STAY FIT in the Sports and Recreation Center!
Activities sponsored by the Athletic Department and the Health & Wellness Center

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Cardio Cut
4:30pm – 5:30pm
(Aerobic Studio
Sports & Recreation Center)

Yoga
4:30pm-5:30pm
(Aerobic Studio
Sports & Recreation Center)

Visit the campus calendar at www.lakeforest.edu for fitness class updates

*Activities, classes, and events are subject to change

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 dance 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
- Boomer’s South cafe

For more information on facility hours and amenities, please visit:
www.goforesters.com
FITNESS CLASSES
All students welcome; registration is not required.
(Contact Siobhan Michelotti, x5240 with questions)

Yoga: Countless studies have found that yoga not only helps build physical fitness but mental wellness too. The instructor approaches the practice with an athlete's perspective and a spiritual knowledge of what the practice can do for you. Taught by Kelsey Stoll on Wednesdays from 4:30-5:30pm; beginning January 22, 2020. For more information, please contact healthandwellness@lakeforest.edu

Cardio Cut: Cardio Cut is a fun, high intensity, interval training class incorporating both cardio and resistance training. Participants will become stronger, leaner, and more toned. All fitness levels welcome! Taught by Vikki Graham on Tuesdays from 4:30-5:30pm; beginning January 28, 2020. For more information, please contact healthandwellness@lakeforest.edu

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(STAY UP TO DATE ON ALL FORESTER FITNESS AND WELLNESS ACTIVITIES)