

## **FACULTY AND STAFF WELLNESS PROGRAM SPRING 2017 - ACTIVITY CLASSES**

Online registration begins on Monday, December 12th and ends Thursday, January 5th at noon. Go to [go.udayton.edu/hrwellness](http://go.udayton.edu/hrwellness) to register. A RecPlex membership is NOT required to attend these classes. However, a signed and updated medical waiver is need to attend activity classes. This form is available to download on the [wellness website](#) and must be submitted prior to attending classes.

### **INDOOR CYCLING**

DATE: Mon. & Wed., Jan. 18 – April 26  
TIME: 7:05 – 7:50 am  
LOCATION: Rec Plex Studio A  
INSTRUCTOR: Willie Morris  
FEE: \$20.00

### **ROWING**

DATE: Tues. & Thurs., Jan. 17 – April 27  
TIME: 12:05 – 12:50 pm  
LOCATION: Frericks Rm 33  
INSTRUCTOR: Emilie Gross  
FEE: \$20.00

### **MUSCULAR STRENGTH & ENDURANCE**

DATE: Tues. & Thurs., Jan. 17 – April 27  
TIME: 6:45 – 7:45 am  
LOCATION: Rec Plex Studio B & Weight Room  
INSTRUCTOR: Rich Munn  
FEE: \$20.00

### **CONCOURSE CIRCUIT**

DATE: Tues. & Thurs., Jan. 17 – April 27  
TIME: 12:00 - 1:00 pm  
LOCATION: UD Arena  
INSTRUCTOR: Kelly Nadeau  
FEE: 20.00

### **WALKING CLUB**

DATE: Mon. & Wed., Jan. 18 - April 26  
TIME: 12:00 – 1:00 pm  
LOCATION: Rec Plex Track  
FEE: \$20.00

### **PILATES**

DATE: Tues. & Thurs., Jan. 17 – April 27  
TIME: 12:05 - 12:50 pm  
LOCATION: Rec Plex Studio B  
INSTRUCTOR: Alexis McLaughlin  
FEE: \$20.00

### **BODY SCULPT/CYCLE**

Date: Mon. & Wed., Jan. 18 – April 26  
TIME: 11:15-12:00 pm  
LOCATION: Studio A  
INSTRUCTOR: Sarah DeWitt  
FEE: \$20.00

### **ZUMBA DAY**

DATE: Tues., & Thurs. Jan. 17 – April 27  
TIME: 11:15 - 12:00 pm  
LOCATION: Rec Plex Studio B  
INSTRUCTOR: Ayanna Archie  
FEE: \$20.00

### **LaBLAST FITNESS**

DATE: Tues. & Thurs., Jan. 17 –April 27  
TIME: 5:00-5:45 pm  
LOCATION: Rec Plex Studio B  
INSTRUCTOR: Dana Tobias  
FEE: \$20.00

### **ZUMBA EVENING**

DATE: Mon. & Wed., Jan. 18 – April 26  
TIME: 5:00 – 5:45 pm  
LOCATION: Rec Plex Studio B  
INSTRUCTOR: Radka Kroteva  
FEE: \$20.00

### **TBD- 7 Week Progressive TRX Class (please commit to full session - open to 10 participants)**

DATE: TBD  
TIME: TBD  
LOCATION: TBD  
INSTRUCTOR: TBD  
FEE: TBD

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

## MIND BODY CLASSES

### YOGA-Fitz Hall

DATE: Mon. & Wed., Jan. 18 – April 26  
TIME: 11:15 - 12:00 pm  
LOCATION: Fitz Room 668  
INSTRUCTOR: Ranjani Powers  
FEE: \$20.00

### YOGA Rec Plex

DATE: Mon. & Wed., Jan. 18 – April 26  
TIME: 12:05 – 12:50 pm  
LOCATION: Studio B  
INSTRUCTOR: Barb Morsa  
FEE: \$20.00

### YOGA- Friday only

DATE: Fridays, Jan. 20 – April 28  
TIME: 11:15 - 12:05 pm  
LOCATION: Fitz 630  
INSTRUCTOR: Robin Oldfield  
FEE: \$10.00

### YOGA NIDRA

DATE: Mondays, Jan. 23 – Feb. 20  
TIME: 11:15 am – 11:45 am  
LOCATION: KU 331  
INSTRUCTOR: Barb Morsa  
FEE: Free

### MEDITATION MONDAYS (1)

DATE: Mondays, Jan. 23 – Feb. 13  
TIME: 12:15 – 12:45 pm  
LOCATION: KU 310  
INSTRUCTOR: Uma Mullapudi  
FEE: Free

### MEDITATION MONDAYS (2)

DATE: Mondays, Feb. 20 – March 20  
TIME: 12:15 – 12:45 pm  
LOCATION: KU 310  
INSTRUCTOR: Uma Mullapudi  
FEE: Free

**\* No Class: Jan. 16 (MLKD), March 3 (Spring Break); April 14 & April 17 (Good Friday and Easter Monday) \***

## 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!

**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 Sculpt/Cycle:** This class will provide you with an overall body workout using circuit training and your own bodyweight 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.

**Progressive TRX Class:** This is a specialty class that is an 7 week consecutive class, strongly recommended that if you would like to take this class 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. The class has 14 sessions and is only open to 10 registrants - please only sign up if you can attend all/most of the classes!

**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

January 23rd to February 20th in Kennedy Union room 331. Free to Faculty and Staff, walk ins welcome. Register at [go.udayton.edu/hrwellness](http://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](http://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 Jan 23rd to Feb 13 (session 1) or Feb 20 to March 20 (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](http://go.udayton.edu/hrwellness).