Employee Wellness Classes for Intersession 2012

30 Minute Intersession Shred:
A quick 30 minute fitness program that combines strength training, cardio, and abdominal workouts.
Using the 3-2-1 format designed and used by Jillian Michaels, the program includes:

- Warm-up (5 minutes)
- 3 minutes of weight training, 2 minutes of cardio
- 1 minute of abdominal workouts
- Repeat 3 times (20 minutes)
- Cool down (5 minutes)
Bring completed fitness questionnaire (PARQ) to class

* Tuesdays and Fridays 12:05pm – 12:35pm
* Royals Room in the Byron
* Instructor: Dr. Monica Thomas

30 Minute Yoga:
Learn simple basic yoga poses and easy breathing techniques. This is a great workout for a beginner. Wear loose clothing and bare feet or socks. Bring your own mat or use ours.
Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

* Wednesdays 12:05 pm – 12:35pm in the Royals Room.
* Fridays 12:05pm – 12:35pm in 500 Brennan Hall
* Instructor: Patrice Lawrence

Dancing with the Staff:
Join Vince Brust and your coworkers for a fun activity session while you learn several dances. No need to have a partner. This is an 8 week session.

* Tuesdays 1:05pm – 1:35pm
* Aerobics Room in the Byron
* Instructor: Vince Brust

Gentle Yoga:
Start your morning with relaxation and yoga breathing and poses. Wear loose clothing and bare feet or socks.
Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

* Tuesdays, 7:30am – 8:20am
* Royals Room in the Byron
* Instructor: Mary Cardinal

Healthy Cooking Demonstration:
Join Chef Jerry Bogdan and learn how to make some delicious, easy and healthy pasta.
Two convenient sessions
Wednesday January 18
12:05pm – 12:45pm
Or
1:05pm – 1:45pm
Ballroom A The DeNaples Center

Light Weights and Abs:
Participate in a fun class to burn fat while strengthening your muscles, heart and lungs. Join in a workout that uses light weights and resistance bands along with aerobic exercise to tone your entire body.
Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

* Mondays and Wednesdays 5pm – 5:50pm
* Aerobics Room in the Byron
* Instructor: Maribeth Smith

Lunchtime Hoops:
Drop in basketball that is fast paced and will work up a sweat.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

**Thursdays 12:05pm – 12:50pm**
The Long Center
Contact Person: Gregory Griffith

**Mat Workout:**
30 minute lunchtime workout to increase flexibility, reduce stiffness in your back and joints and strengthen your back. Check out this easy workout. There is no sweating involved ...just wear comfortable loose clothes and go back to work.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

**Thursdays 12:05pm – 12:35pm**
Royals Room in the Byron
Instructor: Leslie Gleason

**Nia: A Dance Movement Class:**
Participate in a class based on the Nia technique and composed of a variety of dance, martial arts and healing arts movements to bring a complete workout of the mind, body, and soul. This is an 8 week class.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

**Thursdays 4:50pm – 5:40pm**
Royals Room in the Byron
Instructor: Laura Ancherani

**Pilates:**
Learn how to build lean and strong muscles while improving your posture, balance and coordination. Pilates is appropriate for many fitness levels and ages. Wear loose clothing and bare feet. Bring a mat if you have one or use ours.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

**Tuesdays 4:50pm – 5:40pm**
Royals Room in the Byron
Instructor: Leslie Gleason

**Wallyball:**
It is similar to volleyball but is played in a racquetball court. It is played with 2-4 players per side (and can be played with more). It is a fast and fun workout.

Bring completed FITNESS QUESTIONNAIRE (PARQ) to class.

**Wednesdays 4:30pm – 5:30pm**
Raquetball Courts in the Byron
Contact Person: Michael Baumhardt

For more information or to register for a class contact Cathy Mascelli at mascellic2@scranton.edu or x4550

www.scranton.edu/employeewellness