

F RESTER STUDENT FITNESS

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

Spring 2017 STUDENT FITNESS CLASS SCHEDULE				
MON	TUES	WED	THURS	FRI
				<i>FITNESS FRIDAY</i>
<p><i>DH)WQV</i> 4:30-5:30pm (dance studio)</p> <p>Every Monday during the month of <i>February!</i></p>	<p><i>Zumba</i> 4:30 – 5:30pm (dance studio Sports & Rec)</p>	<p><i>Cardio Cut</i> 4:30-5:30pm (dance studio Sports & Rec)</p>		

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

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| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 |
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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)**

Monday Fitness Classes: We will be piloting different fitness classes on Monday evenings for four-week periods during the spring semester. See the Campus Calendar for monthly updates and class information, and watch your email for more information. Please join us, and also provide feedback about the classes and instructors! *Taught by various instructors. For more information, please contact healthandwellness@mx.lakeforest.edu*

Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt. All levels are welcome. *Taught by Karen Jacobson on Tuesdays from 4:30-5:30pm; beginning August 30. For more information, please contact healthandwellness@mx.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 Wednesdays from 4:30-5:30pm; beginning August 31. For more information, please contact healthandwellness@mx.lakeforest.edu*

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, students 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 Susan Smolin on Thursdays from 4:30-5:45pm; beginning September 1. For more information, please contact healthandwellness@mx.lakeforest.edu*

Fitness Friday: A series of programs offered by the Athletic Department and the Health and Wellness Center. Programs will include everything from healthy living presentations to introductory level fitness classes. Topics will cover nutrition, goal setting, stress management, strength training, cardiovascular training, and more. 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. *Taught by various instructors; see campus calendar for specific dates & programming. For more information, please contact healthandwellness@mx.lakeforest.edu.*

Save the date for Fitness Friday events

(Thursday) February 2: Boomer's Wellness Challenge Kick - Off

12:00-1:00pm in the Mohr Student Center

TBD: Let's Talk Nutrition

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

April 21: Pot a Plant!

12:00-1:00 p.m. Mohr Student Center

FOLLOW US...

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



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