

2014-2015 WELL-BEING CLASSES

Sponsored by Human Resources

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pilates by Lindsey Noon	Yoga Flow by Stefanie Noon	Pilates by Lindsey Noon	Yoga Flow by Stefanie Noon	Pilates by Teresa Noon
	Advanced Tai Chi by Paula 5 p.m.			
Zumba by Amanda 5:15 p.m.	Boot Camp by Emelia 5:15 p.m.	Zumba by Amanda 5:15 p.m.	Boot Camp by Jessica 5:15 p.m.	

*This program begins on Monday, August 25th. Well-Being classes will be canceled on the university holidays (i.e. Labor Day) or university weather closings. Please refer to Human Resources for the list of Faculty & Staff full holidays for 2014-15.

Advanced Tai Chi

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, and accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion. ATTENTION NEW PARTICIPANTS: Since this class is progressive in series, please attend in the beginning of the fall semester to learn the foundations of the series. If you want to begin after September, please introduce yourself to the instructor before class to aid in acclimation of information. NOTE: Class now takes place in Anniversary Hall in the Prayer Room.

Boot Camp

Looking to spice up your strength training routine? Boost your conditioning and confidence to the next level in this high intensity class using hand weights, resistance bands, and stability balls in addition to other unique forms of equipment.

Pilates

This class features movements designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to sports training and physical rehabilitation of all kinds.

Yoga Flow

In this class you will flow from one yoga posture to another using your breath in order to feel strong, opened and energized. Each class sequence is based on the sun salutation with attention given to breathing, alignment and mindfulness. Modifications will be provided..

Zumba®

Zumba® is an exciting dance aerobic workout that uses footwork and body movements from Salsa, Merengue, Cumbia, and other Latin dances all to the beat of sizzling hot Latin rhythms.

Questions?

Please email Clare Dever, Director of Campus Recreation, at cdever@bellarmine.edu. No registration required. Just walk in! All classes are free and are located at the SuRF, indoor tennis court #3.



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