

Wellness as a Community (WaaC)

Fitness Classes

All classes are free of charge for Gustavus employees. Each class is designed to challenge all fitness levels, and you don't need to be "in shape" to participate! Visit the WaaC webpage for the most up-to-date information: <https://gustavus.edu/humanresources/wellbeing/>

Full Body Core

Core exercises strengthen your core muscles, which includes your abdomen, back, and the muscles around the pelvis. They can be done from the floor, standing up, or using benches, tables, equipment. There are literally hundreds of ways to strengthen your core, but not all core exercises are created equally.

Pyramid

A pyramid workout is based on an upward, then downward, sequence. You climb up the pyramid, and then go back down. Adding an exercise after each round until reaching the top and then going back down while removing an exercise.

HIIT or Step Class

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

What is a step class? A 'step' is a raised platform that you step on, around and down in different patterns. The idea is to get you moving, improve your cardio fitness and coordination. A step class is easier on the joints than other cardio exercises like running and fun too!

TRX Workouts

Come join Troy for this amazing total body workout. If you have never tried it, TRX is a bodyweight suspension training system that is low impact strength training. All levels and abilities are welcome. Exercises can be altered to fit any ability. To learn more about TRX go to www.trxtraining.com

Gustavus Health & Exercise Science Promotion Information

Personal Training

The HES department wants to remind all employees that seniors majoring in Exercise Physiology offer personal training services to anyone who is interested each semester. This is a great opportunity and is free of cost to all employees. Registration is required. Registration does not guarantee that you will be placed with a student trainer, however, your information will be saved and an effort will be made to place you in future semesters. Contact Stephanie Otto (sotto@gustavus.edu; x6464) to register and learn more!

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Personalized Wellness Assessments

The senior Exercise Physiology majors offer a variety of fitness-related services in the Human Performance Laboratory, located in Lund Center. Services include health and fitness consultations, equipment orientation, and fitness assessments (strength, flexibility, and endurance testing as well as postural evaluation). Visit the HPL webpage for more information and resources (www.gustavus.edu/hes/hplab/). Schedule your appointment today by contacting Stephanie Otto (sotto@gustavus.edu; x6464).

Questions? Contact WaaC Coordinators @ g-waac@gustavus.edu