



FORESTER FITNESS

FAC/STAFF PROGRAMMING

SPRING 2022 CALENDAR CLASSES BEGIN ON MONDAY JANUARY 31!

MON	TUE	WED	THUR	FRI
			Running Group 11:30 a.m.-12:30 p.m.	
Gentle Yoga (mask required) 12:05-12:50 p.m. Dance Studio	Core Fusion (mask required) 12:15—12:45 p.m. Dance Studio	Yoga (mask required) 12:05-12:50 p.m. Dance Studio		

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 12 - 4 pm.

OTHER OPPORTUNITIES

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 Monserrat Figueroa (mfigueroa@lakeforest.edu/x6153).



CLASS DESCRIPTIONS

(CONTACT MIKE RAYMOND, MRAYMOND@LAKEFOREST.EDU/ X6136 WITH QUESTIONS)

CLASSES BEGIN JANUARY 31!

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

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

**REMINDER THAT MASKS ARE
REQUIRED IN THE SPORTS &
RECREATION CENTER AT ALL
TIMES**

FOLLOW US...

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



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