

FORESTER

STUDENT FITNESS

Space is limited. First come, first serve. Classes are *free* for students.

***Wednesday class will be in the Sports & Recreation Center. Thursday class is in Buchanan Hall.
Pilates starts January 18th and Yoga will start on February 9th.**

Spring 2023 STUDENT FITNESS CLASS SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Mat Pilates 4:30pm-5:30pm <i>Aerobic Studio Sports & Recreation Center</i></p>	<p>Yoga 4:30pm-5:30pm <i>Vail Commons Buchanan Hall</i> <i>*starts February 9 - May 4</i></p>	

**Activities, classes, and events are subject to change*

Students that attend 10 or more fitness classes before the end of the spring semester will receive a free Turkish beach towel

SPORTS AND RECREATION CENTER FEATURES

- 25-meter swimming pool with diving well
- 9,600-square-foot weight room
- 2,500-square-foot cardio suite
- 1,200-square-foot aerobic studio
- 1,800-square-foot batting/golf cage
- 1/10-mile three-lane suspended running track
- 22 flat-screen televisions
- Three playing surfaces
(wood court, tartan-surface, and artificial turf)
- Day-use locker rooms
- Three handball/racquetball courts
- The Paw Cafe

***For more information on facility hours and amenities, please visit:
www.goforesters.com***

FITNESS CLASSES

All students welcome; registration is not required but space is limited. Mat Pilates is held in the Aerobic Studio on the lower level of the Sports and Recreation Center. Yoga is held in Vail Commons, Buchanan Hall.

(Contact Siobhan Michelotti, x5240 with questions)

Yoga: Guided by the connection between breath and movement, students are led through gentle stretches, standing postures and deep relaxation. The class is designed to increase strength, flexibility and balance while creating inner peace. All levels welcome. Taught by Carol Myers on Thursdays from 4:30pm -5:30pm; **beginning February 9, 2023.** For more information, please contact healthandwellness@lakeforest.edu.

Mat Pilates: Pilates focuses on core strength and stretching. The balance and rejuvenation that come with Pilates is one of the greatest gifts. No prior experience necessary, all fitness levels welcome. *Taught by Christy Riley on Wednesdays from 4:30-5:30pm; beginning January 18, 2023.* For more information, please contact healthandwellness@lakeforest.edu.

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