



March Wellnews



HOURS OF OPERATION

Gym:

Monday - Friday
6:00 a.m. - 10:00 p.m.

Saturday & Sunday
8:00 a.m. - 4:00 p.m.

Pool:

Monday & Wednesday
6:00 a.m. - 9:00 a.m.

11:00 a.m. - 2:00 p.m.
3:00 p.m. - 10:00 p.m.

Tuesday

6:00 a.m. - 8:00 a.m.
11:00 a.m. - 10:00 p.m.

Thursday

6:00 a.m. - 8:00 a.m.
12:30 p.m. - 10:00 p.m.

Friday

6:00 a.m. - 9:00 a.m.
11:00 a.m. - 9:00 p.m.

Saturday & Sunday
9:00 a.m. - 3:00 p.m.

The pool will be closing early on the following dates for lifeguard training:

Sunday, March 1st
Pool will close at 2:30 p.m.

Saturday, March 14th
Pool will close at 12:00 p.m.

Saturday, March 28th
Pool will close at 12:00 p.m.

There is No "I" in Group, But You Should Be!

Try Your Luck at One of Our 13 Group Exercise Classes

*Our **low** intensity classes are appropriate for all fitness levels*

NEW! Circuit Training (Mon. at 7 a.m., Tues. at 12:30 p.m., & Wed. at 11 a.m.)

This 30 minute class will give you a great full body cardio and strength training workout, combining strength training, cardio movements, balance training and plyometrics. This circuit training formatted class can be altered to challenge ALL FITNESS LEVELS.

Aqua Aerobics (Tues., Thurs. & Sat. at 8 a.m.)

In 60 minutes enjoy the benefits of: strengthening of muscles and joints, relief of stress, the prevention of osteoporosis, and meeting new people.

Silver Circuit (Mon. & Wed. at 8 a.m.)

This 60 minute class incorporates flexibility and strengthening exercises for the entire body. Instruction is done with special care to avoid impact to the joints. Each class is different and may include chair instruction, band strengthening, stability ball, free weight, and resistance machine training and can take place both inside and outside our facility.

*Our **moderate** intensity classes are appropriate for all fitness levels, but exercises may need to be slightly modified to perform them safely and effectively*

NEW! Cardio Blast (Thurs. at 4 p.m.)

This 60 minute class is an aerobic workout that blends simple choreographed combinations with plyometrics and strength moves to give you a great over-all workout.

21st Century Pilates (Wed. at 4:30 p.m. & Thurs. at 9 a.m.)

This 60 minute class blends Ballet, Pilates and Fitness for a body-blasting workout, leaving every muscle strengthened and toned! In this class you will do moves to sculpt the body, condition the core, and improve posture, balance, and body awareness!

Ab Attack (Mon., Wed. & Fri. at 4 p.m.)

A 30 minute workout focused on strengthening the core using both isotonic (multiple repetitions) and isometric (controlled held position) techniques.

Jazzercise (Tues. & Thurs. at 5 p.m.)

This 60 minute class blends aerobics, yoga, Pilates, and kick-boxing moves into fun dance routines set to fresh music.

Urban Striptease Aerobics (Tues. at 7 p.m.)

This 60 minute class takes some of the basic moves of the strip tease and combines them with aerobic elements to create a fun, energizing and sexy workout. Clothes do stay on and all classes are held in a private room. So come and feel good about yourself and embrace your curves in this sexy alternative to traditional group exercise!

Yoga

Our 60 minute sessions will be focused upon total body conditioning, stress reduction, Hatha and other practices, core training, relaxation, and meditation. Beginner and intermediate classes are offered. Come in and leave in sync with your mind, body, and breath.

Beginner (Mon. at 7 p.m.) classes provides a safe and instructive space for new and continuing participants to learn and refine the yoga basics, primary poses, principles of alignment, and breath-work. Classes are moderately paced.

Intermediate (Thurs. at 7 p.m.) classes provide a more vigorous routine. The pace is quicker, poses are held longer and more challenging variations of yoga poses are taught. Yoga experience is not required but strongly recommended.

Zumba (Tues. at 9 a.m. & Wed. at 7:45 p.m.)

