

Better Me Program Announcement
Faculty/Staff Fitness and Wellness Class
Spring Quarter Schedule

CLASS	COURSE NUMBER	START DATE	DAY, TIME	LOCATION	INSTRUCTOR	FEE
Aquafit	111506501	March 7	Monday 5:00-5:50PM	Pool <i>Gordon Field House</i>	Lisa Vince	\$30
Aquafit	111506502	March 9	Wednesday 5:00-5:50PM	Pool <i>Gordon Field House</i>	Lisa Vince	\$30
Ballin' 30 minutes	111510001	March 8	Monday 1:00-1:30PM	Mini Gym <i>Student Life Center</i>	Rosalind Walker	\$15
Belly Dance 30 minutes	111502501	March 10	Thursday 12:00-12:30PM	Room 1250 <i>Global Village</i>	Laura W. Nelson	\$15
Boot Camp	111505501	March 7	Monday 6:30-7:20AM	Lower Dance Studio <i>Student Life Center</i>	Keith O'Connor	\$30
Boot Camp	111505502	March 10	Thursday 6:30-7:20AM	Lower Dance Studio <i>Student Life Center</i>	Keith O'Connor	\$30
Boot Camp	111505503	March 8	Tuesday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Keith O'Connor	\$30
Boot Camp	111505504	March 10	Thursday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Keith O'Connor	\$30
Boot Camp	111505505	March 8	Tuesday 5:00-5:50PM	Mini Gym <i>Student Life Center</i>	Keith O'Connor	\$30
Boot Camp *NO BOUNCE PASS/CLASS PASSES 30 minutes	111505506	March 7	Monday 11:30-12:00PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Keith O'Connor	\$25
Boot Camp *NO BOUNCE PASS/CLASS PASSES	111505507	March 10	Thursday 2:00-2:50PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Keith O'Connor	\$50

Cardio Hoop	111514001	March 8	Tuesday 5:00-5:50PM	Lower Dance Studio <i>Student Life Center</i>	Jen Moore	\$30
Circuit Training	111504001	March 7	Monday 12:00-12:50PM	Upper Dance Studio <i>Student Life Center</i>	Jacques-Luis Nodar	\$30
Circuit Training	111504002	March 9	Wednesday 12:00-12:50PM	Upper Dance Studio <i>Student Life Center</i>	Joseph Delgado	\$30
Circuit Training	111504003	March 9	Wednesday 6:30-7:20AM	Lower Dance Studio <i>Student Life Center</i>	Keith O'Connor	\$30
Core Conditioning 30 minutes	111509501	March 8	Tuesday 4:30-5:00PM	Upper Dance Studio <i>Student Life Center</i>	Keith O'Connor	\$15
Core Conditioning 30 minutes	111509502	March 8	Tuesday 1:00-1:30PM	Spinning Room <i>Student Life Center</i>	Rosalind Walker	\$15
Core Conditioning *NO BOUNCE PASS/CLASS PASSES 30 minutes	111509505	March 7	Monday 12:00-12:30PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Keith O'Connor	\$25
Core Conditioning *NO BOUNCE PASS/CLASS PASSES 30 minutes	111509506	March 7	Monday 2:30-3:00PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Keith O'Connor	\$25
Cross Training *NO BOUNCE PASS/CLASS PASSES	111515001	March 9	Wednesday 12:00-12:50PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Keith O'Connor	\$50
Intro to Weight Training for Women *NO BOUNCE PASS/CLASS PASSES*	111505003	March 9	Wednesday 5:30-6:20PM	Weight Room <i>Student Life Center</i>	Lucy Van Orden	\$30
Intro to Weight Training for Women *NO BOUNCE PASS/CLASS PASSES	111505001	March 7	Thursday 12:00-12:50PM	Weight Room <i>Student Life Center</i>	Heather Carroll	\$30

