

# EMPLOYEE HEALTH & WELL-BEING

## Fall 2009 Fitness Information

phone: 529-EHWB (3492) | email: [healthandwellbeing@muohio.edu](mailto:healthandwellbeing@muohio.edu) | web: [www.muohio.edu/ehwb](http://www.muohio.edu/ehwb)

Employee Health & Well-Being offers fitness programming at no cost for Miami University employees (excluding graduate assistants and student employees). Employees are welcome to participate in fitness programming on any campus.



### Group Fitness Classes August 24 – December 18 No classes on September 7, November 11, 25, 26 & 27

No registration required.  
EHWB reserves the right to cancel any class due to low attendance.

#### Oxford

##### Withrow Court, 44

###### Cardio Tone M 12:10 – 12:40p

This is a total body workout incorporating intervals of low-impact aerobics with strength, flexibility and balance. Modifications will be given to make this class suitable for all fitness levels.

###### Sport Cardio T 12:10 – 12:40p

Want to be challenged in a new way? Try sport cardio and find your inner athlete! This class is a combination of sport related drills in a fast paced, fun and welcoming environment. Improve your coordination, balance and cardio respiratory fitness with new movements aimed at increasing one's agility and power. Intended for intermediate to advanced fitness levels.

###### Total Body Tone W 12:10 – 12:40p

This class focuses on strengthening all the muscles of the body using the mat, wall/floor and resistance tubing exercises. Modifications will be given to make this class suitable for all fitness levels.

###### Pilates F 12:10 – 12:40p

This class is designed to enhance body awareness and develop a balance between strength and flexibility. Pilates mat exercises focus on improving strength of the abdominals, lower back, and gluteal muscles. Modifications will be given to make this class suitable for all fitness levels.

##### Happy Feet Walking Club

Meet at the Hub (Behind Roudebush Hall)

TH 12:10-12:40p **Contact EHWB to register**

Walking is a great way to build strength, energy, teamwork, and morale. Energize your workday by joining the Happy Feet Walking Club!

##### Phillips Hall, 113

###### Rise & Shine Strength Training T 7:00-7:30a

Each workout session entails a brief cardio warm-up, followed by a series of strength training exercises performed in timed intervals, and ends with stretching and a cool down. Modifications will be given to make this class suitable for all participants.

##### McGuffey Hall, 322

###### Yoga T 5:30 – 6:30p

Refresh and relax with yoga. Every class includes centering, breath awareness, strengthening, stretching and a guided deep-relaxation at the end. This is very welcoming for those who consider themselves to have stiff or tight muscles. Make some time for yourself and enjoy the benefits of yoga. Open to all fitness levels.

#### Hamilton

##### Hamilton Gymnasium, 116

###### Yoga W 12:00 – 1:00p

Refresh and relax with yoga. Every class includes centering, breath awareness, strengthening, stretching and a guided deep-relaxation at the end. This is very welcoming for those who consider themselves to have stiff or tight muscles. Make some time for yourself and enjoy the benefits of yoga. Open to all fitness levels.

###### Zumba TH 4:00 – 4:45p

This class is a fusion of Latin, Pop, and International music/dance themes that create a dynamic, exciting and effective form of exercise. The routines are a mixture of body sculpting movements with easy to follow dance steps.

#### Middletown

##### Bennett Recreation Center, 2

###### Yoga W 12:00 – 1:00p

Refresh and relax with yoga. Every class includes centering, breath awareness, strengthening, stretching and a guided deep-relaxation at the end. This is very welcoming for those who consider themselves to have stiff or tight muscles. Make some time for yourself and enjoy the benefits of yoga. Open to all fitness levels.

###### Zumba W 5:15 – 6:15p

This class is a fusion of Latin, Pop, and International music/dance themes that create a dynamic, exciting and effective form of exercise. The routines are a mixture of body sculpting movements with easy to follow dance steps.

### Fitness Rooms August 24 – December 18 CLOSED September 7, November 11, 25, 26 & 27

The Fitness Rooms contain cardio equipment, strength training machines, free weights, stability balls, and various other types of exercise equipment.

#### Oxford

##### Phillips Hall, 113\*

M • W 11a – 1p & 4 – 6p  
T • TH 6 – 8a, 11a – 1p & 4 – 6p  
F 11a – 1p

##### How to Join

To join, visit during the employee hours listed above. EHWB student interns will sign you up, answer any questions you may have, and take you through a Fitness Room Orientation upon request.

##### Personal Training

EHWB provides you with the opportunity to meet with a Personal Trainer and develop an exercise routine specifically designed to help achieve your goals. Individual or group personal training appointments are available during Fitness Room hours only. To schedule an appointment please contact EHWB or go to our website and follow the instructions on the Physical Activity page.

\*Locker Rooms are available on the lower level of Phillips Hall.

#### Hamilton

##### Hamilton Gymnasium

M • T • W • TH 10a – 8p  
F 10a – 3p

#### Middletown

##### Bennett Recreation Center

M • T • W • TH 10a – 7p  
F 10a – 3p