FEBRUARY

SHEPHERD UNIVERSITY Wellness Center

shepherdwellness.com | (304) 876-5300

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FACILITY HOURS	10 A.M.-8 P.M.	6 A.M.-10 P.M.	6 A.M.-10 P.M.	6 A.M.-10 P.M.	6 A.M.-10 P.M.	6 A.M.-9 P.M.	8 A.M.-8 P.M.
POOL HOURS	10 A.M.-4 P.M.	6 A.M.- 3:45 P.M. 4:45 P.M. - 8:30 P.M.	6 A.M.- 3:45 P.M. 4:45 P.M. - 8:30 P.M.	6 A.M.- 3:45 P.M. 4:45 P.M. - 8:30 P.M.	*6 A.M.- 11:00 A.M. 12:15 P.M.- 3:45 P.M. 4:45 P.M. - 8:30 P.M.*	6 A.M.- 3:45 P.M. 4:45 P.M. - 8:30 P.M.	8 A.M.-4 P.M.
GROUP EXERCISE CLASSES **Intensity levels:** **Low Intensity** **Moderate Intensity** **High Intensity** **Silver Intensity** ***New Classes or class times***	12:00 p.m. WC Workout 1:00 p.m. Classical Yoga Check out our group exercise schedule online for class changes and substitutions!	9:00 a.m. Silver Strength 10:00 a.m. Yoga Strength 12:00 p.m. Gentle Yoga 1:00 p.m. Zumba 5:00 p.m. Boot Camp 6:00 p.m. Beg. Yoga 6:00 p.m. Aqua Power Hour	6:30 a.m. Wake/Shape Up 8:30 a.m. Silver Aquatics 9:30 a.m. Silver Cardio Mix 10:30 a.m. Movement Mix 5:00 p.m. X Effect 6:00 p.m. Bang Power Dance Free Tai Chi @ Noon	9:00 a.m. Silver Strength 10:00 a.m. Pickleball 10:00 a.m. Pilates 10:00 a.m. Silver Aquatics 11:00 a.m. Hatha Yoga 12:00 p.m. Yoga Strength 4:30 p.m. Hard Core 5:00 p.m. Wild Card Workout 7:30 p.m. Zumba 6:30 p.m. Tone Zone	6:30 a.m. Wake/Shape Up 8:30 a.m. Silver Aquatics 9:00 a.m. Pilates 11:30 a.m. Movement Mix 12:30 p.m. Yin Yoga Flow 5:00 p.m. Boot Camp 6:00 p.m. Inter. Yoga	8:30 a.m Aqua Zumba 9:00 a.m. Silver Strength 10:00 a.m. Classical Yoga 5:00 p.m. Happy Hour Yoga Free Exercise as Medicine @ 10 a.m	8:05 a.m. Primed2Move 8:30 a.m. Aqua Dance 9:00 a.m. Boot Camp 10:00 a.m.Bang Power Dance
Treat your mind, body and soul too! *Purchase 3 months or more and receive a Free 30 minute massage from Kate Walsh.* *Offer Valid: 2/1-2/28* **Must be redeemed by 3/31/18* Follow us on social media: @WellnessSUWC @Wellness_SU @Wellness_SU	**Be sure to subscribe to stay informed on all weather-related facility closures. Text "LetsGOSUWC" to 622-200-4303 OR stop by the front desk.**		Group Swim Lessons Aqua Tots & Levels 1-4 Offered Next Session begins February 12 Tues. & Thurs. 5:15 – 7:15 p.m. $65 Members; $80 Non-Members			1 Sea snakes @ 7:30	2
	3	4 Sea snakes @ 7:30	5 Sea snakes @ 7:30	6 TRR @6:00 p.m.	7 Pool closed for Academic Class 11:00 a.m.-12:15 p.m. Sea snakes @ 7:30	8 Sea snakes @ 7:30	9
	10	11 Sea snakes @ 7:30	12 Group Swim Lessons @ 5:15 p.m.-7:15 p.m. Sea snakes @ 7:30	13 TRR @6:00 p.m.	14 Happy Valentine's Day Group Swim Lessons @ 5:15 p.m.-7:15 p.m. Sea snakes @ 7:30	15 Sea snakes @ 7:30	16
	17	18 Sea snakes @ 7:30	19 Group Swim Lessons @ 5:15 p.m.-7:15 p.m. Sea snakes @ 7:30	20 TRR @6:00 p.m.	21 Pool closed for Academic Class 11:00 a.m.-12:15 p.m. Group Swim Lessons @ 5:15 p.m.-7:15 p.m. Sea snakes @ 7:30	22 ARENA CLOSED @ 1:00P.M. Lifeguard Certification Course @ 5pm Sea snakes @ 7:30	23 ARENA CLOSED Lifeguard Certification Course @ 8am
	24 Lifeguard Certification Course @ 10am	25 Sea snakes @ 7:30	26 Group Swim Lessons @ 5:15 p.m.-7:15 p.m. Sea snakes @ 7:30	27 Wellness Wednesday Free access for all! TRR @6:00 p.m.	28 Pool closed for Academic Class 11:00 a.m.-12:15 p.m. Group Swim Lessons @ 5:15 p.m.-7:15 p.m. Sea snakes @ 7:30		Help us celebrate! American Heart Month http://www.heart.org/HEARTORG/