Beginner Kettlebell Fitness *NO BOUNCE PASS/CLASS PASSES	111530001	March 8	Tuesday 5:00-5:50PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Jake Blaydes	\$50
Beginner Kettlebell Fitness *NO BOUNCE PASS/CLASS PASSES	111530002	March 8	Tuesday 12:00-12:50PM	Room 1250, Fitness Studio <i>Global Village</i> *class is limited to 10 participants	Jake Blaydes	\$50
Pilates	111501001	March 7	Monday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Rosalind Walker	\$30
Pilates	111501002	March 9	Wednesday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Rosalind Walker	\$30
Soul Line Dancing 30 minutes	111511501	March 9	Wednesday 1:00-1:30PM	Mini Gym <i>Student Life Center</i>	Rosalind Walker	\$15
Spinning	111500101	March 7	Monday 5:00-5:50PM	Spinning Room <i>Student Life Center</i>	Karen Rogers	\$30
Spinning	111500102	March 8	Tuesday 5:30-6:20PM	Spinning Room <i>Student Life Center</i>	Karen Rogers	\$30
Indoor Cycling	111500103	March 10	Thursday 5:00-5:50PM	Spinning Room <i>Student Life Center</i>	Joe Delgado/ Jacques-Luis Nodar	\$30
Spinning	111500104	March 11	Friday 12:00-12:50PM	Spinning Room <i>Student Life Center</i>	Karen Rogers	\$30
Indoor Cycling	111500105	March 12	Saturday 8:30-9:20AM	Spinning Room <i>Student Life Center</i>	Maureen Conley	\$30
Qigong	111507501	March 9	Wednesday 5:00-5:50PM	Room 2090 <i>Global Village</i>	Lin Yao	\$30
Step, Tone N' Stretch	111511001	March 8	Tuesday 12:00-12:50PM	Lower Dance <i>Student Life Center</i>	Rosalind Walker	\$30

Tai Chi	111507002	March 10	Thursday 5:00-5:50PM	Mini Gym <i>Student Life Center</i>	Austin Baddeley	\$30
Tai Chi	111507001	March 11	Friday 12:00-12:50PM	Room 2090 <i>Global Village</i>	Austin Baddeley	\$30
Total Body Conditioning	111532501	March 11	Friday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Lucy Van Orden	\$30
Total Body Conditioning	111532502	March 7	Monday 5:00-5:50PM	Mini Gym <i>Student Life Center</i>	Jacques-Luis Nodar	\$30
Beginner Yoga	111500501	March 7	Monday 12:00-12:50PM	Room 2090 <i>Global Village</i>	Kristin Smith	\$30
Intermediate Yoga	111500502	March 8	Tuesday 12:00-12:50PM	Room 2090 <i>Global Village</i>	Kristin Smith	\$30
Kundalini Yoga	111500503	March 8	Tuesday 5:00-5:50PM	Room 2090 <i>Global Village</i>	Baldev Kaur Khalsa	\$30
Zumba	111501503	March 9	Wednesday 5:30-6:20PM	Mini Gym <i>Student Life Center</i>	Sarah Gorton	\$30

Better Me Wellness Classes

Gardening for Wellness *NO BOUNCE PASS/CLASS PASSES	111550001	March 9	Wednesday 1:00-2:00PM	TBD	Dawn Carter	\$10
Nutrition Basics *NO BOUNCE PASS/CLASS PASSES	111525001	March 10	Thursday 11:30-12:00PM	Room 2090 <i>Global Village</i>	Colleen Becker	\$30
Healthy Choices: Tools for Success *NO BOUNCE PASS/CLASS PASSES	111540001	March 8	Tuesday 11:30-12:20PM	Room 2090 <i>Global Village</i>	Colleen Becker	\$50

The fee listed is the fee for the quarter. There is also a *Better Me* Bounce Pass available.

***Better Me* Bounce Pass:**

- ❖ Allows you to attend any *Better Me* fitness classes offered (except those classes noted) at any time during the quarter.
- ❖ To obtain a Bounce Pass please contact Beth Livecchi at bmlpsn@rit.edu or 5.2652.
- ❖ The fee is \$60.00 and only payable through Tiger Bucks, you will need to deposit money into your Tiger Bucks account so the payment may be processed.

Note: Registration and payment for the Bounce Pass is not accessible on the SIS system.

