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 any one 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

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.

TO REGISTER OR FOR MORE INFORMATION
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