

This Fall we will continue to donate all profits from our Wellness classes to Swoop's Pantry.

The first week of each class will be FREE to all faculty and staff! Come be a part of our growing wellness community!

### What Employees are Saying About Our Wellness Classes:

*"Even though at first I was nervous to attend a class because I didn't know anyone in it, I got comfortable quickly and looked forward to it as a way to control stress and I always came away feeling refreshed and feeling glad I was taking care of my body better."*

*"Physically, it helps me stay motivated if I have someone leading me. Mentally, it's nice to have a positive environment to workout in. Sometimes it can feel overwhelming to be doing something new in a new place, but I thought the fitness classes were all great at making me feel comfortable."*

Participants rate our classes an average of 4.75 out of 5!



## **FALL A 2020 Faculty/Staff VIRTUAL GROUP FITNESS**

**September 21 - October 30**

1. WEIGHTS & STRETCH - Monday, Wednesday 4:00 pm - 4:45 pm
2. YOGA - Wednesday 8:00 am - 8:45 am
3. H.I.I.T. - High-Intensity Interval Training - Tuesday, Thursday 4:00 pm - 4:45 pm
4. Personal Trainer Sessions

The price for each course is a "household" price. You are welcome to have your significant other, kids, roommates (or pets!) join you.

\* The Rec/IM has a new sign up portal. If you need help navigating the new site, please click [here](#).

## 1. WEIGHTS & STRETCH

Every Monday and Wednesday from September 21, 2020 - October 28, 2020, from 4:00 pm - 4:45 pm

Cost: \$40 for the 6-week program

Virtual Platform: Zoom



Daniel Sparks is a Certified Personal Trainer from the National Academy of Sports Medicine and current student at Eastern Michigan University (bio attached). He will lead a comprehensive and challenging workout for novice to advanced participants. The focus is on taking participants through a hybrid training session to improve functional movement (seven basic human movements). The instructor will incorporate fun and active dynamic movements, static stretching, and breathing exercises utilizing household items to create a more balanced approach to health. The goal is for participants to view health and exercise holistically and learn to move their bodies in a way that is natural and restorative.

**Free first-week Zoom link [here](#)**

**Link to sign-up for the entire program [here](#)**

You will receive an email with instructions for participation after signing up.

## 2. YOGA

Every Tuesday and Thursday from September 23, 2020 - October 28, 2020, from 8:00 am  
- 8:45 am

Cost: \$20 for the 6-week program

Virtual Platform: Zoom



Julie Jahn, an associate professor at Eastern Michigan University in the School of Health Promotion & Human Performance has designed and will lead this session. Her full bio is attached. About this class: Fall 2020 YOGA classes are an opportunity to strengthen not only the body but also the mind and spirit. They are alignment-grounded and take you on a journey into a more supple, strong, and aware whole self. Classes are 60 minutes long and focus on releasing stress and tension through pranayama (breathwork), then progress into challenging strength and balance sequences to create a partnership between physical strength and dynamic flexibility. You'll close your practice with cooling sequences to further promote a deeper range of motion, muscle release, and relaxation. Prepare to get more than just a workout—you will work on yourself, you'll connect with others, and be able to get interactive feedback to grow in your yoga practice.

**Free first-week Zoom link [here](#)**

**Link to sign-up for the entire program [here](#)**

You will receive an email with instructions for participation after signing up.

*Testimonial: "Doing Yoga with Julie gave me an opportunity to engage in fitness activities outside of my own workout routine and also associate with people outside my program that have similar interests as me."*

### 3. H.I.I.T. - HIGH-INTENSITY INTERVAL TRAINING

Every Tuesday and Thursday from September 22, 2020 - October 29, 2020, from 4:00 pm  
- 4:45 pm

Cost: \$40 for the 6-week program

Virtual Platform: Zoom



Eric Antolak, an ACE certified personal trainer and current graduate student at Eastern Michigan University, (bio attached) has designed a High-Intensity Interval Training class that will focus on improving the cardiovascular function of each participant in the class. HIIT is viewed as one of the best styles of fitness to improve cardio and burn high amounts of calories through short bursts of intense training followed by short rests. Each class will be structured to accommodate all fitness levels by offering modifications to exercises and the pace of the class. Participants can expect to see improvements in overall fitness, including aerobic capacity and activities of daily living. This is a great option for participants looking for a cardio-based class.

Free first-week Zoom link [here](#)

Link to sign-up for the entire program [here](#)

### 4. Personal Trainer Sessions

Are you interested in a healthy lifestyle? Individualized instruction from a certified fitness trainer is available. You have the option to purchase a personalized fitness consultation as well as a package of personal training sessions. For additional information, please reference the attached flyer.

Please contact Kristi Teasdale at [kteasdale@emich.edu](mailto:kteasdale@emich.edu) if you have any questions.

During the 2020 fall semester, a Rec/IM membership is not required for participation.