***Better Me* Class Passes:**

- ❖ Class Passes will be available as follows; 5 for \$15, 10 for \$30 and 15 for \$45.
- ❖ Class passes can be used to attend any of the *Better Me* classes this quarter with the exception of those classes noted.
- ❖ These passes are also payable by Tiger Bucks. Please contact Beth Livecchi at bmlpsn@rit.edu or 5.2652 if you are interested.

Note: Registration and payment for the Bounce Pass is not accessible on the SIS system.

There are no refunds on the *Better Me* Bounce Pass or *Better Me* Class passes.

Participation in *Better Me* fitness and wellness programs is voluntary and participants assume all risks, known and unknown, inherent to exercise and workout programs and/or injuries which may result from participation in such activities. It is recommended that you consult with your personal physician before starting any exercise or fitness program.

Class Descriptions:

Aquafit:

Condition and tone your heart, body, mind and spirit with fun and fluid exercises that target muscles for endurance, strength, flexibility, range of motion and balance. This class uses water resistance techniques and a variety of equipment, both in deep and shallow water to allow participants to get a rejuvenating, invigorating and effective work-out. Swimming skills are not necessary, and this class can accommodate all levels of fitness. Come, experience the unique properties of water, which can be healing and restorative, as well as intense and challenging, at the same time. All fitness levels are welcome, modifications can be made for all exercises

Ballin’:

Hi/lo movements mixed with the stability ball and a variety of funky music will give you a fun and refreshing cardio workout plus tone your muscles.

Belly Dance:

Belly dance is one of the oldest forms of dance in the world, and one of today’s hottest fitness crazes. Stretch, move, build stamina, and improve coordination and grace, all without stress or fatigue. The fun, supportive class consists of a warm-up, an introduction to basic belly dance movements, and simple combinations. Forget any misconceptions — belly dance is for all body shapes and sizes, and no dance experience is necessary. Wear comfortable clothes.

Boot Camp:

Boot Camp style training is a high intensity athletic workout combining cardiovascular and strength activities. Participants can expect to improve their general fitness by increasing agility, endurance and stamina, muscle strength and balance, core stability and overall change in body composition. Group dynamics help to improve motivation, encourage success and take your workouts to the next level. All fitness levels are welcome, modifications can be made for all exercises.

Cardio Hoop:

Cardio hoop is a cardio exercise that uses an adult sized hula hoop to build balance, strengthen core muscles, & tone the entire body. In addition to physical benefits, Cardio hoop reduces stress, increases self confidence, & generates joy & laughter. All fitness levels are welcome, modifications can be made for all exercises.

Circuit Training:

This class will incorporate many aspects of fitness including strength training, cardiovascular training, agility and core training. All fitness levels are welcome and all exercises can be modified. The class will utilize accessories such as steps, weights, stability balls and bands.

Core Conditioning:

Learn a series of core progressions that blend traditional isolated ab and back exercises with non-traditional stabilization challenges. If you’re looking for strength, flexibility, coordination in core training this class is for you. All fitness levels are welcome, modifications can be made for all exercises.

Cross Training:

Bounce Pass and Class Passes cannot be used for this class

This class incorporates training in different ways to improve overall performance. The class will utilize accessories such as bosu balance trainers, stability balls, weights, bands and ladders. All fitness levels are welcome and all exercises can be modified.

Gardening for Wellness:

Bounce Pass and Class Passes cannot be used for this class

Gardening is a great way to be physically active. Learn how to garden while remaining active in RIT’s very own Community Garden with College of Science’s Lecturer and Master Gardener Dr. Dawn Carter. Dr. Carter will discuss the following topics through this 11 week interactive wellness course; planning a garden, crop selection, starting seeds, soil testing, composting, crop rotation, harvesting, natural pest control methods, etc. Learn everything you need to know to start and maintain your very own garden. This course will meet inside for the first several weeks and then meet in the RIT Community Garden when weather conditions improve.

