



F^{RESTER} FITNESS

FAC/STAFF PROGRAMMING

SPRING 2016 CALENDAR

MON	TUE	WED	THUR	FRI
			Running Group 11:30 a.m.-12:30 p.m.	
Noon Ball noon-1 p.m.				Noon Ball noon-1 p.m.
Yoga 12:05-12:50 p.m. Dance Studio	Six-Pack Abs 12:15-12:45 p.m. Dance Studio	Yoga 12:05-12:50 p.m. Dance Studio	Group Strength 12:15-1 p.m. Weight room	Fitness Friday Schedule on Back

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

OTHER OPPORTUNITIES

Noon Ball: Noon ball is simply basketball played during the lunch hour. It is popular on many campuses and a great opportunity for you to enjoy fun but competitive pick-up games. *Organized by Brian Bruha (bruha@lakeforest.edu/x5293).* Noon ball will be played on Mondays and Fridays from Noon-1 p.m. throughout the year.

Skill Level - Intermediate to Advanced; High Intensity

Running Group: Join a dynamic and dedicated group of Forester colleagues for some outdoor running (rain, shine, or snow)... Runners depart from the Sports and Recreation Center at 11:30 a.m. for 3-6 mile runs, but feel free to run a little shorter or longer. All runners are welcome to be a part of this long-standing college tradition.

Organized by Ed Packel (packel@lakeforest.edu/x5155) and Jim Cubit (cubit@lakeforest.edu/x5054)

Skill Level - Beginner to Advanced; Moderate Intensity

Indoor tennis at the Racquet Club of Lake Bluff: Indoor tennis at the Racquet Club of Lake Bluff: As part of our partnership with the Racquet Club of Lake Bluff, members of the College community are eligible for a discounted membership. A member then has access to all the Club's offerings, including clinics, private lessons, competitive league play and social events. For more information, please call (847) 295-1322. The Club is conveniently located just 10 minutes from campus at 945 North Shore Drive in Lake Bluff, just off Route 43 (Waukegan).

Intramurals: A great opportunity for you to interact with Forester students and other staff. Programs vary by semester, but have ranged from flag football, volleyball, basketball, or soccer leagues. Specific questions can be directed to Blake Theisen (theisen@lakeforest.edu/x6155).

CLASS DESCRIPTIONS

(CONTACT BLAKE THEISEN, X6155 WITH QUESTIONS)

Gentle Yoga: Yoga is a calm and relaxing class that allows you to listen to your body and let go. Guided by the connection between breath and movement, participants 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 Mondays from 12:05-12:50 p.m. in the Dance Studio.

Skill Level - Beginner to Advanced; Low to Moderate Intensity depending on participant

Six-Pack Abs: Target your abs and back in this gut-busting 30-minute core class. Using Pilates, this class will focus on strengthening your abdominal and lower back muscles to create a leaner stronger center and improve posture.

Taught by Carisa Zaban (zaban@lakeforest.edu/x6135) on Tuesdays from 12:15-12:45 p.m. in the Dance Studio.

Skill Level - Intermediate to Advanced; High Intensity

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.

Taught by Carol Myers on Wednesdays from 12:05-12:50 p.m. in the Dance Studio.

Skill Level - Intermediate to Advanced; Low to Moderate Intensity depending on participant

Group Strength: New to strength training or looking to change up your current routine? Group Strength offers a non-intimidating environment to help shape your body. Participants will learn basic concepts of strength training, while being introduced to resistance exercises in the weight room.

Taught by Andrew Rauen (rauen@lakeforest.edu/ x6216) on Thursdays from 12:15-1 p.m. in the Dance Studio/Weight Room.

Skill Level - Beginning to Advanced; Low to High intensity

Fitness Fridays: A series of programs offered by the Athletic Department and Health and Wellness Center. This may include everything from introductory strength and cardio sessions to learning more about circuit work, nutrition, etc. Programs will be geared toward all fitness levels and include a wide array of focuses and activities so keep your eyes open for the programming that most appeals to you. Periodic e-mails regarding these special events will be sent throughout the year.

Skill Level & Intensity will vary with each session

Fitness Friday Schedule

January 15: Boomer's Wellness Challenge Kick-off

12:00-1:00 p.m. in the Sports and Recreation Center Lobby

February 12th: Let's Talk Nutrition

12:00-1:00 p.m. Pierson Rooms B & C

April 22nd: Build your Own Herb Garden

12:00-1:00 p.m. Middle Campus Quad

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