

FACULTY AND STAFF WELLNESS PROGRAM

SPRING SEMESTER 2018 - ACTIVITY CLASSES

Online registration begins on **Tuesday, December 19** and ends on **Tuesday, January 9 at noon**. A RecPlex membership is NOT required to attend these classes and an online medical waiver is available when registering. **Spring semester class begin January 16 through April 27.**

INDOOR CYCLING

DATE: Mon. & Wed., Jan. 17 – April 25
TIME: 7:05 am – 7:50 am
LOCATION: RecPlex Studio A
INSTRUCTOR: Willie Morris
FEE: \$20.00

ROWING

DATE: Tues. & Thurs., Jan. 16 – April 26
TIME: 12:05 pm – 12:50 pm
LOCATION: Frericks Rm 034
INSTRUCTOR: Katie Coons
FEE: \$20.00

MUSCULAR STRENGTH & ENDURANCE

DATE: Tues. & Thurs., Jan. 16 – April 26
TIME: 7:15 am – 8:00 am
LOCATION: Weight Room
INSTRUCTOR: Rich Munn
FEE: \$20.00

TRACK ACCESS

DATE: Mon. & Wed., Jan. 17 – April 25
TIME: 12:00 pm – 1:00 pm
LOCATION: RecPlex Track
INSTRUCTOR: Self Walk/Walk Leaders
FEE: \$20.00

LABLAST FITNESS

DATE: Tues. & Thurs., Jan. 16 - April 26
TIME: 5:00 pm – 5:45 pm
LOCATION: Studio A
INSTRUCTOR: Dana Tobias
FEE: \$20.00

YOGA RecPlex

DATE: Mon., Wed. & Friday, Jan. 17 – April 27
TIME: 12:05 – 12:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Barb Morsa
FEE: \$20.00

ZUMBA – RIVER CAMPUS

DATE: Tues. & Thurs., Jan. 16 – April 26
TIME: 12:05 -12:50 pm
LOCATION: Marshall Room (N1840)
INSTRUCTOR: Radka Kroteva
FEE: \$20.00
NO CLASS: March 6, April 10, 17 & 19

PILATES

DATE: Tues. & Thurs., Jan. 16 – April 26
TIME: 12:05 pm – 12:50 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Alexis McLaughlin
FEE: \$20.00

ZUMA EVENING

Date: Mon. & Wed., Jan. 17 – April 25
TIME: 5:00 pm – 5:45 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Ayanna Archie
FEE: \$20.00

ZUMBA

DATE: Mon. & Wed., Jan. 17 – April 25
TIME: 11:15 am - 12:00 pm
LOCATION: RecPlex Studio B
INSTRUCTOR: Radka Kroteva
FEE: \$20.00

YOGA - FITZ HALL

DATE: Tues. & Thur., Jan. 16 - March 22
TIME: 11:15 – 12:00 pm
LOCATION: Room 630
INSTRUCTOR: Ella Beyer
FEE: \$15.00

BODY SCULPT –Tues/Thurs

DATE: Tues. & Thurs., Jan. 16 – April 26
TIME: 11:15 am – 12:00 pm
LOCATION: Studio A
INSTRUCTOR: Sarah DeWitt
FEE: \$20.00

BODY SCULPT – Mon/Wed

DATE: Mon. & Wed., Jan. 17 – April 25
TIME: 12:05 -12:50 pm
LOCATION: MAC GYM
INSTRUCTOR: Marcia Perio-Epps
FEE: \$20.00

SELF DEFENSE –TBD

DATE: TBD
TIME: TBD
LOCATION: LTC
INSRUCTOR: Mike McClure
FEE: \$10.00

Meditation:

MEDITATION – RIVER CAMPUS

DATE: Fridays, March 9 – 30

TIME: 1:30 – 2:00 pm

LOCATION: Marshall Room (N1840)

INSTRUCTOR: Uma Mullapudi

FEE: Free

WALK IN MEDITATION - LIBRARY

DATE: Wednesdays, 1/24 – 4/18/18

TIME: 1:30 - 2:00

LOCATION: Roesch Library - 503

INSTRUCTOR: Uma Mullapudi

FEE: Free

NOTE: Room space can accommodate 10 per session

MEDITATION – KENNEDY UNION

DATE: Mondays, Feb. 26 – March 26

TIME: 12:30 – 1:00 pm

LOCATION: Kennedy Union 312

INSTRUCTOR: Uma Mullapudi

FEE: Free

NOTE: Class on 3/5 is in room 207

Personal Training: Application required/anonymous selection by committee; \$55.00 for 8 sessions with RecPlex Personal Trainers: Contact Maci Byers if interested at mbyers1@udayton.edu. Open to **three** Benefit Eligible employees spring semester.

***No Class: Friday, March 30 – Good Friday and Monday, April 2 – 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.
- **Track Access:** This is a class for those that want the option to make new friends and/or 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 Sculpt:** 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.

- **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 and is 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 will torch *more* calories while also engaging your deepest core muscles.