2015 Fall WE Fitness Classes for Employees

“When you determine what you want, you have made the most important decision in your life. You have to know what you want in order to attain it.”

-Douglas Lurtan

All classes are free of charge and are available to Gustavus employees and spouses. 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 (you do not need to sign up or register for classes). Classes begin on Monday, September 14th and run through December 15th. If you have questions about any of the programs that are offered, contact Laurie Kelly (x6145).

Mondays 11:35am - 12:15pm  
Yoga  
Instructor:  Kelly Holland  
Lund 224

“Start your week off right 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!”

Mondays 12:35pm - 1:15pm  
Pyramid Circuit  
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.

Tuesdays 6:00am - 6:40am  
Fitness Yoga  
Instructor:  Brenda Hauggen  
Lund 224

Calling all the early risers!! Start your day off with this great class taught by Brenda. What a perfect way to start off your Tuesday morning. All levels are welcome.

Tuesdays 12:35pm - 1:15pm  
Step with Steph  
Instructor:  Stephanie Otto  
Lund 224

Join WE and certified Instructor, Stephanie Otto for one of her two weekly step aerobics classes. This class is meant for the beginners and the veterans…. so grab a step and let’s get moving!

Wednesdays 11:35am - 12:15pm  
Cardio Dance  
Instructor:  Sydney Branom  
Lund 224

“Get ready to start the Fall semester off with high energy, Zumba-like cardio dance class. Show off your dance moves and burn calories at the same time. All fitness levels are welcome!”

Wednesdays 12:15-12:45pm  
TRX with Troy  
Instructor:  Troy Banse  
Lund 3rd Floor

Back by popular demand Troy will be teaching two classes this 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

Thursdays 6:00am - 6:40am  
Strictly Strength  
Instructor:  Brenda Hauggen  
Lund 224

Wake up and grab a weight. Join Brenda for this total body strength workout. There will be a variety of options available that will fit all fitness levels.

Thursdays 11:35am - 12:15pm  
Yoga  
Instructor:  Kelly Holland  
Lund 224

“Join GHP and certified Yoga Instructor, Kelly Holland for one of her two weekly yoga classes. These classes are meant for the yoga novice or veteran. So finish off the morning, kick off your shoes, lay out your mat, and prepare to balance the body and mind.”

Thursdays 12:35pm - 1:15pm  
Step-Aerobics  
Instructor:  Stephanie Otto  
Lund 224

A great cardio workout and a sure fire 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 can’t miss. All fitness levels are welcome!

Fridays 11:35am - 12:15pm  
Pilates  
Instructor:  Rachel More  
Lund 224

It’s Friday, so finish off your week with a total body workout led by my certified instructor and owner of The Pulse, Rachel More. Pilates is an optimal way to achieve strength, flexibility, and proper body alignment. The central concept of Pilate’s exercises is strengthening the core of the body – deep abdominals, lower back, and muscles around the spine. To add to the workout, we may use special equipment or add some yoga and other strength and conditioning movements.

Fridays 12:15pm-12:45pm  
TRX  
Instructor:  Troy Banse  
Lund 3rd Floor

End the workweek with a TRX workout. 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
** IMPORTANT **
Useful Gustavus Health Promotion Information

Visit the Wellness Webpage! → www.gustavus.edu/wellbeing
Please visit the Gustavus Health Promotion (GHP) 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/). Schedule your appointment today by contacting Bruce VanDuser (bvand@gustavus.edu; x7656)!

Questions? Contact GHP Coordinator, Laurie Kelly
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