Summer 2013 CLASSES FOR STAFF & FACULTY

**Light Weights & Abs:**
A fast paced class using 3, 4, or 5 lbs wts and resistance bands. Drop in **Mondays and Wednesdays**
5 – 5:50pm
Maribeth Smith, Instructor
Murray Royals Room in the Byron

**Dancing with the staff:**
Join Vince Brust and coworkers for a fun way to add some activity to your day. Learn line dances, swing, salsa and more. No need for a partner.
**Tuesdays**
12:10-12:40pm
Vince Brust, Instructor
The Aerobics Room in the Byron

**Walk @ the Byron:**
Join this group for a fun way to add activity to your day while socializing with coworkers and/or making new friends. Free lap counter and/or pedometer when you join.
**Tuesdays**
12:05-12:35pm
Dr. Monica Thomas, Instructor
The Byron Gym

**Gentle Yoga:**
Gentle easy class that is especially good for those who want to relax and increase flexibility. Drop in.
12:05-12:35pm
Patrice Lawrence, Instructor
**Wednesdays in Murray Royals Room**
**Fridays in the PNC Board Room BRN**

**Bike Group:**
Bring your bike, helmet and a water bottle to work and take a lunchtime ride this summer. The group meets at the library on Wednesdays at 1pm (rain date is Thursday). The ride is for beginners and does not go on steep hills or busy streets.
**Wednesdays**
1pm – 1:50pm
Barbara Evans contact
Meet at the library

**Weigh in Wednesdays:**
Want to lose, maintain or gain? Be mindful of your weight. Sign in to get 10 wellness points each time you weigh in. No need to show anyone your weight.
**Wednesdays**
9am – 4pm
CHEW, 205K TDC
Or Employee Wellness, 104 MBI

**Weight Watchers at the UofS**
**Thursdays**
11:45 - 12:30pm
406 The DeNaples Center
8 weeks for $80 (40% off to the first 20 UofS staff (new members) who register in advance.

**Volleyball:**
Drop in for all levels. Join a friendly game.
**Thursdays**
4:45-6pm
Donna Rupp or Brian Snapp contacts
Condron outdoor volleyball court

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**NOTE:** NEW PARTICIPANTS FILL OUT A FITNESS QUESTIONNAIRE (PARQ) PRIOR TO CLASS. HAND IN AT FIRST CLASS. GO TO WWW.SCRANTON.EDU/EMPLOYEEWELLNESS FORMS FOR PARQ.

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TO REGISTER OR FOR MORE INFORMATION

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