Healthy Choices: Tools for Success

Bounce Pass and Class Passes cannot be used for this class

This class is designed to help participants gain tools to help them achieve a healthier lifestyle and reach their goals. The major topics to be covered are: setting realistic goals, motivation, physical activity, portion control and strategies for eating in social situations. Students will have the option to weight in to check their progress toward reaching their goals. Participants can also have their diets analyzed by a Registered Dietitian. The objectives for this class are for participants to be able to examine their diet quality, to learn and apply new information toward achieving their goals while being in a supporting and non-judgmental environment.

Indoor Cycling:

Indoor cycling is a class structured to accommodate all fitness levels. The class uses motivating music and imagery to simulate outdoor riding in a fun, group setting. This class utilizes the concept of perceived exertion. This ensures that all participants can get the same benefit from the class, regardless of previous exercise experience. Water bottle and towel are recommended for the class. All fitness levels are welcome, modifications can be made for all exercises.

Intro to Weight Training:

Bounce Pass and Class Passes cannot be used for this class

This class is designed to teach the basic fundamentals of fitness training to beginners. The major topics to be covered are: stretching and flexibility, safety, free weights, nutrition, cardiovascular training and selectorized machines. Students will be able to design and implement an individualized program. Some of the objectives of the course are to promote an understanding of the major muscle groups and how to develop them, to become familiar with free weight lifting, to understand how to effectively structure a workout program and to develop a personal fitness program and create a healthier lifestyle.

Beginner Kettlebell Fitness:

Bounce Pass and Class Passes cannot be used for this class

A kettlebell is a cast iron weight that resembles a cannonball with a handle. It is used to perform all barbell and dumbbell exercises. Its' uniqueness is in its' use in the performance of ballistic movements and in training angles not easily replicated with traditional weights. The kettlebells' off center of mass and handle allow it to be used in ways traditional weights cannot.

Kettlebells increase strength, flexibility, and cardiovascular strength, producing unparalleled improvements in work capacity. It is a workout that must be experienced to be believed. All fitness levels are welcome, modifications can be made for all exercises.

Kundalini Yoga:

Kundalini Yoga is ancient technology and at the same time the fitness of the future. Kundalini Yoga, as taught by Yogi Bhajan, is a 5,000-year-old authentic system of yoga exercise and meditation that promotes health, happiness, and spiritual awareness. Combining breathing, movement, stretching, relaxation and sound current, Kundalini Yoga is a safe, comprehensive technology that can be practiced by everyone. Along with healthful living, practicing Kundalini Yoga keeps the body in shape, increases vitality, and trains the mind to be strong and flexible in the face of stress and change. It balances the glandular system, strengthens the nervous system, and enhances the creative potential. Through yogic breathing techniques and meditation, peace of mind can be obtained, giving an experience of deep inner calm and self-confidence. Because Kundalini Yoga develops the total person, practitioners also become more intuitive and more sensitive within the shortest possible time.

Nutrition Basics:

Bounce Pass and Class Passes cannot be used for this class

This class is designed to teach students basic nutrition information and how to apply it to their lives. Class participants will learn how different types of carbohydrates, proteins and fats can have positive or negative effects on the body. Other features of this class are healthy meal planning and addressing common nutrition questions including, “Are carbohydrates bad?“, “What is an antioxidant?” and “Should I be eating organic foods?”. The objectives of this class are for participants to be able to gain a better understanding of what components create a healthy diet, how to plan healthy meals and how to incorporate this information into their own lives.

Pilates:

This class is a blend of classical Pilates moves with a focus on joint strength, balance, posture and coordination. It will challenge the central nervous system and leave participants energized and centered. We will focus on functional application of all movement and strengthening the entire kinetic chain. All fitness levels are welcome, modifications can be made for all exercises.

Qigong:

Qigong is an ancient Chinese health-care system that integrates physical postures, breathing techniques, and focused attention to promote Qi (energy) flow in the body. Qigong can improve posture, balance and flexibility as well as functions of the respiratory and digestive systems. Emotional benefits include calming the mind and stress relief.

