

Better Me Program Announcement

Faculty/Staff Fitness Classes

**We are pleased to announce that the following fitness classes will be offered during Winter Quarter for faculty & staff.
All classes will run for eleven weeks.**

CLASS	COURSE NUMBER	START DATE	DAY(S), TIME	LOCATION	INSTRUCTOR	FEE
Aquafit	111506501	Nov. 30	Monday 5:00-5:50PM	Pool <i>Gordon Field house</i>	Lisa Vince	\$30
Aquafit	111506502	Dec. 2	Wednesday 5:00-5:50PM	Pool <i>Gordon Field house</i>	Lisa Vince	\$30
Ballin' 30 minutes	111510001	Dec. 1	Tuesday 11:30-12:00PM	Upper Dance Studio <i>Student Life Center</i>	Rosalind Walker	\$15
Ballin' 30 minutes	111510002	Dec. 3	Thursday 12:30-1:00PM	Mini Gym <i>Student Life Center</i>	Rosalind Walker	\$15
Boot Camp	111505501	Dec. 3	Thursday 12:00-12:50PM	Lower Dance Studio <i>Student Life Center</i>	Betty Mandak	\$30
Boot Camp	111505502	Dec. 2	Wednesday 6:30-7:20AM	Lower Dance Studio <i>Student Life Center</i>	Ron Gordon	\$30
Boot Camp	111505503	Nov. 30	Monday 6:30-7:20AM	Lower Dance Studio <i>Student Life Center</i>	Keith O'Connor	\$30
Boot Camp	111505504	Dec. 3	Thursday 6:30-7:20AM	Lower Dance Studio <i>Student Life Center</i>	Keith O'Connor	\$30
Cardio Latin 30 minutes	111512001	Dec. 3	Thursday 12:00-12:30PM	Mini Gym <i>Student Life Center</i>	Rosalind Walker	\$15
Cardio Mix	111510501	Nov. 30	Monday 12:00-12:50PM	Upper Dance Studio <i>Student Life Center</i>	Rosalind Walker	\$30
Cardio Mix	111510502	Dec. 2	Wednesday 12:00-12:50PM	Upper Dance Studio <i>Student Life Center</i>	Rosalind Walker	\$30

Core, Glutes & Abs 30 minutes	111509501	Dec. 1	Tuesday 5:00-5:30PM	Lower Dance Studio <i>Student Life Center</i>	Cheryl McLean	\$15
Core, Glutes & Abs 30 minutes	111509502	Dec. 1	Tuesday 5:30-6:00PM	Lower Dance Studio <i>Student Life Center</i>	Cheryl McLean	\$15
Intro to Weight Training *NO BOUNCE PASS *	111505001	Dec. 1	Tues. & Thurs. 5:00-5:50PM	Weight Room <i>Student Life Center</i>	Jake Blaydes	\$60
Intermediate Weight Training *NO BOUNCE PASS *	111505002	Nov. 30	Monday 5:30-6:20PM	Weight Room <i>Student Life Center</i>	Jake Blaydes	\$30
Intro to Weight Training *NO BOUNCE PASS *	111505003	Nov. 30	Mon. & Wed. 12:00-12:50PM	Weight Room <i>Student Life Center</i>	Keith O'Connor	\$60
Intro to Weight Training *NO BOUNCE PASS*	111505004	Dec. 5	Saturday 9:30-10:20AM	Weight Room <i>Student Life Center</i>	Keith O'Connor	\$30
Kundalini Yoga	111500503	Dec. 1	Tuesday 5:00-5:50PM	1829 Room <i>Student Alumni Union</i>	Baldev Kaur Khalsa	\$30
Nia	111503501	Dec. 3	Thursday 5:00-5:50PM	Mini Gym <i>Student Life Center</i>	Jane Pagano	\$30
Pilates	111501001	Nov. 30	Monday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Betty Mandak	\$30
Pilates	111501002	Dec. 2	Wednesday 12:00-12:50PM	Mini Gym <i>Student Life Center</i>	Betty Mandak	\$30

Pilates Express 30 minutes	111501003	Dec. 1	Tuesday 12:30-1:00PM	Mini Gym Student Life Center	Rosalind Walker	\$15
Sandbag and Freestyle Calisthenics *NO BOUNCE PASS*	111509001	Dec. 2	Wednesday 5:30-6:20PM	Mini Gym Student Life Center	Jake Blaydes	\$30
Salsa *NO BOUNCE PASS*	111506002	Dec. 5	Friday 12:00-12:50PM	Mini Gym Student Life Center	Kerri Vaughn	\$30
Soul Line Dancing 30 minutes	111511501	Dec. 3	Thursday 11:30-12:00PM	Upper Dance Studio Student Life Center	Rosalind Walker	\$15
Spinning	111500101	Dec. 1	Tuesday 5:00-5:50PM	Spinning Room Student Life Center	Maureen Conley	\$30
Spinning	111500102	Dec. 3	Thursday 5:00-5:50PM	Spinning Room Student Life Center	Maureen Conley	\$30
Spinning	111500103	Dec. 5	Saturday 8:30-9:20AM	Spinning Room Student Life Center	Maureen Conley	\$30
Step Aerobics 30 minutes	111511001	Dec. 1	Tuesday 12:00-12:30PM	Mini Gym Student Life Center	Rosalind Walker	\$15
Yoga	111500501	Nov. 30	Monday 12:00-12:50PM	Green Room Gordon Field House	Kristin Smith	\$30
Yoga	111500502	Dec. 1	Tuesday 12:00-12:50PM	Green Room Gordon Field House	Bill Yust	\$30
Zumba	111501501	Nov. 30	Monday 5:00-5:50PM	Mini Gym Student Life Center	Rebecca Krzywda	\$30

