

FALL SEMESTER 2021 – FITNESS CLASS SCHEDULE

Online registration begins on **Tuesday, August 3** and ends on **Wednesday, August 18** at noon. Summer semester classes officially begin online on **Monday, August 23** and last until **Friday, December 10**. To view and/or register for summer programs visit go.udayton.edu/hrtraining.

YOGA M/W - Yira

DATE: Mon. & Wed., Aug. 23 – Dec. 6
TIME: 12:00 – 12:50 pm
LOCATION: Curran Place, Alumni Center North
INSTRUCTOR: **Yira Bales**
FEE: \$20.00

PILATES

DATE: Tues. & Thurs., Aug. 24 – Dec. 9
TIME: 5:00 – 5:50 PM
LOCATION: RecPlex, Studio B
INSTRUCTOR: **Alexis McLaughlin**
FEE: \$20.00

LABLAST FITNESS

DATE: Mon. & Wed., Aug. 23 – Dec. 6
TIME: 5:00 – 5:50 PM
LOCATION: RecPlex, Studio B
INSTRUCTOR: **Dana Tobias**
FEE: \$20.00

ZUMBA

DATE: Tues. & Thurs., Aug. 24 – Dec. 9
TIME: 12:00 – 12:50 PM
LOCATION: Online, Zoom
INSTRUCTOR: **Radka Kroteva**
FEE: 20.00

HEARTFULNESS MEDITATION

DATE: Fridays, Aug. 27 – Dec. 10
TIME: 11:30 – 12:00 PM
LOCATION: Online, Zoom
INSTRUCTOR: **Uma Mullanpudi**
FEE: Free; **NO CLASS**: Nov. 26

Join Zoom Meeting: <https://us02web.zoom.us/j/82425458143?pwd=TGM3QkhlcSt4MVJldlNKd1V2cXd3dz09>

Meeting ID: 824 2545 8143

Passcode: 092856

YOGA T/Thurs - Jeanine

DATE: Tues. & Thurs., Aug. 24 – Dec. 9
TIME: 12:00 – 12:50 PM
LOCATION: RecPlex, Studio B
INSTRUCTOR: **Jeanine Parisi**
FEE: \$20.00

STRENGTH & TONING

DATE: Wed. Only, Aug. 25 – Dec. 1
TIME: 12:30 – 1:15 PM
LOCATION: RecPlex, Studio B
INSTRUCTOR: **Alexis McLaughlin**
FEE: \$10.00

FRIDAY ZUMBA

DATE: Fridays Only, Aug. 27 – Dec.10
TIME: 12:00 – 12:50 PM
LOCATION: RecPlex, Studio B
INSTRUCTOR: **Meg Millat**
FEE: \$10.00

FULL BODY CIRCUIT

DATE: Mon. & Wed., Aug. 23 – Dec. 6
TIME: 12:00 – 12:50 PM
LOCATION: Online, Zoom
INSTRUCTOR: **Meg Millat**
FEE: \$20.00

Personal Training: Benefit eligible employees who have never participated in the personal training program with campus rec. are eligible for a discounted rate this fall! The fee is \$55 for 8 sessions with a RecPlex personal trainer. Application required to participate. Please email mrutledge1@udayton.edu for more information. Open to 8 employees this fall.

No class on the following dates: September 6 (Labor Day), November 25, 26 (Thanksgiving Holiday), December 8 (Feast of the Immaculate Conception).

Class Descriptions

- **LaBlast Fitness:** LaBlast is an exciting interval dance workout based on all dances seen on “Dancing with the Stars”. It is completely partner free and uses a wide variety of music. LaBlast also incorporates strength training with weights in Viennese Waltz, Merengue and Rhumba. LaBlast is a workout in disguise! No prior dance experience is required.
- **Zumba:** This fun and easy to follow cardio dance combines high energy motivating music from around the world with easy to follow moves and combinations that make you feel like you are partying on the dance floor. Zumba is something everyone can do. No dance experience is necessary. Come join the party!
- **Yoga:** This class will help you connect to your body through breath control, simple meditation, and the adoption of specific body postures, which is widely practiced for health and relaxation. This class will help you find an inner calmness/peace, enhance your balance and stability, and leave you feeling stronger and more centered for the rest of your day! You can make this class as challenging or as relaxing as you want. Each class will vary, but we will focus on balance, stability, strength, flexibility, breath, and techniques on how to clam the body.
- **Cardio Core:** The Cardio Core class is a full body workout combining hi-low cardio aerobics and core stabilizing exercises plus a little more! (may include free weights, bands or stability balls) use what you can and modifications can be made!
- **Full Body Circuit:** The Full Body Circuit class combines strength and cardio exercises to accomplish a full body work out. We pump up the jams as we move through repetitions and/or timed intervals. A work out may use free weights, resistance bands or stability balls. Use what you have and know that modifications can be made.
- **Strength & Toning:** Develop strength and stamina through resistance training using your own body weight and a variety of equipment: hand weights, resistance bands, stability balls, and small balls (equipment not required but helpful to achieve a full body workout). All major muscle groups, including the core, are targeted using the latest research-based exercise methods.
- **Pilates:** Pilates is a stretching and strengthening exercise form that fuses the best of Eastern and Western style movements with a special focus on building core strength and body awareness. For the most part, Pilates work is done on a mat relying on an individual’s body weight resisting gravity to achieve results. Hand weights, fitness balls, blocks and bands are often used to aid movement, add variety, and increase difficulty. Pilates is a great complement to repetitive cardiorespiratory activities because it stretches out those muscles that tighten up from repetitive walking, running, cycling, and dancing. Pilates also provides opportunities to release tightness that comes from sitting at a desk and hunching over a computer.
- **Meditation:** Heartfulness is a simple practical way to experience the heart’s unlimited resources. It includes guided relaxation, and meditation techniques. The Beavercreek Natural Path Meditation Center will be offering free weekly Heartfulness relaxation & meditation classes, on campus, for University of Dayton Faculty and Staff. Heartfulness meditation is practiced in over 100 countries around the world. Please visit website www.heartfulness.org for guided relaxation videos and more information on Heartfulness meditation. Meditation will be offered throughout the semester and is free to Faculty and Staff, walk in’s welcome.