



# Faculty and Staff Wellness Center

## New Hours

### Morning Hours

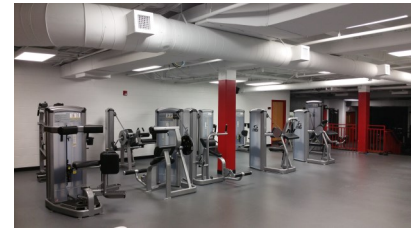
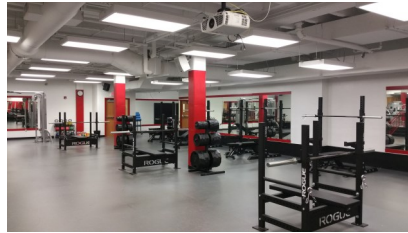
6-8am Monday and Wednesday

### Mid-Day Hours

12-2 pm Monday – Friday

### Afternoon Hours

5-7 pm Tuesday and Thursday



Functional Fitness	Monday and Friday 12-1PM (C-019)
Mindfulness Meditation Practice Group	Monday 12-12.30 (Peace Garden/Peters Hall Courtyard or C-013)
Group Fitness	Wednesday 12-1PM ( B 102 Gym)
Metabolic Boot Camp	Tuesday and Thursday
	5.15-6.15 PM (C-019)
	Wednesday
	6.15-7.15 AM (C-019)
Kickboxing	Tuesday 1.00-1.30PM (C-019)
Zumba– <u>for sign up email Kelly Hilsey at khilsey@RADFORD.EDU</u>	Monday and Wednesday
	5.15-6.15PM (C-019)
Brain Breaks	Monday and Wednesday
	2.00-2.30PM ( B-102Gym)
Exercise Instruction	Monday 12.00-1.00PM (C-035)
Getting Back to Movement	Thursday 6.30-7.30 AM
	Private Group
Yoga	Thursday 12.00-1.00 PM (C-019)

## Classes Offered

Questions or Sign up Email

Doug Wohlstein at

Dwohlstein@radford.edu

## Special Topics >>

Date	Time	Subject	Location	Instructor	Sign-up #
11-Sep	12-2.00	Pickleball	Peters Gym	Jon Poole	open
18-Sep	1-2.00	Body/Plate Comp BEI w/Snack	McGuffey 116/120	Mary Jean Miller	6
18-Sep	12-2.00	Badminton	Peters Gym	Jon Poole	open
2-Oct	1-2.00	Vegetarian Nutrition	TBA	Devito/Sharman	TBA
6-Nov	1-2.00	Movement Analysis	C-035	David Sallee	4 to 6
13-Nov	1-2.00	Resting Metabolic Rate	TBA	Laura Newsome	3-Feb
13-Nov	12-1.00	Team Games/ MVDA	Peters Gym	Stephen Shelton	Need 8+
12/4	1-2.00	Pack a Healthy Lunch	McGuffey 120	Laure Bianchi	24

# Class Descriptions

## **Functional Fitness**

Functional Fitness is “functional movements that are constantly varied at high intensity.” It is a core strength and conditioning program. Functional Fitness is designed to elicit as broad of an adaptation response as possible. Functional Fitness was developed to enhance an individual’s competency at all physical tasks. Athletes are trained to perform successfully at multiple, diverse, and randomized physical challenges. This fitness is demanded of military and police personnel, firefighters, and many sports requiring total or complete physical prowess.

## **Zumba Conditioning**

Participants in Zumba Fitness® will get a workout without even noticing because they're having so much fun. This program uses pop and world music as a setting for easy repeating elements from favorite Latin and other dance steps and mixes that with strength and balance moves to get cardio conditioning and toning in one. This hour-long class goes by in a flash and is easily modified for all fitness levels.

## **Yoga**

Yoga emphasizes cultivating strength and flexibility in the body and the mind. Students will learn how to use life force energy through practicing traditional poses with moderate “flow” pacing. Students become more aware of their body by synchronizing movements with the breath. Students leave classes feeling cleansed and peaceful.

## **Metabolic Boot Camp**

Metabolic Boot Camp is completing structural and compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout. This Class will have varied levels so whether you are a beginner or a veteran you will get a great workout.

## **Group Fitness**

Station based exercise that is scaled to the participants’ fitness levels. Participants move between workout stations in an interval style training approach. This is offered as a part of a course. A small group of students will be present to offer training instruction. Students are under the direct supervisor of Dr. David Sallee

## **Exercise Instruction**

Dr Sallee and his students are available to work with you on your exercise movement needs. We can analyze your movement patterns and make suggestion on how to move and exercise more effectively

## **Brain Breaks**

Instead of a coffee break come take a movement break. Small games will be set up for you to take part in. You won’t need to change or put on different shoes. Just come and see what ten minutes of movement does you’re your concentration and ability to work. Take a Brain Break.

## **Kickboxing**

Enjoy Striking. Come work out on heavy bags and striking pads for an intense 30 minute workout. Please bring some form of bag gloves to protect your hands.

## **Mindfulness Meditation Practice Group**

Mindfulness is the art of conscious living and being in the present moment; that is, the cultivation of awareness of things as they are. The purpose of this practice group is to provide an opportunity for participants to have a place to be in stillness and at ease. Each session will consist of a period of guided practice followed by a silent sitting period.

## **Getting Back to Movement**

Thought about “It’s time to get moving”? Come join our early morning group for getting back to movement. We are a group who recognizes our physical need for moving and the lack of that in our present lives. Get involved with a semi-private group (up to 15 people at a time), and get reacquainted with the joy of moving! Learn how to use machine weights, elastic band resistance, and different cardio equipment. Commit to one day a week to get back to moving!