This 60 minute class consists of mostly Latin based dance routines that are inspired by hip hop, belly dancing, reggaeton, and so much more!

*Our **high** intensity classes may not be appropriate for all fitness levels, as the exercises may not be able to be adapted to perform them safely and effectively*

Boot Camp (Mon. at 5 p.m., Wed. at 5 p.m. & Sat. at 10 a.m.)

Get ready to fall in line! This 60 minute, group oriented class consists of a wide variety of short distance running, plyometrics, agility, and strengthening drills. If this class doesn't get your attention, nothing will!

Kick Boxing (Tues. & Thurs. at 6 p.m.)

This 60 minute class will shape your upper body with actual 'in-the-ring' combinations, (jabs, hooks, uppercuts) as you work your legs with a series of kicks. Jump roping & abdominal work round out this class.

5 Steps to Fitness Success

Kristin Hiser

Kristin, a student here at Shepherd, began her weight loss journey last January to become healthier and more fit. Since then, she has lost 63 pounds, and shares with us the keys to her fitness success.



The Change

In January 2007, my grandmother died of a sudden stroke. Obesity runs on both sides of my family, so both my parents and my aunt decided to lose weight. I was proud of my family and supported their efforts, but it wasn't until one year later I tuned into the hit TV show *The Biggest Loser* and decided to take matters into my own hands.

The Goal

My starting weight was 220 pounds and my goal was to get down to 150 pounds. However, now that I am almost at 150, I know there is more weight left to lose. My new goal is now 130 pounds, but the number on the scale is not the only thing important to me. I love to run and weight train. To be faster and extremely toned is also a huge goal of mine.

The Workout

Tuesdays and Thursdays are my heavier workout days. I try and get 45-60 minutes of cardio and 30 minutes of weights/ab work.

Wednesdays and Fridays are slightly easier, but are never skipped! I try to do at least 30 minutes of cardio and 30 minutes of weights/ab work. I also take Pilates for credit here at Shepherd on Monday and Wednesday mornings. Since variety is important to me, I also try my best to attend Striptease on Tuesdays and Bootcamp on Wednesdays.

The Results

Since January of 2008 I have **lost 63 pounds, 5 pants sizes, and 2 shirt sizes**. Right away my sleeping patterns got better. I found if I ate 3 sensible meals and 2 snacks a day I was hardly hungry. I slowly got faster and stronger; my mile time is nearly 7 minutes faster and some of the weights I use have doubled or tripled. I switched all my foods to whole grain, fish, chicken, and fresh produce, compared to the fast food and frozen dinners that were my diet. I am finally happy with myself and proud of my accomplishments. That is something I have always struggled with.

Kristin's Fitness Tips:

- Try and cook as many meals as possible at home. Eating out is expensive and even the healthiest items on a fast food menu are loaded with sugar, sodium, and carbs.
- Watch out for processed, canned and boxed foods. They are full of sodium and bad carbs.
- Losing weight has got to be something you want to do. You must find why you are overweight, and want to change. Do it for you and only you, or it won't work.
- The most important thing to remember is that this is a lifestyle change. Diets are temporary and don't work.



You're in Luck!



FREE admission to any of our **Wellness Wednesday** events at the Wellness Center this March!

OPEN TO MEMBERS, STUDENTS, STAFF, FACULTY AND THE COMMUNITY!

March 4th

HOW TO GET GREAT... ABS
11:00 a.m. & 1:00 p.m. in
Classroom 120 in Sara Cree Hall

Are your abs ready for your summer beach vacation? Come to this 30 minute lecture to learn some exercises that will get you toned!

March 11th

IS YOUR FIRST AID KIT UP TO DATE?
11:00 a.m. & 1:00 p.m. in
Classroom 120 in Sara Cree Hall

Come to this 15 minute lecture to see what your first aid kit should include!

**FREE MINI-KITS WILL BE
GIVEN OUT TO ALL WHO ATTEND!**

March 25th

HEALTHY ON-CAMPUS DINING OPTIONS
11:00 a.m. & 1:00 p.m. in
Classroom 120 in Sara Cree Hall

You can eat healthy on campus! Come to this 30 minute lecture to find out which Dining Hall foods are good for you and which ones you should leave with the lunch lady.

Be Active. Be Informed. Be Well!