RAMBLER

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For Group Exercise class description, please visit http://shepherdwellness.com/group-exercise/

Upcoming special programs and events at Shepherd University Wellness Center!

Join us every Friday from 10 a.m.-11a.m. for a **FREE Exercise as Medicine class***.
Visit www.shepherdwellness.com for more details.

Be sure to subscribe to stay informed on all weather-related facility closures.
Two ways to subscribe:
TEXT "LetsGOSUWC to 662-200-4303 OR Stop by the front desk.

PLEASE READ

Parking- If you drove here today, please make sure your vehicle has a valid parking permit.

T-Shirts- We ask all who are planning to use any cardio, resistance machines, or free weight equipment to make sure a t-shirt with sleeves (covering the arm pit) is worn at all times. This is to help keep equipment clean and for each user's safety. Tank tops or sleeveless t-shirts are welcome on the track, courts, and group exercise rooms.

Children- Without a U-16 Certification, a parent must accompany all children at all times. Those not certified can only use the courts and the pool with direct parent/guardian supervision. Parent/Guardian must be in the same area as child. Please do not leave your children on the basketball courts and go upstairs to work out.

For more information on any of these items, please stop by the front desk.

Thank you for your cooperation

All of SHEPHERD UNIVERSITY *Wellness Center*'s group exercise classes have been evaluated and labeled in regards to whom it is appropriate for and the specific level of expected intensity:

Silver Intensity
Low Intensity
Moderate Intensity
High Intensity

Silver Aquatics: Have a splash and tone up at the same time in this 60 minute class. Silver Aquatics is a great way to shape up while supporting your joints and muscles. The great news is that while it is cardiovascular exercise, it is also a form of resistance training. So not only is it a fun way to shape up, but the water supports 90% of your body weight as you do it, making it gentle and painless.

Silver Cardio Mix: Get your body moving! This 60 minute class features a mix of many aerobic activities to get your heart pumping. Each class is built based on the student's abilities and goals in mind using a blend of dance, hi-low impact, balance, and strength movements and body weight as you do it, making it gentle and painless.

Silver Strength: This 60 minute class incorporates flexibility and strengthening exercises for the entire body. Instruction is done with special care to avoid impact to the joints. Each class is different and may include band strengthening, stability ball, and free weights, and can take place both inside and outside our facility.

Beginner Yoga: Our 60 minute sessions will be focused upon total body conditioning, stress reduction, Hatha and other practices, core training, relaxation, and meditation. Beginner- classes provide a safe and instructive space for new and continuing participants to learn and refine the yoga basics, primary poses, principles of alignment, and breath-work. Classes are moderately paced.

Classical Yoga: This 75 minute yoga class will gradually work you towards deeper flexibility of the mind, body, and spirit. A variety of traditional yoga poses are introduced along with breathing techniques to help bring a calm and meditative quality to each pose.

Gentle Yoga: This slower paced yoga class uses mindful breathing, basic hatha yoga postures, and myofascial release techniques. In 60-75 minutes, you will have an opportunity to slow down and release the deep, hidden pockets of physical tension and calm the mind. This class is beneficial as a stand-alone self-care practice and offers a gentle way to return to exercise and is a compliment to both pre and post-workout activities.

Happy Hour Yoga: This 60-minute class is the perfect "cocktail" to kick off your weekend. Happy hour yoga features an exciting vinyasa flow mix set to a funky playlist. Reset your mind and body through traditional yoga poses and a variety of strength and cardio fun!

