



June 1 - August 29, 2009

| Classes are FREE for CFHL members or \$5 each class for employees (UNMC, NMC, UNMC Physicians) who are not members. | | | |  | Classroom A |
|--|--|---------------------------------|--|---|--|
| | | | |  | Classroom B |
| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| 9:15 - 10:00 am | T'ai Chi <i>Peg</i> | | T'ai Chi <i>Peg</i> | | |
| 10:00 - 11:00 am | Vigor, Tone & Mightier Bone <i>Peter</i> | | Vigor, Tone & Mightier Bone <i>Peter</i> | | Vigor, Tone & Mightier Bone <i>Hanna</i> |
| 11:30 am- 12:30 pm | | Yoga <i>Jeri</i> | | Yoga <i>Jeri</i> | |
| 5:00 - 6:00 pm | Yoga <i>Adena</i> | Pilates <i>Angela</i> | | | |
| 6:00 - 7:00 pm | PlyoCircuit <i>Natalie</i> | | PlyoCircuit <i>Natalie</i> | | |
| 7:00 - 8:00 pm | TaeKwonDo <i>Dan</i> | | | | |

Workout using an instructional Video/DVD in the Fitness Classroom(s)

When classes aren't in session, check out a tape or DVD from the Front Desk and workout with the video instructor at a time convenient for you.

Video descriptions are online at: <http://www.unmc.edu/cfhl/fitness/forms/Fitness/fitnessclasses.html> click on "Printable Class & Video Description" at the bottom of the page, or call the Front Desk (559-5254) and one will be mailed or faxed.

Fitness Class Descriptions

Each class includes a warm-up, abdominal exercises and a cool-down with flexibility. Because the warm-up is vital in preparing the body for exercise, we recommend you be on time for class to prevent injuries. If at any time you do not feel well during class please inform your instructor immediately.

Have a great work out and most importantly - listen to your body!

PILATES

Pilates focuses on the strengthening of the body's 'core' or center of power. Pilates is designed to help increase body control and natural conditioning through controlled movements working from upper body (push ups and planks), the abdominal section (Pilates One Hundred, Crunch Sequence), and not forgetting the lower body (Leg Circles, Toe Drops, Windmills). This is not a Yoga inspired class, plan to break a sweat!

PLYO CIRCUIT

With bursts of plyometric circuits intertwined with strength training you can melt fat and build muscle at the same time! Plyometrics is a fun way to train your entire body while improving the functions of your nervous system. This class is designed for ALL FITNESS LEVELS! Modified versions of exercises allow you to control your workout, so come join to reach your peak performance!!

T'AI CHI

T'ai chi is a non-impact activity that emphasizes loosening of major muscle groups, provides full rotation of the joints and creates balance and stability.

TAE-KWON-DO

A form of martial arts that teaches self-control over body and mind, as well as enhancing self-confidence. It focuses on muscular and cardiovascular endurance in preparation for competing in regional tournaments if so desired.

VIGOR, TONE & MIGHTIER BONE

This class is designed for adults over the age of 55 who are interested in increasing their strength through resistive training (dumbbell & bands).

YOGA

The workout will focus on building muscle tone and stamina, while increasing flexibility, and improving balance.