

# Fall Term Physical Activity Courses 2008

## Group Fitness–Zumba

Mon/Wed 12:00 PM – 12:45 PM  
Fee: \$26 Class begins: Sept. 17 (9 weeks)

Instructor: Anna Rivelo  
Upper Exercise Room

## Group Fitness-Step and Sculpt

Tues/Thur 12:00 PM - 12:45 PM  
Fee: \$48 Class begins: Sept. 16 (9 weeks)  
\$36 students

Instructor: Amy Jessup  
Upper Exercise Room

## Group Fitness-Butts and Guts

Mon/Wed 5:00 PM - 5:50 PM  
Fee: \$40 Class begins: Sept. 17 (9 weeks)

Instructor: Kathryn Sokaris  
Upper Exercise Room

## Group Fitness–Kickbox Your Bootie Camp

Mon/Wed 6:00 PM –6:50 PM  
Fee: \$40 Class begins: Sept. 17 (9 weeks)

Instructor: Kathryn Sokaris  
Upper Exercise Room

## Group Fitness-Yoga-Lates

Mon/Wed 7:00 PM – 7:50 PM  
Fee: \$44 Class begins: Sept. 17 (9 weeks)

Instructor: Kathryn Sokaris  
Upper Exercise Room

## Yoga -Faculty-Staff

Wed/Fri 12:00 PM - 1:00 PM  
Fee: \$48 Class begins: Sept. 17 (9 weeks)

Instructor: Sigrid Kellenter  
Lower Exercise Room

## Yoga –Mixed Level

Tues/Thur 5:00 PM- 6:00 PM  
Fee: \$48 Class begins: Sept. 18 (9 weeks)

Instructor: Antoinette Furbert  
Lower Exercise Room

## CO-ED Mixed Martial Arts Fitness Classes

Tues/Thur 6:00 PM – 7:00 PM  
Fee: \$40 Class begins: Sept. 16 (9 weeks)

Instructor: Patrick Morris  
Lower Exercise Room

## Advanced Weight Training &Conditioning

M/W/F 8:00 AM –9:00 AM  
No Fee Class begins: Sept. 15 (5 weeks)

Instructor: Bob Montana  
Weight Room

## Advanced Weight Lifting for Women

Tues/Thurs 7:30 AM – 8:15 AM  
No Fee Class begins: Sept. 16 (4 weeks)

Instructor: Mary Ellen Burt  
Weight Room

## Swimming for Beginners

Mon/Wed 11:00 AM-12:00 PM  
No Fee Class Begin: Sept. 17 (3 weeks)

Instructor: Scott Felix  
Pool

- The Union Wellness Program will pay about ½ the cost of classes for faculty and staff (\$50 maximum).
- Registration for classes is Sept 9- 15 from **9:00 am – 5:00 pm** - at the ‘Cardio desk’ –Alumni Gym
- Classes are on a first come basis – Payment for courses requiring a fee must be paid for at the time of registration.