Zumba	111501502	Dec. 5	Saturday 9:30-10:20AM	Upper Dance Studio <i>Student Life Center</i>	Rebecca Krzywda	\$30
Zumba	111501503	Dec. 1	Tuesday 12:00-12:50PM	Lower Dance Studio <i>Student Life Center</i>	Betty Mandak	\$30
Zumba	111501504	Dec. 3	Thursday 5:00-5:50PM	Lower Dance Studio <i>Student Life Center</i>	Betty Mandak	\$30

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

The **Better Me Bounce Pass**:

- ❖ Allows you to attend any **Better Me** classes offered (except Weight Training, Sandbag and Salsa) 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 fall quarter with the exception of Weight Training, Sandbag and Salsa.
- ❖ 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.

Participation in Better Me fitness 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.

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.

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.

Cardio Latin:

Ditch the workout and join the party! A fun, freestyle, hi-lo impact dance class with Latin style. Learn Salsa, Cumbia, Merengue, Bachata and more while getting a great workout to some hot music.

Cardio Mix:

Jam-packed workout for those who like variety - Zumba, Hi/Lo, Kickboxing, Plyometrics, Calisthenics, Core and more...all in 50 minutes. Every ten minutes, you will be on to something new.

Core, Glutes and Abs:

This course will focus on developing and strengthening the body's core muscles, lower back, abdominals, hips, & gluteus

Intermediate Weight Training:

Bounce Pass and Class Passes can not be used for this class

This is a continuation of the Intro to Weight Training Class.

Intro to Weight Training:

Bounce Pass and Class Passes can not 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.

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.

Nia:

Nia offers an experience that embraces individual creativity, self-inquiry and free expression. Nia draws inspiration from nine movement forms; Tai Chi, Aikido, Tae Kwon Do, Modern, Jazz, Duncan, Yoga, Alexander and Feldenkrais Techniques. All of these elements combine to offer a workout that develops the five sensations of Nia: Strength, Flexibility, Pliability, Mobility and Stability.

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

Pilates Express:

Quick moving series of exercises, based on the regimen designed by Joseph Pilates, performed on a mat to contemporary jazz and instrumental beats. This class improves flexibility, coordination, and posture while increasing awareness of proper body alignment and breathing. It is also designed to strengthen abdominal, leg, back, and gluteus maximus muscles.

Sandbag and Freestyle Calisthenics:

Bounce Pass and Class Passes can not be used for this class

The sandbag is a unique exercise implement. It's shifting dynamic nature challenges core stability like no other tool. This class is for intermediate and advanced trainees. Movements and drills include the traditional weight training exercises as well as movements that can only be performed with the sandbag. This class is guaranteed to challenge.

Salsa:

Bounce Pass and Class Passes can not be used for this class

In this class, you will learn the basic timing and rhythm of Salsa along with some easy turn combinations that will leave you comfortable in any Salsa Club. Emphasis will be on timing and lead/follow technique to give you a solid foundation for further Salsa instruction. No experience or partner is required. We will rotate partners throughout the class.

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.

Spinning:

Spinning is an indoor cycling 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.

Step Aerobics:

Choreographed step patterns will challenge your mind and body as you burn calories. The intensity of your workout will be determined by the height of your step platform, speed, travel, and execution of your movements. We recommend this class for anyone who has at least some group class experience. This class can be taken by beginner or individuals at any level since modifications are offered throughout the class.

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.

Instructor Bios:

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.

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.

Ron Gordon:

Ron has worked in the fitness industry for several years. Ron has a certification as a Physical Fitness Specialist and has competed in the World Championship Ironman Triathlons.

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.

Betty Mandak:

Betty is a Registered Nurse, additionally certified as a personal trainer, physical fitness specialist, nutritional specialist, Pilates, Spinning and Zumba instructor.

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.

Jane Pagano:

Jane has taught fitness and movement since 1978. She began studying the Body Mind holistic approach of The Nia Technique in 1993. She has trained over 60 instructors to teach the Nia Technique and has achieved the Black Belt level. Jane has been most recently teaching at the Tango Café Dance Studio.

Karen Santoro:

Karen has studied Iyengar-style yoga with Francois Raoult at Open Sky Yoga for 14 years. She completed a 200-hour yoga teacher training course in June, 2007. She is a Registered Yoga Teacher with the Yoga Alliance.

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.

Kerri Vaughn:

Kerri Vaughn is one of the owners and instructors of the Tango Cafe Dance Studio Corp. in Rochester. The studio offers a full range of dance programs from Ballroom to Salsa, and everything in between. Kerri Vaughn has been teaching dance for over a decade, specializing in Salsa and Casino Rueda for the past 4 years.

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 Winter 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.

