**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.

![Fall 2019 Calendar](image)

**OTHER OPPORTUNITIES**

**Volleyball:** Bump, set, and spike it with your co-workers on Tuesday evenings in our fac/staff volleyball games. *Organized by Aldo Guzman (guzman@lakeforest.edu/x5211).* Volleyball will be played from 5:00 to 6:00pm throughout the year. *Skill Level - Beginner to Advanced; Moderate 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. *Contact Adam Cortright (cortright@lakeforest.edu/x5043 for more information.* *Skill Level - Beginner to Advanced; Moderate Intensity*

**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 included flag football, volleyball, basketball, or soccer leagues. Specific questions can be directed to Blake Theisen (theisen@lakeforest.edu/x6155).
CLASS DESCRIPTIONS
(CONTACT BLAKE THEISEN, THEISEN@LAKEFOREST.EDU/ x6155 WITH QUESTIONS)

ALL CLASSES ARE HELD IN THE DANCE STUDIO LOCATED INSIDE THE SPORTS AND RECREATION CENTER WEIGHT ROOM

Gentle Yoga: Gentle 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 (cmyers@lakeforest.edu) 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

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 Vikki Graham (vgraham@lakeforest.edu) on Tuesdays from 12:05-1 p.m. in the Dance Studio/Weight Room.
Skill Level - Beginning to Advanced; Low to 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

Core Fusion: Enjoy this heart-pumping, energy-producing fitness class that focuses on core strength for the ultimate full body workout. We use resistance bands, hand weights and barbells, and your own body as resistance. You will sweat, shake, and melt fat away as you strengthen and tone your body. Core Fusion is a mix of abdominal, resistance training, and up-tempo cardio workouts.

Taught by Katie Rueffer (krueffer@lakeforest.edu/x6134) on Thursdays from 12:15-12:45 p.m. in the Dance Studio.
Skill Level - Intermediate to Advanced; 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

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