

FACULTY AND STAFF WELLNESS PROGRAM SUMMER 2017 - ACTIVITY CLASSES

Online registration begins on Tuesday, April 25 and ends on Wednesday, May 10 at noon. Go to go.udayton.edu/hrwellness. A RecPlex membership is NOT required to attend these classes. However, a signed and updated [Medical Waiver](#) is needed annually to attend classes. This form is available after you register in your confirmation email or you can locate it on the [Wellness Website](#). Please complete prior to attending classes.

INDOOR CYCLING

DATE: Mon. & Wed., May 15 – Aug. 2
TIME: 7:15 am – 8:00 am
LOCATION: RecPlex Studio A
INSTRUCTOR: Willie Morris
FEE: \$20.00

ROWING

DATE: Tues. & Thurs., May 23 – Aug. 3
TIME: 12:05 pm – 12:50 pm
LOCATION: Frericks Rm 034
INSTRUCTOR: Mike Wenker
FEE: \$20.00

MUSCULAR STRENGTH & ENDURANCE

DATE: Tues. & Thurs., May 16 – Aug. 3
TIME: 7:15 am – 8:00 am
LOCATION: RecPlex Studio B & Weight Room
INSTRUCTOR: Rich Munn
FEE: \$20.00

WALKING CLUB

DATE: Mon. & Wed., May 15 – Aug. 2
TIME: 12:00 pm – 1:00 pm
LOCATION: RecPlex Track
INSTRUCTOR: Walk Leaders
FEE: \$20.00

SELF DEFENSE

DATE: Tues. & Thurs., **July 6 - Aug. 3**
TIME: 12:00 pm – 1:00 pm
LOCATION: LTC Room 44
INSTRUCTOR: Mike McClure
FEE: \$10.00

LABLAST & LABLAST SPLASH

DATE: Tues. & Thurs., May 16 – Aug. 1
TIME: 5:00 pm - 5:45 pm
LOCATION: RecPlex Studio B & Pool
INSTRUCTOR: Dana Tobias
FEE: \$20.00
Tuesday: LaBlast, **Thursday:** LaBlast Splash

PILATES

DATE: Tues. & Thurs., May 16 – Aug. 3
TIME: 12:05 pm – 12:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00

ZUMBA DAYTIME

Date: Tues. & Thur., May 16 – Aug. 3
TIME: 11:15 pm – 12:00 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Ayanna Archie
FEE: \$20.00

BODY SCULPT

DATE: Mon. & Wed., May 15 – Aug. 2
TIME: 11:15 am - 12:00 pm
LOCATION: RecPlex Studio A
INSTRUCTOR: Sarah Dewitt
FEE: \$20.00

MIXED ZUMBA EVENINGS

DATE: Mon. & Wed., May 15 – Aug. 2
TIME: 5:00 pm - 5:45 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Radka Kroteva
FEE: \$20.00

CARDIO KICKBOXING – RIVER CAMPUS

DATE: Wed. & Fri., May 24 – Aug. 4
TIME: 12:00 pm – 12:45 pm
LOCATION: Marshall Room N1840
INSTRUCTOR: Tanya Burkhardt
FEE: \$20.00

NO CLASS: June 7, 21, 23, July 12, 26, 28

CARDIO CORE AND MORE!

DATE: Tues. & Thurs., May 16 - Aug. 3
TIME: 12:10 pm - 1:00 pm
LOCATION: RecPlex North Gym
INSTRUCTOR: Marcia Perio-Epps
FEE: \$20.00

MIND BODY CLASSES

YOGA - RIVER CAMPUS

DATE: Thursdays, May 25 – Aug. 3
TIME: 12:00 pm - 12:45 pm
LOCATION: Marshall Room N1840
INSTRUCTOR: Tanya Burkhardt
FEE: \$8.00
NO CLASS: June 8, 22 and July 27

YOGA

DATE: Mon. & Wed., May 15 – Aug. 2
TIME: 12:05 pm – 12:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Barb Morsa
FEE: \$20.00

YOGA FITZ HALL

DATE: Mon. & Wed., May 15 – Aug. 2
TIME: 11:15 am - 12:00 pm
LOCATION: Fitz Hall Room 659
INSTRUCTOR: Ranjani Powers
FEE: \$20.00

ONLINE MINDFULNESS PROGRAM

DATE: Wednesdays, May 17- June 21
TIME 12:00 pm -12:30 pm
LOCATION: Offered Online
INSTRUCTOR: Keith Engelhardt
FEE: \$30.00

REGISTER AT: [Online Mindfulness](#)

MORE INFO: Contact Maci Byers, Wellness Coordinator, mbyers1@udayton.edu

MEDITATION – RIVER CAMPUS

DATE: Fridays, May 26 – June 16
TIME: 1:00 – 1:30 PM
LOCATION: Marshall Room N1840
INSTRUCTOR: Uma Mullapudi
FEE: Free

MEDITATION MONDAYS (1)

DATE: Mondays, June 5 – June 26
TIME: 12:30 pm – 1:00 pm
LOCATION: KU 310
INSTRUCTOR: Uma Mullapudi
FEE: Free

MEDITATION MONDAYS (2)

DATE: Mondays, July 10 – July 31
TIME: 12:30 pm – 1:00 pm
LOCATION: KU 310
INSTRUCTOR: Uma Mullapudi
FEE: Free

YOGA NIDRA

DATE: Mondays, July 24- Aug. 14
TIME: 11:15 am - 11:45 am
LOCATION: KU 211
INSTRUCTOR: Barb Morsa
FEE: Free

Personal Training will not be available summer semester but will resume in the fall.

***No Class: Monday, May 29 (Memorial Day) and July 4 (Independence Day)**

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 Splash:** 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.
LaBlast Splash: Dive into the future of aqua fitness with LaBlast Splash -- the cardio building, joint friendly, fun water fitness class that celebrates the true beauty of dance in the water. Created by 3 time world dance champion, Louis Van Amstel, LaBlast is based on the ballroom dance steps you see on Dancing with the Stars. You can now dance like a star in the pool! Take your mind, body and soul on a journey through dance.
Students will need swim attire, swim shoes preferred but not required and a towel. LaBlast Splash is done in shallow (under 4 ft) water.
- **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.
- **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. Class will be held 4 consecutive **Mondays, July 24, 31 & Aug. 7, 14.**
- **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. 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.
- **Self Defense:** The class will be taught by Mike McClure who studied Zen-Ryu Karate for seven years and who earned his instructor level brown belt. His self-defense style included a mixture of Aiki-Jitsu techniques. When confronted by an armed assailant, it is suggested that you comply and give up the property and most important of all – to live another day. Before trying to disarm the assailant, you should hope to escape first - run, yell, etc. However, if all else fails and your life is about to end, fight back. This class will focus on safety tips for avoiding dangerous situations and basic self-defense techniques if confronted with danger. For example, punches, kicks, escaping from a chokehold, escaping from a wrist grab, arm lock, etc. Essentially things you can do if an assailant is trying to drag you off and cause you harm.

- **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.