

UMSL
Campus Recreation
WELLNESS

**AEROBICS
SPINNING®
FITNESS SERVICES**



**FALL '09
SEPT 8 - DEC 11**

**www.umsi.edu/services/
recsport/wellness**

**FITNESS
Personal Services**

Body Fat Analysis

Students- \$3 F/S/Alum- \$5 Others- \$8

Body Fat Analysis is taken with the Body Logic Pro Machine to determine the percent body mass coming from fat. Procedure should be done before your workout and takes one minute.

Fitness Consultation

Students- \$40 F/S/A- \$50 Others- \$60

Complete fitness consultation including personalized:

1. BODY FAT ANALYSIS
2. NUTRITIONAL ANALYSIS
3. EXERCISE PRESCRIPTION

Personal Fitness Training

Cost per One-Hour Session

Students- \$40 F/S/A- \$50 Others- \$60

3-Session Package

Students- \$100 F/S/A- \$125 Others- \$150

Make your workout time more effective and get the results you want. Nationally certified trainer will guide you through your program.

Contact

Rae Mohrmann

314-521-0815

raeruns@aol.com

or

Heather Bell

bellh@umsi.edu

or

Kevin Jordan

kevinjord@hotmail.com

NOTE: Scheduled sessions must be cancelled at least 24 hours in advance. Sessions cancelled within 24 hrs will be rescheduled.

By Appointment Only

UMSL WELLNESS Registration • FALL '09

**SESSIONS INCLUDE
AEROBICS
& SPINNING®**

	Name	Student	F/S/Alum	Other*
SESSION 1	Sept 8 - Oct 24	\$25	\$35	\$45
SESSION 2	Oct 19 - Dec 11	\$25	\$35	\$45
BOTH SESSIONS		\$45	\$60	\$80
SPIN ONLY - ONE CLASS		\$5	\$6	\$8

*NO CLASSES held during FALL BREAK • November 21-29

Liability/Assumption of Risk Statement Individual participants should be duly aware and acknowledge that participation in recreational programs and activities involves an inherent risk of physical injury. Individuals assume all such risks by voluntarily electing to participate in recreational programs or activities. The University of Missouri-St. Louis assumes no responsibility for individual injury or property damage incurred in connection with use of facilities or participation in programs. Individuals are reminded that they are responsible for their health and should have medical approval prior to engaging in activities in the UMSL rec facilities. It is highly recommended that individuals have medical insurance. UM-St. Louis and the Campus Rec Dept do not carry insurance to cover patrons.

I, the undersigned, declare that I have read and understand the above statement:

Detach and Return

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Work _____
Email _____ Student# _____
For emergency notification of class cancellations.






Fees are payable by cash, check or money order.
Make checks payable to: **UNIVERSITY OF MISSOURI - ST. LOUIS**
Mail to: UMSL Campus Recreation, 203 Mark Twain Bldg
One University Blvd. St. Louis, MO 63121

OFFICE USE ONLY

Ck # _____
Amt \$ _____
Card Issued _____ Int _____

SIGNATURE REQUIRED _____

UMSL Campus Recreation's FALL '09 WELLNESS SEPT 8 - DEC 11

START TIMES Classes are ONE-HOUR and held in AEROBICS ROOM unless otherwise noted.	MON	TUES	WED	THUR	FRI
9:15 am POOL		W.E.T. 45 min. w/ Rae		W.E.T. 45 min. w/ Rae	
10:15 am	Silver Moves w/ Rae		Silver Moves w/ Rae		
11:30 am SOUTH CAMPUS MARILLAC HALL		Trim-N-Tone 45 min. w/ Rae		Trim-N-Tone 45 min. w/ Rae	
11:45 pm	 SPIN 45 min. w/ Rae				 SPIN w/ Moira
12:00 pm			Pilates w/ Sheila		
12:30 pm	Turbo Sculpt w/ Rae			NEW! Balls, Bands, & Bells 45 min. w/ Moira	
4:00 pm FITNESS CENTER	 FREE CLASS! Fitness Center 101		Weight Training w/ Kevin		
4:30 pm	Body Challenge 45 min. w/ Rae	Yoga w/ Julia 4:25-5:25pm	ABC 45 min. w/ Rae	Stretch & Tone 45 min. w/ Rae	
5:30 pm	 SPIN w/ Jim	Kick Box w/ Heather	 SPIN w/ Gregg	Power Pump w/ Heather	
5:30 pm POOL	W.E.T. w/ Rae		W.E.T. w/ Rae	W.E.T. w/ Rae	

CAMPUS RECREATION

203 Mark Twain • 516-5326

CHECK THE WEB for the latest schedule updates including cancelled and added classes.

www.umsl.edu/services/recsport/wellness

ABC

Abs Buns & Cardio. Isolate & tone the major muscle groups of the lower body in combo with cardio conditioning on the track.

Pilates

Stretching and core strength training. Great for abs & back!

Silver Moves

Well balanced program to improve mobility, muscular strength, endurance, flexibility & cardiovascular fitness.

Balls, Bands & Bells

Use bands, dumbbells, stability balls & your own body weight to strengthen & condition all major muscle groups.

Body Challenge

Body shape & redefine using weights, exercubes, bands, step & your own body's resistance. Focus on core; stretch at end.

Kick Box

High energy cardio workout with a kick. Shape up, lose weight and gain confidence.

Power Pump

Intermittent high energy cardio segments combined with mix of free weights, tubes, balls, & step for full body toning.

Stretch & Tone

Firm every part of your body while increasing core strength and flexibility.

Trim-N-Tone

Firm & strengthen with weights, bands and floor work. Bring your own weights and mat.

Turbo Sculpt

Tones, strengthens, & defines whole body using tubes, weights, bands & your own body's resistance.

Yoga

Experience the mind/body connection as you improve strength, balance & flexibility. Restore yourself!

Weight Training

Intense workouts that focus on the use of free weights and exercise machines. Tone your body, build strength, and increase stamina.

W.E.T.

Water Exercise Training.

Low impact water exercise for fitness, body defining & weight loss. Shallow end aerobics & deep end jogging in the UMSL indoor pool.

Fitness Center 101

Want to get an exercise plan started but not sure how to use the Fitness Center's strength and cardio equipment safely and effectively?



FREE CLASS EVERY MONDAY!

START HERE!



SPIN®

A great cardio workout on stationary bikes for all fitness levels. Ride to music as you are lead by certified spinning instructors.

SEPT 8-12 Classes FREE!
OCT 19-23 Classes FREE!

*Others are allowed in classes only and are not permitted to use the facility at other times.

Note: NO CLASSES will be held FALL BREAK (NOV. 21-29) or other days when the MT Bldg is closed. Classes and instructors are subject to change; classes with low participation will be cancelled with a one week notice. For safety, instructors will determine class sizes.

AEROBICS

Two Sessions

SESSION 1 **Sept 8 - Oct 24**

SESSION 2 **Oct 19 - Dec 11**

Cost per Session: Students \$25
Fac/Staff/Alum \$35
Others* \$45

SAVE!

BOTH Sessions: Students \$45
Fac/Staff/Alum \$60
Others* \$80

- One fee allows participants to attend any class at any time for the entire semester.
- All classes taught by certified instructors.

NO REFUNDS will be given unless participant has a valid, certified medical reason and the requests made before the 3rd week of class.