

FORESTER

STUDENT FITNESS

STAY FIT in the Sports and Recreation Center!
Per College policy, participants must wear a mask regardless of vaccination status
Space is limited. First come, first serve. Class is free for students.

Spring 2022 STUDENT FITNESS CLASS SCHEDULE				
MON	TUES	WED	THURS	FRI
		Mat Pilates 4:30pm-5:30pm <i>Aerobic Studio</i> <i>Sports & Recreation Center</i>		

**Activities, classes, and events are subject to change*

SPORTS AND RECREATION CENTER FEATURES

- 25-meter swimming pool with diving well
- 22 flat-screen televisions
- 9,600-square-foot weight room
- Three playing surfaces
(wood court, tartan-surface, and artificial turf)
- 2,500-square-foot cardio suite
- Day-use locker rooms
- 1,200-square-foot aerobic studio
- Three handball/racquetball courts
- 1,800-square-foot batting/golf cage
- The Paw Cafe
- 1/10-mile three-lane suspended running track

For more information on facility hours and amenities, please visit:
www.goforesters.com

FITNESS CLASSES

*All students welcome; registration is not required but space is limited.
(Contact Siobhan Michelotti, x5240 with questions)*

Mat Pilates: Pilates focuses on core strength and stretching. The balance and rejuvenation that come with Pilates is one of the greatest gifts. No prior experience necessary, all fitness levels welcome. *Taught by Christy Riley on Wednesdays from 4:30-5:30pm; beginning Wednesday February 2, 2022. For more information, please contact healthandwellness@lakeforest.edu*

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