## Faculty and Staff Group Fitness

**FALL 2014 SEMESTER**  
September 15th – December 11th

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
</table>
| 12:30–1:20 pm | Walk to Wellness  
Staff  
Rec/IM– 4th Floor Track | Cardio Conditioning  
Victoria  
Rec/IM– 4th Floor Track | Cardio Conditioning  
Victoria  
Rec/IM– 4th Floor Track |
| 5:30–6:20 pm | Fast Fitness  
Meghan  
Rec/IM– 4th Floor Track | Walk to Wellness  
Staff  
Rec/IM– 4th Floor Track | Fast Fitness  
Meghan  
Rec/IM– 4th Floor Track |

- **Walk to Wellness**  
  - Rec/IM– 4th Floor Track
- **Cardio Conditioning**  
  - Victoria  
  - Rec/IM– 4th Floor Track
- **Fast Fitness**  
  - Meghan  
  - Rec/IM– 4th Floor Track
- **H2O Fitness**  
  - Kristi  
  - Club Pool

- **Fast Fitness**  
  - Meghan  
  - Rec/IM– 4th Floor Track

---

**www.emich.edu/recim**  
734.487.1338  
Faculty_Staff_Wellness@emich.edu

Rec/IM membership is required for class participation.

Faculty/Staff ID must be presented to verify affiliation.
In order to register for Faculty/Staff Fitness Classes:
  • Purchase Rec/IM membership.
  • Fill out registration forms found on the Rec/IM webpage (under Faculty Staff Wellness). Note: registration is required to participate.
  • Submit the form at the front counter.
  • Present your EMU Faculty/Staff ID and sign in.

Faculty/Staff Fall 2014 Fitness Classes

**WALK TO WELLNESS:** This class is designed to improve cardiorespiratory capacity, burn calories, and increase movement efficiency. Perfect for the lunchtime workout! Join us to lose weight, get moving, and get fit!

**H20 FITNESS:** Enjoy an efficient workout in our Club Pool without the impact on your joints and bones. This class is designed as a whole body workout utilizing H2O equipment in deep and shallow environments.

**FAST FITNESS:** Learn how to safely, efficiently, and effectively use your body in order to get a great workout and improve your quality of life. This class will not only burn calories, but teach you movements and skills that you can incorporate anywhere: at home, on vacation, or with limited time.

**CARDIO CONDITIONING:** This class will target the body's ability to use oxygen efficiently. Join us to increase your fitness, tone your body, improve body composition, and improve your walking, jogging, or running!

- These classes are provided exclusively to EMU faculty and staff.
- Please arrive early to all classes as capacity may be limited.

www.emich.edu/recim 734.487.1338 Faculty_Staff_Wellness@emich.edu

In the event that campus is closed, fitness classes will also be cancelled until campus is reopened.
Any updated information will be posted on the Rec/IM website.