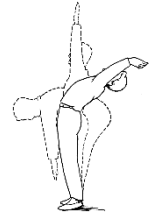




EMPLOYEE WELLNESS PROGRAM

SPRING 2017 EXERCISE CLASSES

All Employees Invited



The Wellness Program offers FREE lunchtime exercise classes to all faculty and staff. The classes are led by qualified instructors and are open exclusively to employees. You may attend as many classes as you wish; no reservations are needed – just show up! Locker and shower facilities are available near the gym area. Lockers may be used during class time only, please bring your own combination lock.

Please keep in mind that class begins 10 minutes after the scheduled time. All efforts to arrive on a timely basis are appreciated. Class space is limited to first-come first-served.

Discounted Exercise Mats Available: *Portable eco-friendly roll-up mats are available for purchase from the Wellness Program for a discounted price of \$13.00.* If you are interested in purchasing a mat, please bring a check for \$13.00, payable to *FIT Student Faculty Corporation*, to the Office of Human Resources - Benefits Unit, 333 7th Ave., 16th floor.

Classes start January 30th through May 19th

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|------------|-------------|-----------------|----------------------|
| MONDAYS | PILATES | 12:00 – 1:00 PM | AUXILIARY GYM, AX-39 |
| TUESDAYS | BODY TONING | 1:00 – 2:00 PM | BX-28 |
| WEDNESDAYS | CARDIO CORE | 12:00 – 1:00 PM | AUXILIARY GYM, AX-39 |
| THURSDAYS | YOGA | 1:00 - 2:00 PM | MOVEMENT ROOM, AX-25 |
| FRIDAYS | BOOT CAMP | 1:00 – 2:00 PM | AUXILIARY GYM, AX-39 |

NOTE: NO CLASSES WILL BE HELD DURING SPRING BREAK WEEK (APRIL 10-14)

DISCLAIMER: Employees who participate in the exercise classes and facilities do so at their own risk. FIT is not responsible for any injury that may occur to individuals participating in any exercise activity. Medical clearance before participating in an exercise program is highly recommended.

PILATES (MAT CLASS): The Pilates method concentrates on strengthening the core muscles of the stomach, back, and legs. As a balance, it also incorporates a segment of stretching and lengthening.

BODY TONING: Overall body toning and strength is achieved through mat and standing exercises utilizing isometrics, body weight and repetitions of movement. Emphasis on safe practice with proper alignment and core stabilization. All levels of students welcome.

CARDIO CORE: Cardio and strength training mixture with an interval combination of core and calisthenics movement designed for low and high impact exercises. The class is an energetic and motivating session which guarantees variety and fun. Exercises will be modified to everyone's ability.

YOGA: You will receive instruction in relaxation, meditation, and yogic breathing. Gentle poses will ease your tensions and strengthen you physically as well as from within. Ease tensions during a busy day in an accepting and relaxing atmosphere.

BOOT CAMP: Boot Camp mixes traditional calisthenics and body weight exercises with interval and strength training. It includes various forms of interval training that involves bursts of high intensity work. A work out designed to improve your cardio conditioning as you strengthen your muscles in this action-packed class. A total body workout!

FITNESS CENTER: Employees may use the Lari and Barbara Stanton Fitness Center during the hours of 7:00 AM – 9:00 AM Monday through Friday. The Center is located in the sub-basement of the Dubinsky Student Center (A Building) and is equipped with cardiovascular machines, nautilus, universal, and free weights. Click this [link](#) for the Recreation Program's Fitness Center rules and regulations for use of the center.

NEW: The *Department of Athletics and Recreation* is offering a class on Relaxation, Meditation and Guided Imagery on Tuesdays from 1:00 – 1:30 PM and 1:30 – 2:00 PM in the Movement Room AX-25. The class will be open to students **and** employees.

Support has been provided through funding by the FIT Student-Faculty Corporation