

Germantown Campus Summer 2007 Faculty and Staff Health & Wellness Schedule

Staff Walk - 8-9:00 AM Monday, Wednesday & Friday

This is a wonderful way to start the day. If you are looking for a way to start a fitness program, this is both fun and easy. The college will be providing the participants Free Pedometers !! Just show up

Continuing Staff Tai Chi - 1:30-2:30 PM Tuesday

Beginning Staff Tai Chi - 4-5:00 PM Thursday

Tai chi is often referred to as moving meditation. It focuses on breathing, directing the mind, stretching, aligning the body, and developing "Qi" or internal energy. This slow moving martial art is designed to help its practitioners develop flexibility, balance and a sense of harmony. This is a great form of exercise and its benefits can be attained regardless of one's age and current level of fitness

Staff Yoga - 5-6:00 PM Monday - 12-1:00PM Friday

Integrative Yoga focuses on the practical application of yoga to reduce anxiety and to focus the mind in a creative and positive direction. Integrative Yoga classes start with meditative postures to relax the body to ultimately release the stresses of the mind. The breath, the bridge between the body and the mind, will be used to further deepen the relaxation.

Staff Pilates - 1-2:00 PM Wednesday

Pilates is back on Wednesday. This class is for people at any skill or fitness level. Pilates is a great way to develop flexibility, and core strength. It is a fun way to get in a little exercise.

Staff Cardio & Basketball - 12-1:00 PM Monday & Wednesday

Faculty and Staff Basketball and Cardio hour gives you a chance twice a week to shoot hoops, and use any of the cardio equipment in the gym. It's a great opportunity to burn off a few calories and have some fun.

Staff Weight Training - 12-1:00 PM Tuesday & Thursday

Strength Training is one of the best ways to tone up and build muscle. Weight training not only increases strength it also helps build bone density. Muscle tissue needs energy to sustain itself and increasing muscle mass along with a proper diet helps many people attack those unwanted fat deposits.

Staff Open Gym - 2-3:00PM Monday, Wednesday & Friday

General Open Gym - 3-5:00PM Monday, Wednesday & Friday