

Fall 2009 Fitness Schedule
Session August 17 – December 18, 2009

Participation in the following activities requires registration through the Wellness Program prior to attending.

We reserve the right to change class formats or cancel an activity with low participation numbers.

Badminton

Location:

U-High Small Gym- Sundays from 2:30 – 6:30 p.m.

Metcalf Small Gym- Wednesdays from 9:00 – 11:00 p.m.

Coordinators: Drs. Mathew Nadakavukaren and Robert Preston

Basketball

Location: Horton Field House

Monday - Friday 12:00 – 1:00 p.m.

Fitness Lab

Location: Horton 319 (West Balcony)

Monday / Wednesday / Friday 12:00 – 1:30 p.m.

Tuesday /Thursday 11:30 a.m. – 1:00 p.m.

Tuesday /Thursday 4:00 – 5:30 p.m.

Lap Swim

Location: Metcalf Pool / Horton Pool

Tuesday / Thursday 5:45 - 7:30 am – Metcalf Pool (Enter from the West entrance facing Main St. only)
(swimmers must vacate the locker rooms by 7:45 am during the academic school year)

Monday /Wednesday /Friday- 10:30 a.m. - 12:30 p.m. – Metcalf Pool

Metcalf School Policy - Attendees must check in at Metcalf or Fairchild office prior to attending the class or activity. Check-in when school is in session between the hours of 8:00 am – 3:00 p.m.

Tuesday / Thursday- 12:15 – 1:30 p.m. – **HORTON POOL**

Pilates

Location: Bone Student Center, 3rd West Lounge

Tuesday/Thursday 12:15 - 1:00 p.m. **Instructor: Michelle Klunke, BA**

Soccer

Location: U-High Large Gym

Sundays 9:00 – 11:00 a.m. **Coordinator: Epa Rosa**

Table Tennis

Location: Metcalf 139

Saturday 7:00 - 10:00 p.m. **Coordinator: Marty Greenberg**

T'ai Chi

Location: Metcalf 139

Thursdays 5:00 – 6:00 p.m. **Instructor: Lilly Meiner**

Water Classes

Location: Metcalf Pool

6:15 – 7:15 a.m. Monday/Wednesday/Friday - **Instructors: Shannon O' Hara/Kimi Trippi/Georgia Martin**

3:15 – 4:15 p.m. Monday/Wednesday/Friday - **Water Walking** (Lifeguard only)

4:30 – 5:30 p.m. Monday/Wednesday/Friday - **Instructor: Barb Glover**

11:30 a.m. – 12:30 p.m. Tuesday/Thursday - **Instructor: Sue May**

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Weight Room

Location: Horton 102

Monday/Wednesday/Friday 12:00 – 1:30 p.m. – 1st 9 Weeks

Monday/Wednesday/Friday 11:30 – 1:00 p.m. – 2nd 9 Weeks

Tuesday/Thursday 7:00 – 8:00 am / 11:30 a.m. – 1:30 p.m.

Staff: Matthew Hanks, NSCA, Certified Personal Trainer

Yoga for Strength

Location: Metcalf 139

Monday / Wednesdays 5:00 – 6:00 p.m. **Instructor: Jill Belongia, BA, ERYT**

Yoga

Location: Bone Student Center 3rd West Lounge / Metcalf 139

Monday/Wednesday/Friday 12:00 - 1:00 p.m., BSC 3 West Lounge **Instructor: Tona Schenck**

Tuesdays (**Power**) 5:00 – 6:00 p.m., Metcalf 139 **Instructor: Dr. Ann Beck, RYT**

Saturday 8:45 - 10:00 a.m., Metcalf 139 **Instructor: Tona Schenck, MA, MFA**

Zumba

Location: Metcalf 139

Monday / Wednesdays 6:00 – 6:45 p.m. (limited space) **Instructor: Kristen Nesvacil, MS and Shannon O'Hara**