



**TAKOMA PARK/SILVER SPRING CAMPUS
WELLNESS ACTIVITY SCHEDULE - FALL 2009
AUGUST 31 through DECEMBER 18**

See the back of this page for class descriptions

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Room
OPEN SWIM (Begins 8/31)	6:45-7:45 am Noon-1:00pm 5:30-7:30 pm	6:45-7:45 am Noon-1:00pm 5:30-7:30 pm	6:45-7:45 am Noon-1:00pm 5:30-7:30 pm	6:45-7:45 am Noon-1:00pm 5:30-7:30 pm	6:45-7:45 am 5:30-7:30 pm (Saturdays 10:30-12 begins 9/12)	POOL
FITNESS CENTER INDIVIDUAL WORKOUTS Crissie Manfre Jerry Hart (Begins 8/31)	12:30-3:30	8:00-11:00am	12:30-3:30	8:00-11:00am	12:30- 3:30	FH201
YOGA ALL LEVELS Mercedes Santos (Begins 9/2)			2:00-3:00			FH111
ZUMBA Meryl Shapiro (Begins 9/1)		2:00-3:00				FH111
WATER EXERCISE Kraig Kinsey Begins 9/1)		1:10-2:00		1:10-2:00		Pool
FITNESS BOOT CAMP (9/22-11/13)		11:30-12:30			11:00-12:00	Jerque Park (FH 201 in case of rain
WEIGHT WATCHERS AT WORK 12 weeks beginning 9/10				1:00-1:45		ST 256

All Wellness classes are open to currently active full and part time employees with benefits; part-time faculty with a full semester assignment; retirees; and spouses of those faculty and staff with benefits. Fees per semester are: \$40/per class format and \$50 for unlimited use of the Fitness Center.

Questions? Contact Wellness Coordinator, Mercedes Santos at Mercedes.Santos@montgomerycollege.edu or visit the Wellness Program website at <http://www.montgomerycollege.edu/wellness>

Revised 8/20/09

Wellness Connection Class Descriptions

Water Exercise uses the water's resistance and buoyancy properties to give you a complete body workout. Aerobics are a large part of this class - @ 30 minutes. The combinations of running and jumping in place, as well as traveling across the pool against the water's resistance, provide an optimum aerobic workout. Resistance is also present in every part of water exercise as we use foam dumbbells to increase the workload. Because we work in the shallow end of the pool, it's a good choice for beginning or non-swimmers. And with our head above water, we get to enjoy some fun, energetic music.

Tai Chi holistically heals the self and improves the overall quality of life. Tai Chi practice blends meditation with strengthening exercises and balancing poses. Body Energy Exercises, Qigong Breathing Techniques and the development of an understanding of the Tai Chi principles are fundamental to all Tai Chi practice and should be continually studied and improved by all students.

Yoga (All Levels) Yoga is an ancient and systematic approach to good health and well-being that helps to reduce stress, improve concentration and develop strength, flexibility and balance. This class will include instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Modifications to the poses will be provided so that practitioners at all levels may participate.

Individual Workouts are the name of the game at our campus fitness center! The center offers a full range of cardio, circuit and free weight training equipment. And not only that, you can count on service with a smile from the fitness trainer who is always on hand to help answer your questions about the equipment or your workout.

Dynamic Stretch Static stretching is 10 to 30 seconds of holding a stretch at a point of resistance until the muscle relaxes, then repeating 3-5 times. Dynamic stretching is similar to static stretching but with controlled (not bouncy or ballistic) movement, through traditional stretches for the neck, shoulders, sides, legs, back etc. The movement can also be from stretch to stretch, or "reps" of a single stretch.

Pilates mat work as method of body conditioning, strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape. It is well known and appreciated for increasing core strength, which contributes to greater ease of movement and a healthy back.

Zumba a fusion of Latin and International music/dance themes, creates a dynamic, exciting, and effective fitness system that is low impact and high energy. It is a "feel happy" workout that is great for both the body and the mind.

Salsa Aerobics A fun upbeat workout to Latin dance music with Salsa shines, Bachata, Cha-Cha, and Merengue dance moves. You'll begin with an Afro-Cuban body movement warm-up, followed by the dance moves. And, the class also includes toning, stretching, and strengthening exercises!

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