – fun, interesting and challenging for members; according to The Journal of the Archives of Western Medicine Tai Chi improves balance, coordination and mood. Tai Chi is an exercise that strengthens and relaxes the body. Studies show that Tai Chi can reduce pain and stress. Perfect for for beginners to the Tai Chi form, but advanced practitioners are also welcome.
- **Walking club:** This is a group class for those that want the option to make new friends and walk at the RecPlex track during their lunch hour. This is walking at your own pace. You will only be allowed to walk on the RecPlex track during this period.
- **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.
- **Yoga Nidra:** Yoga Nidra, which is "yogic sleep." A guided deep relaxation technique 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 in's welcome.
- **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](http://www.heartfulness.org) for guided relaxation videos and more information on Heartfulness meditation. Meditation will be offered throughout the semester for two sessions. Free to Faculty and Staff, walk in's welcome.
- **Cardio, Core and More:** Behind every sculpted six-pack, there is a three-part plan that includes clean eating, smart strength exercises, and fat-burning cardio. With this killer cardio/body sculpting class, you'll torch *more* calories while also engaging your deepest core muscles.
- **Cardio Kickboxing – River Campus:** Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This fun and engaging class utilizes a mix of different martial art techniques performed rhythmically to music along with training routines to improve strength, coordination, flexibility, and balance.
- **Yoga – River Campus:** Intro to Yoga. This gentle paced class is coordinated to teach the fundamentals of yoga. Instruction will include foundation poses, principle of alignment, and how to flow into poses using breathing techniques.
- **Online Mindfulness Program: Offered online only, through an outside vendor. Payment and registration is done through the instructor Keith Englehardt and is not done using UD/FlexReg services.** Do you have stress in your life and would like to learn a skill that can be used lifelong to reduce it? Mindfulness is paying attention, on purpose, in the present moment, without judgment; in other words being self-aware. It sounds simple, but our brains resist it. Self-awareness scientists say is very healthy, but rarely achieved in today's busy world full of digital

distractions. Mindfulness has been reported to produce positive effects on physical and psychological well-being that extend into daily life.