

# 2014 Fall GHP Fitness Classes

*"What we hope ever to do with ease, we must first learn to do with diligence."*

~ Samuel Johnson

All classes are free of charge and are available to Gustavus employees and spouses. Each class is designed to challenge all fitness levels, and you don't need to be "in shape" to participate! We encourage everyone to bring a friend and give each class a try (you do not need to sign up or register for classes). Classes begin on Monday, September 8<sup>th</sup>. If you have questions about any of the programs that are offered, contact Laurie Kelly (x6145).

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**Mondays 11:40am - 12:20pm      Yoga      Instructor: Brenda Haugen      Lund 224**

"Start your week off right by joining Brenda for some Yoga! Yoga can be as much or as little as you want it to be. For some, it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reasoning for practicing or your level of experience, come on in, relax and enjoy!"

**Mondays 12:40pm - 1:20pm      Zumba      Instructor: Jill VanOsdol      Lund 217**

"Ditch the Workout and Join the Party! What a great tagline for the latest fitness craze... Zumba! Move and groove to fun music in this fun cardio-dance class taught by certified Zumba instructor Jill VanOsdol."

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**Tuesdays 11:40am - 12:20pm      Kickboxing      Instructor: Stephanie Howe      Lund 224**

Strike, punch, kick and kata your way through calories to superior cardio fitness! This class offers cardio moves with a dose of kickboxing to tone & shape, increase strength & endurance, and build self-confidence! New GHP instructor, Stephanie Howe of Howe-To Fitness will lead your through this total-body workout in a fun and energetic environment!

**Tuesdays 12:40pm - 1:20pm      Yoga      Instructor: Kelly Holland      Lund 224**

"Join GHP and certified Yoga Instructor, Kelly Holland for one of her two weekly yoga classes. These classes are meant for the yoga novice or veteran. So finish off the morning, kick off your shoes, lay out your mat, and prepare to balance the body and mind."

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**Wednesdays 11:40am - 12:20pm      Bootcamp      Instructor: Brenda Haugen      Lund 217**

"Get ready to start the Fall semester off with a total body workout. Fitness boot camps never go out of style for good reason: The military-inspired workouts burn serious calories. Built on three fundamentals of training (cardio, strength, and agility), bootcamp workouts require little more than your body weight to get results. All fitness levels are welcome!"

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**Thursdays 6:30am - 7:20am      Bootcamp      Instructor: Brenda Haugen      Lund 224**

"Calling all early birds. What better way is there to start your day than with a total body workout?! Fitness boot camps never go out of style for good reason: The military-inspired workouts burn serious calories. Built on three fundamentals of training (cardio, strength, and agility), bootcamp workouts require little more than your body weight to get results. All fitness levels are welcome!"

**Thursdays 11:40am - 12:20pm      Step-Aerobics      Instructor: Stephanie Howe      Lund 224**

This class - led by new GHP instructor, Stephanie Howe of Howe-To Fitness - will include all of your favorite step dance moves blended with some choreography and lots of energy. This is a class designed for all levels and is sure to be a blast!

**Thursdays 12:40pm - 1:20pm      Yoga      Instructor: Kelly Holland      Lund 224**

"Join GHP and certified Yoga Instructor, Kelly Holland for one of her two weekly yoga classes. These classes are meant for the yoga novice or veteran. So finish off the morning, kick off your shoes, lay out your mat, and prepare to balance the body and mind."

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**Fridays 11:40am - 12:20pm      Pilates      Instructor: Rachel More      Lund 224**

Pilates is an optimal way to achieve strength, flexibility, and proper body alignment. The central concept of Pilates exercises is strengthening the core of the body – deep abdominals, lower back, and muscles around the spine. To add to the workout, we may use special equipment or add some yoga and other strength & conditioning movements.

# **\*\* IMPORTANT \*\***

## **Useful Gustavus Health Promotion Information**

**Visit the GHP Webpage! → [www.gustavus.edu/ghp](http://www.gustavus.edu/ghp)**

Please visit the Gustavus Health Promotion (GHP) website for more information regarding fitness classes, wellness events, and health information. All classes and most wellness events are free to all Gustavus employees, spouses, and retirees.

### **Personal Training**

The HES department wants to remind all employees that seniors majoring in Health Fitness offer personal training services to anyone who is interested each semester. This is a great opportunity and is free of cost to all employees, spouses, and retirees. Registration is required. Registration does not guarantee that you will be placed with a student trainer, however, your information will be saved and an effort will be made to place you in future semesters. Contact Stephanie Otto ([sotto@gustavus.edu](mailto:sotto@gustavus.edu); x6464) to register and learn more!

### **Personalized Fitness Assessments**

The senior Health Fitness majors offer a variety of fitness-related services in the Human Performance Laboratory, located in Lund Center. Services include health and fitness consultations, equipment orientation, and fitness assessments (strength, flexibility, and endurance testing as well as postural evaluation). Visit the HPL webpage for more information and resources ([www.gustavus.edu/hes/hplab/](http://www.gustavus.edu/hes/hplab/)). Schedule your appointment today by contacting Bruce VanDuser ([bvand@gustavus.edu](mailto:bvand@gustavus.edu); x7656)!

**Questions? Contact GHP Coordinator, Laurie Kelly**

**Email: [lkelly@gustavus.edu](mailto:lkelly@gustavus.edu)**

**Phone: x6145**

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