

### **30 Minute Yoga:**

Learn simple basic yoga poses and easy breathing techniques. This is a great workout for a beginner. Wear loose clothing and bare feet or socks. Bring your own mat or use ours. This class will meet all semester.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

*Wednesdays 12:05 pm – 12:35pm in the Royals Room.*

*Fridays 12:05pm – 12:35pm in 500 Brennan Hall*

Instructor: Patrice Lawrence

### **Beginner Racquetball:**

Learn how to play this fast and fun sport. 4 lessons for beginners will be offered. Please register in advance. Limit 10 people. Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

*Wednesdays 12:05pm – 12:35pm at the racquetball courts*

*Feb. 15, 22, 29 and Mar7.*

Instructor: Jane Johnson

### **Dancing with the Staff:**

Join Vince Brust and your coworkers for a fun activity session while you learn several dances. No need to have a partner.

This is an 8 week session.

*Tuesdays 1:05pm – 1:35pm*

*Feb.7, 14, 21, and 28.*

Aerobics Room in the Byron

Instructor: Vince Brust

### **Gentle Yoga:**

Start your morning with relaxation and yoga breathing and poses. Wear loose clothing and bare feet or socks.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

*Tuesdays, 7:30am – 8:20am*

Royals Room in the Byron

Instructor: Mary Cardinal

### **Light Weights and Abs:**

Participate in a fun class to burn fat while strengthening your muscles, heart and lungs. Join in a workout that uses light weights and resistance bands along with aerobic exercise to tone your entire body.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

*Mondays and Wednesdays 5pm – 5:50pm*

Aerobics Room in the Byron

Instructor: Maribeth Smith

### **Lunchtime Hoops:**

Drop in basketball that is fast paced and will work up a sweat.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

This group will meet until April 18.

*Wednesdays 12:05pm – 12:50pm*

The Long Center

Contact Person: Gregory Griffith

### **Mat Workout:**

30 minute lunchtime workout to increase flexibility, reduce stiffness in your back and joints and strengthen your back. Check out this easy workout. There is no sweating involved ...just wear comfortable loose clothes and go back to work. This class will meet all semester.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

*Thursdays 12:05pm – 12:35pm*

Royals Room in the Byron

Instructor: Leslie Gleason

### **Nia: A Dance Movement Class:**

Participate in a class based on the Nia technique and composed of a variety of dance, martial arts and healing arts movements to bring a complete workout of the mind, body, and soul. This is an 8 week class ending Feb.23.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

*Thursdays 4:50pm – 5:40pm*

*Feb. 2, 9, 16, and 23*

Royals Room in the Byron

Instructor: Laura Ancherani

### **Pilates:**

Learn how to build lean and strong muscles while improving your posture, balance and coordination. Pilates is appropriate for many fitness levels and ages. Wear loose clothing and bare feet. Bring a mat if you have one or use ours.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

This class will meet all spring semester.

*Tuesdays 4:50pm – 5:40pm*

Royals Room in the Byron

Instructor: Leslie Gleason

### **Volleyball:**

This is a fun way to meet people and get some exercise. All levels welcome. Bring completed FITNESS QUESTIONNAIRE (PARQ) to class. This group will meet all semester.

*Wednesdays 4:45pm – 5:45pm*

The Byron Center

### **Weight Watchers: Is it for you?**

Attend this free introductory session to determine if this is a program you want to get involved with. This session will be followed by an 8 week series for \$80 at the same time and place. Preregistration required to make sure we have at least 15 people. Open to staff, faculty and students.

*Tuesday February 14 noon – 12:45*

406 The DeNaples Center

