

# 2019 Spring Wellbeing for Employees (WE) 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! We encourage everyone to bring a friend and give each class a try. Classes begin on Monday, February 11th and run through Friday, May 24th. If you have questions about any of the programs that are offered, please contact Laurie Kelly (x6145).

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**Mondays 11:40am-12:20pm**      **Water Aerobics**      **Instructor: Kari Eckheart**      **Lund Pool**  
Looking for a different workout? Water aerobics is one of the most energizing forms of aerobics and can be enjoyed by everyone. Whether you are looking to kick start your fitness journey, increase flexibility and joint mobility, lose weight, or just have some fun, water aerobics is the exercise for you!

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**Mondays 12:40pm - 1:20pm**      **Core Builder**      **Instructor: Rachel More**      **Lund 217**  
A class designed to build up your deep core stabilizer muscles to build a stronger, more functional trunk. Exercises from yoga, Pilates, and other modes will be incorporated for a good variety. Props such as the stability balls and Bosu's will also be used. Caution...you may be working your way to six-pack abs!

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**Tuesdays 6:00am-6:40am**      **Interval Training**      **Instructor: Brenda Haugen**      **Lund 224**  
Wake up and join Brenda for this total body workout. There will be a variety of options available for all fitness levels.

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**Tuesdays 11:40am-12:20pm**      **Circuits with Kari**      **Instructor: Kari Eckheart**      **Lund Forum**  
Join Kari in the Lund Forum for a great workout with a variety of cardio, strength, and core fitness exercises. You work at your own pace and there are options for all fitness levels. The Forum space offers up a variety of new activities to incorporate into your workout.

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**Tuesdays 12:00pm-12:30pm**      **TRX**      **Instructor: Troy Banse**      **2<sup>nd</sup> Floor TRX Room**  
Back by popular demand, Troy will be teaching two classes this J-Term semester. TRX is a body weight suspension training system that is low impact strength training. Duration will be approximately 30 minutes. All levels and abilities welcome. Exercises can be altered to fit any ability. To learn more about TRX go to [www.trxtraining.com](http://www.trxtraining.com)

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**Wednesdays 11:40am-12:20pm**      **Yoga**      **Instructor: Kelly Holland**      **Lund 217**  
Come join Kelly for some Yoga! Yoga can be as much or as little as you want it to be. For some, it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reasoning for practicing or your level of experience, come on in, relax and enjoy!

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**Wednesday 12:40pm-1:20pm**      **Pyramid**      **Instructor: Laurie Kelly**      **Lund 217**  
If you are like many people who don't like to do the same boring thing over and over when you exercise, then this is the class for you. Get a great overall workout with this combination of cardio, strength & core fitness exercises. It's a pyramid with a variety of activities that you do for less than a minute before you move on to the next activity.

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**Thursdays 6:00am-6:40am**      **Yoga**      **Instructor: Brenda Haugen**      **Lund 224**  
Calling all early risers!! Start your day off with this great class taught by Brenda. What a perfect way to start off your Thursday morning.

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**Thursdays 11:40am-12:20pm**      **Zumba**      **Instructor: Natasha Saxena**      **Lund 224 or 2<sup>nd</sup> Floor-Racquetball Court**  
Join Natasha for dance fitness classes that are fun, energetic, and make you feel amazing. Each class is designed to bring people together to sweat it on. ... Once the Latin and World rhythms take over, you'll see why these fitness classes are often called exercise in disguise.

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**Friday 11:40am-12:20pm**      **Yoga**      **Instructor: Kelly Holland**      **Lund 217**  
End your week by joining Kelly for some Yoga! Yoga can be as much or as little as you want it to be. For some, it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reasoning for practicing or your level of experience, come on in, relax and enjoy!

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**Fridays 12:40pm-1:20pm**      **Step**      **Instructor: Stephanie Otto**      **Lund 224**  
An awesome cardio workout to end your week and a great way to get all those STEPS you are tracking throughout the day. With a variety of music and choreography, Stephanie makes this a class you don't want to miss.

**\*\* IMPORTANT \*\***  
**Useful Gustavus Health Promotion Information**

**Visit the Wellness Webpage! → <https://gustavus.edu/wellbeing/employees.php>**

Please visit the Wellbeing for Employees (WE) website for more information regarding fitness classes, wellness events, and health information. All classes and most wellness events are free to all Gustavus employees, spouses, and retirees.

**Personal Training**

The HES department wants to remind all employees that seniors majoring in Health Fitness offer personal training services to anyone who is interested each semester. This is a great opportunity and is free of cost to all employees, spouses, and retirees. 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!

**Personalized Fitness Assessments**

The senior Health Fitness 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/](http://www.gustavus.edu/hes/hplab/)). Schedule your appointment today by contacting Bruce VanDuser (bvand@gustavus.edu; x7656)!

**Questions? Contact WE Coordinator, Laurie Kelly**  
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