Hatha Yoga: A 60-minute traditional yoga class that blends a variety of breathing techniques, yoga 'asanas' (postures) and meditation to relax and bring harmony to mind, body and soul.

Movement Mix: Movement Mix is a dynamic, weight-free fitness workout that simultaneously lengthens and strengthens every muscle in the body. It is an easy to follow workout that can benefit those of all ages and fitness levels. This 60-minute workout is designed to improve greater joint mobility while developing lean and long muscles.

Pilates: This 60 minute energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. This class is designed to show proper execution of form breathing, and technique to everyone in a self-paced yet challenging way.

PRIMED2move: Get the best of both worlds in this 60 minute mobility and flexibility class. Utilizing self-massage, mobility drills, and stretching techniques, this class will prime your joints and muscles to get you moving.

Yin Yoga Flow: This 60-minute class will bring your body back into a conscious equilibrium through gentle (but challenging) long held Yin poses, breathing techniques, meditation and occasional flow sequences. This class aims to help prepare your body and mind to respond to the demands of life with a deeper presence and greater awareness.

Yoga Strength: This 60 minute class combines a gentle blend of yoga poses with weight bearing exercises focus on increased bone density. Achieve the desired peaceful clam from yoga while focusing on balance and strength movements. This class is for all ages and fitness levels.

Aqua Dance: This 60-minute class brings flavor to the pool! A dance party in the water, this class makes for an exhilarating, cardio-conditioning, body-toning time! So jump in the pool and see what the splashing is all about.

Aqua Zumba: This 60-minute Aqua Zumba® class blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Dance the pounds away in thiswet and wild, high energy class!

Aqua Power Hour: This 60 minute cardiovascular conditioning class involves cardio, endurance, strengthening, flexibility, and relaxation techniques using dynamic movements. Aqua Power Hour is performed in deep or shallow water using a variety of workout equipment to enhance performance and the effectiveness of the workout. This is an "at your own pace (intensity)" class so all ages can succeed at their own level! This class is perfect for those who need little to no impact from injuries or joint pain. NO SWIMMING knowledge is needed!

Bang Power Dance™: This 60-minute class includes a music driven workout that fuses hip hop and Latin dance, aerobics, and boxing.There are three levels of intensity, so whether you're a fitness pro, or have never set foot in a gym, BANG promises to meet your workout needs.

Intermediate Yoga: Our 60 minute sessions will be focused upon total body conditioning, stress reduction, Hatha and other practices, core training, relaxation, and meditation. Intermediate- classes provide a more vigorous routine. The pace is quicker, poses are held longer and more challenging variations of yoga poses are taught. Yoga experience is not required but strongly recommended.

Hard Core: Don't just train to sculpt your abs, but train to condition your core! This 30 minute, high intensity circuit training class will help to strengthen both sides of your body using stability, balance, movements, and weighted repetition exercises. If you want a challenge this advanced class is designed for you!

STRONG by Zumba©: Stop counting the reps. and start training to the beat. This 60-minute class combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.

Tone Zone: Get strong and tone muscle in this 60-minutes-trength training class. Workout to great music while doing moves aimed to build and shape every major muscle group.

Wake Up & Shape Up: Whether you're a beginner, an avid amateur or a competitive pro, we'll train you to look and feel like an athlete. How? Through highly personal, small-group sessions with an experienced certified strength and conditioning coach.
This 60 minute workout will include strength training, cardio, core training and stretcing. Always fun, always motivational, always safe and always different!

Wild Card Workout: Don't tame your wild side...embrace it! Join us for a random 60 minute* workout ranging from cardio to resistance to mind/body conditioning. Experience a variety of training week-to-week to break up those monotonous routines.
*30 minutes on Wednesday

Zumba: Zumba Fitness is the only Latin-inspired intense dance- fitness program created from Latin music steps as Salsa, Merengue, Reggaton (Latin Hip Hop) and combined with red-hot international music and contagious steps to form a 60 minute "fitness-party" that is downright addictive.

Boot Camp: Get ready to fall in line! This 60 minute, group oriented class consists of a wide variety of short distance running, plyometrics, agility, and strengthening drills. If this class doesn't get your attention, nothing will!

X Effect: This 60-minute class combines intervals of bodyweight suspension exercises on our TRX system with muscle conditioning and agility exercises. Take your workout to new levels with this one of a kind, "suspenseful" class.