



# LAKE FOREST FITNESS

## FAC/STAFF PROGRAMMING

### SPRING 2023 CALENDAR

### CLASSES BEGIN ON TUESDAY, JANUARY 31!

MON	TUE	WED	THUR	FRI
		<b>Workout Wednesdays</b> 10:00-11:00 a.m. Weight Room (SRC)		
	<b>Yoga</b> 12:05-12:50 p.m. Dance Studio		<b>Recreational Basketball</b> 12:05-12:50 p.m. SRC Tri-Court	<b>Cornhole</b> 12:05-12:50 p.m. SRC Tri-Court (Turf)

**Lap Swimming:** The campus swimming pool is available for lap swimming **M-Th:** 7:30-9 a.m., 12:30-2:00 p.m. and 8:30-10:00 p.m.; **F:** 7:30-9:00 a.m. and 12:30-3:00 p.m. and **Sat/Sun:** 12:00-4:00 p.m.

## CLASS/ACTIVITY DESCRIPTIONS

**Yoga:** An invigorating flow of meditation in motion that will empower and transform you in body, mind and spirit. Participants are led from pose to pose throughout the class, which is designed to increase strength, flexibility, and balance while creating inner peace. All levels welcome.

**Instructor:** Carol Myers (cmyers@lakeforest.edu)

**Workout Wednesdays:** In this class, participants will learn weight training, flexibility, mobility, cardiovascular, and other important aspects of fitness/strength training. We will focus on performing proper movements through the use of free weights, machines, body weight movements, etc. in order to give participants the knowledge to continue to enhance their fitness journey. The class will be very fluid and once basic movements and concepts are taught, the workouts will be tailored to the wants/needs of the individuals participating in the class.

**Instructor:** Andrew Parker (aparker@lakeforest.edu)

**Recreational Basketball:** A great opportunity for you get up and down the court with your colleagues!

**Contact:** Matt Horgan (mhorgan@lakeforest.edu)

**Cornhole (Bags):** Everyone's favorite backyard game! Join other faculty and staff for a few friendly games over the lunch hour. No need to have your own partner or bags set; we have you covered.

**Contact:** Mike Raymond (mraymond@lakeforest.edu)