Soul Line Dancing:

Freestyle, ad-lib dance movements performed to a fixed structure of dance routines and danced to a variety of music: R&B, hip-hop, contemporary jazz, contemporary gospel, or discotheque beats. Come learn line dances such as the Cleveland Shuffle, Turbo Hustle, Big Thangz, G-Slide, Chilly Cha Cha, Superman, Chinese Checkers, Detroit Hustle, and more. All fitness levels are welcome, modifications can be made for all exercises.

Spinning:

This is a high intensity cardiovascular workout that uses many different techniques on the bike. Motivating music and coaching make it a fun, exciting workout. This class is not recommended for beginners. Water bottle and towel are recommended.

Step, Tone N' Stretch:

Thirty minutes of step aerobics, followed by upper-body muscle conditioning, and total-body flexibility exercises. All fitness levels are welcome, modifications can be made for all exercises.

Tai Chi:

Yang style Taijichuan is one of the most popular forms of Tai Chi practiced around the world today. Simplified 24 form or Beijing short form evolved from this style and is aimed at the beginner student. Its moves, while representative of the Yang style, have been simplified in order for the starting student to gain a greater understanding of the form by removing some of the repetitions and more difficult kicks.

This form is suitable for all ages and is often seen being performed by 100s of practitioners in the mornings, evenings, in parks, open spaces, or even at the job site. As part of learning the form, the student will be taught several warm-up exercises used to warm up the muscles and ligaments prior to training. These beneficial exercises work hand in hand with the training to improve joints and muscles in the body.

Total Body Conditioning:

Total Body Conditioning combines cardio fitness and toning for a complete workout. Come and experience high-energy cardio and body sculpting utilizing hand weights, body bars and more. All fitness levels are welcome.

Yoga:

Most classes begin with a centering exercise and include a variety of stretches, standing poses, forward bends, backbends, and twists, with the objective of improving posture, flexibility, strength, and balance. Classes end with a resting pose. Various breathing techniques will be explored, and some inverted poses (headstand and shoulder stand) will be introduced. Physical limitations will be respected.

Zumba:

Zumba is an exciting new cardio-based fitness program. This rapidly expanding, dynamic and effective fitness system is based on unique Latin inspired international music and dance steps. Zumba is also based on interval training which has been proven to burn more calories than traditional workout programs. Zumba is a fun workout designed for everyone, every shape and age and is not limited to dancers, fitness fanatics or seniors. All exercisers no matter what their fitness level will enjoy the benefits of Zumba. Zumba is fun. Participants stick with it even after they reach the desired results. All fitness levels are welcome, modifications can be made for all exercises.

Instructor Bios:

Austin Baddeley:

Sifu Austin started in the RIT Kung Fu Academy under Sigung Jean Duteau in 1991 when he entered college. Prior to college he had studied several styles and had trained for over 10 years giving him a wide base of knowledge from which to draw upon. Completing his degree at RIT and finding work in the area enabled him to stay with the Academy and progress to the level of Senior Instructor that he holds today. He is a committed proponent of health and wellness and bringing options that work to everyone regardless of age or ability.

Colleen Becker:

Colleen Becker is a Registered Dietitian and a member of the American Dietetics Association. She earned a master degree in Nutrition Science from Syracuse University and was previously a Division 1 Cross Country runner.

Colleen has provided nutrition care for people with various conditions such as diabetes, high cholesterol, HIV/AIDs, trauma and ICU patients.

Jake Blaydes:

Jake has many certifications from the International Sports Sciences Association. Some of these diverse certifications include personal training, specialist in martial arts conditioning, certified in fitness therapy, and is also specialized in sports conditioning. Jake is also a registered nurse which provides him with a great deal of knowledge relating to a person's health and physical fitness.

Dawn Carter:

Dawn is a lecturer for the College of Science and teaches classes in Botany and Plant Molecular Biology. She holds degrees in BSc (Hons) Botany, University of Manchester, United Kingdom and PhD in Plant Physiology, University of Nottingham, United Kingdom. Her areas of interest include plant biotechnology and molecular genetics, plants in the environment, landscapes, and gardens. Dawn also holds a Master Gardener's certification and is involved in K-12 outreach.

Maureen Conley:

Maureen Conley has been certified to teach cycling for the last five years. She has been regularly teaching classes since that time. She enjoys helping people meet their cardio vascular training goals through spinning.

