Fitness & Wellness Exercise Classes, Workshops

**Activity Class, Workshop (30, 60, or 90-minute)**
Activity and/or participation required.

**FITNESS**
- Core Challenge Circuit
- The Chair Workout Anywhere
- Circuit Circus
- Zumba
- Zumba Ligh
- Yoga
- Iron Athlete Bootcamp
- Insane Intervals
- Warm Up for Work
- Pump (Band Class)
- Abs and Thighs
- Tone and Roll
- Tabata Bootcamp
- Mat Pilates

**LED BY**
- Staff
- Aileen Sheron
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- Kali Knapp
- Self Myofascial Release Foam Rolling for Exercise Recovery/Muscle Tension/Stress/Pain
- Self Myofascial Release Tennis Ball Seated Rolling Techniques

**MINDFULNESS**
- Gentle Yoga & Breathing
- Bhavana Visualization

**LED BY**
- John Halsey
- Ashley McKeachie

**INJURY PREVENTION**
- Kali Knapp
**Fitness & Wellness Lectures**

**Lecture (15, 30, or 60-minute)**
*Education, information, and/or demonstrations involved. Little to no activity or participation required.*

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*A regular practice of gratitude imparts many benefits to those who are thankful. In this workshop we will talk about the research of Robert Emmons of the University of California Davis, and Sonja Lyubomirsky of the University of California, Riverside among others shows that a regular practice of gratitude leads to greater health, wealth, and happiness. We will also do some short writing exercises in which we will affirm our gratitude to get into the practice.*

Part II – Motive: Intention Setting  
*Setting intention helps organize your thoughts which affect how you react to the world and move into your future. It's better to be drawn into the future, rather being driven by the past so in this workshop we will talk about strategies to practice better behaviors in the future, based on the research of B.J. Fogg of Stanford, Kelly McGonigal of Stanford, and Mihaly Csikszentmihalyi of the University of Chicago. You will pick a healthy goal and we will set a simple way to secure that healthy future.*
Part III – Mindfulness: Focus and Awareness  
John Halsey

Sharpe focus improves performance. You can’t perform at your best unless you’re completely in the moment. A regular practice of mindfulness trains the brain to be able to focus on what’s important when you need it. This workshop will focus on different ways to practice mindfulness. We’ll talk about the work of Jon Kabat-Zinn of the University of Massachusetts and Carol Dweck of Harvard among others. We will also practice a couple short meditations.

Part IV – Movement: Exercise and Posture  
John Halsey

The human body, after thousands of years of evolution, was designed to move. We are healthier when we have a regular exercise program and move through the world with good posture. In this workshop we will talk about the work of Amy Cuddy of Harvard University, Richard Davidson of the University of Wisconsin among others, and we will practice some gentle movement based on Tai Chi and Yoga in rhythm with the breath.

Part V – Mirth: Humor and Happiness  
John Halsey

Seeing the world humorously is a serious coping technique in stressful situations. Research shows that people who practice a humorous coping technique are better at downregulating negative emotions and upregulating positive emotions. In this workshop we’ll talk about the work of Andrea Samson of Stanford, and Scott Weems, and we’ll do some mirthful exercises to practice a humorous view of the world.

Serene Superhero – Strategies for Stress Reduction and Strength Induction  
John Halsey

INJURY PREVENTION

LED BY

Straight & Strong  
Olga Connolly

Keeping the Weekend Warrior Injury Free  
Kali Knapp

Mobility for the Upper and Lower Extremity  
Kali Knapp

Mobility to Move Better  
Kali Knapp

Importance of Workplace Fitness and Health  
Kali Knapp

Quick Fixes for Injury Prevention and Pain Management  
Kali Knapp

Targeted Stretches and Body Mechanics for Your Workplace  
Kali Knapp

*Observation of work site required prior to demo
Fitness & Wellness Demos

Demo (5, 10, 15, or 20-minute)
Brief intro into a topic and/or activity. Light participation required, and/or observation.

FITNESS
5 Stretches to Health
5 Core Exercise
5 Big Basics
5 Yoga Poses

MINDFULNESS
Mindfulness practice in the workplace – Guided imagery session
1-Minute Deep Breathing Techniques

INJURY PREVENTION
Hot Days and Long Hours; Hydration and Focus
Self Myofascial Release Foam Rolling for Exercise Recovery/Muscle Tension/Stress/Pain
Self Myofascial Release Tennis Ball Seated Rolling Techniques
Targeted Stretches for Injury