

SHAPE UP

THOSE NEW YEAR'S RESOLUTIONS FOR 2007

FACULTY FITNESS HOUR

Peters Hall Fitness Center

EVERY FRIDAY 12-1PM

GROUP ACTIVITY WORKSHOPS OFFERED

Beginning February 2

Instructed by Jinjer A. Covert,

Martial Arts Instructor

KAR-AEROBICS

Add spice to your aerobics routine using martial arts techniques (kicks, punches and stances) resistance bands and partner training to motivate and facilitate your fitness performance in order to burn fat, tone muscle, increase flexibility, and most of all have fun. All participants please work at your own pace and stop when needed. **Please use caution while training. Individuals with shoulder, knee, and/or back problems please notify instructor prior to training.** Sessions conducted in Aerobics room (C-40) next to Peters Hall Fitness Center:

Kar-Aerobics: February 2, 23, March: 16, April: 6, 27

1: MINUTE TOTAL BODY WORKOUT

Maximize your workout in the Peters Hall Fitness Center--Circuit Training room. Participants will start with a light warm up using the primary muscle groups then move into a light stretch. Following the stretch, focus will continue to be on the target areas. Stations such as the universal circuit machines, bikes, stability balls, medicine balls and resistance bands will be utilized. **Participants will be instructed to use proper form and controlled movement continuously for 1 minute before changing stations.** Workout is fun and challenging. **Please use caution while training. Individuals with shoulder, knee, and/or back problems please notify instructor prior to training.** Max number of participants is 15.

1: Minute Total Body Workout: February: 9, March 2, 23, April 13

LET'S GET DOWN TO THE CORE

Focus is on strengthening the lower back and developing the abs. This class will begin with a warm up and end with a nice cool down concentrating on flexibility. Exercises will target mid and lower body areas. Stability balls, medicine balls, wall and floor exercises will be included. **Please use caution while training. Individuals with shoulder, knee, and/or back problems please notify instructor prior to training.** C-40 Aerobics room

Let's Get Down to the Core: February 16, March 30, April 20