Sarah Gorton:

Sarah has been a Zumba enthusiast for three years and has been an instructor for a year. She is currently able to teach Zumba Basics 1, 2, Zumba Toning and Aqua Zumba. She is also AFAA certified for Group Fitness. She loves teaching Zumba because you know you're working out, but you don't feel like you are. It's a great, fun way to burn calories!

Baldev Kaur Khalsa:

Baldev Kaur is a certified instructor of Kundalini Yoga through the International Kundalini Yoga Teachers' Association (IKYTA). She has been teaching Kundalini Yoga classes for faculty and staff at RIT through the Department of Wellness and Recreation since 1997. She has been teaching Kundalini yoga classes for RIT students since 2005.

Jen Moore:

Jen is a Certified Group Fitness Instructor, as well as a Certified Hoop dance Instructor. She is so excited to introduce everyone to the magic that is Hoop dance!

Laura W. Nelson:

Laura has taken jazz, tap, ballet and modern dance for over thirty years. As a student at RIT, she was a member of the RIT Dance Company. Laura has been belly dancing for over five years, has studied with internationally acclaimed dancers, and has performed solo and with Sahara Shimmer Dance Ensemble in the United States and Canada.

Keith O'Connor:

Keith has a degree in Health and Fitness and has worked with a people of various fitness levels. He enjoys working with a variety of people and tries to integrate fun into all of the workouts.

Karen Rogers:

Karen Rogers is a certified cycle instructor and has several years of group exercise teaching experience. Karen enjoys motivating individuals to their full potential and assisting them in achieving their fitness goals.

Kristin Smith:

Kristin has been practicing yoga for seven years. Her practice reflects her experience with various types of yoga, particularly Ashtanga and Iyengar styles, but she currently studies with Francois Raoult at Open Sky Yoga Center. She completed the 200-hour *Essential Yoga Teacher Training* program with Francois Raoult in June 2009. She is a Registered Yoga Teacher with Yoga Alliance.

Lucy Van Orden:

Lucy has over 25 years of learning and teaching in the dance/ fitness fields. She teaches a variety of group exercise classes.

Lisa Vince:

Lisa has been instructing aqua classes for the past several years. She has taught a variety of different aqua classes and her objective is to provide an exhilarating, all inclusive aquatic aerobic workout, focusing on cardio-vascular health, endurance, strength, muscle toning and definition, flexibility and balance.

Rosalind Walker:

Rosalind has been teaching fitness related classes with a variety of organizations throughout the city. She teaches classes such in senior fitness as well as summer youth classes and classes for the mentally challenged. She also teaches classes in kick-boxing, zumba, Pilates, and step, core conditioning and others

How to Register:

- ❖ **If you have taken a course at RIT in the past** - You may or go to <http://infocenter.rit.edu> which will take you to the RIT Information Access Center. Select “Register for Classes” and log in with your username and password. Select **Quick Add/Drop** and enter the 9-digit number of the course(s) you wish to attend (refer to the list below). *Do not use Open Course List Add/Drop, because these courses are not listed in the drop down box.*
- ❖ If you have not previously registered for a course at RIT, you need to fill out a Registration Form at <http://www.rit.edu/academicaffairs/registrar/forms.html>
- ❖ Submit your completed form to the Registrar’s office in person (1st floor, George Eastman Building), or by fax, as indicated on the form.

How to Pay:

- After you register, you may pay in person at the Student Financial Services Office (1st floor, University Services Center); OR
- You may pay online at <https://ipay.rit.edu/eServices/>. Your balance shown under current account activity is the current balance due.
- Payments can be made by eCheck or paper check without fee. There is a fee for paying with a credit card (Master Card and Discover).

The deadline for dropping one of these classes and receiving a refund of the fee is one week after the start of class.

Make strides toward a **Better Me** this Spring Quarter by signing up for one or more of these great employee fitness classes today!

Questions or comments? Contact betterme@rit.edu.

For information about the Better Me employee wellness program, visit the Better Me website at www.rit.edu/betterme.

