

UMSL
Campus Recreation
WELLNESS

**AEROBICS
SPINNING®
FITNESS SERVICES**



**W/S 2012
JAN. 17 - MAY 5**

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

**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 • W/S 2012

Detach and Return

**SESSIONS INCLUDE
AEROBICS
& SPINNING®**

	Student	F/S/Alum	Other*
SESSION 1 Jan 17- Mar 10	\$25	\$35	\$45
SESSION 2 Mar 5- May 5	\$25	\$35	\$45
BOTH SESSIONS	\$45	\$60	\$80
SPIN ONLY- ONE CLASS	\$5	\$6	\$8

* NO CLASSES held during **SPRING BREAK** March 26 - April 1

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:

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

Am. \$ _____
 Ck # _____
 Card Issued _____ Int _____

SIGNATURE REQUIRED _____

UMSL Campus Recreation's W/S 2012 WELLNESS

JAN. 17 - MAY 5

START TIMES Classes are ONE-HOUR & held in AEROBICS ROOM unless otherwise noted.	MON	TUES	WED	THUR	FRI	SAT
9:15 am						Zumba® w/ Relanda
9:30 am POOL		W.E.T. 45 min. w/ Rae **POOL**		W.E.T. 45 min. w/ Rae **POOL**		
10:00 am			Silver Moves w/ Rae			
10:15 am	Silver Moves w/ Rae					
11:30 am		Total Body Toning 45 min. w/ Rae **SOUTH CAMPUS** MARILLAC HALL		Total Body Toning 45 min. w/ Rae **SOUTH CAMPUS** MARILLAC HALL		
11:45 pm	SPIN 45 min. w/ Rae				SPIN w/ Moira	
12:30 pm					Balls, Bands & Bells 45 min. w/ Moira	
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		Power Pump w/ Heather	SPIN w/ Gregg	Core Fusion w/ Heather		
5:30 pm POOL	W.E.T. w/ Rae **POOL**		W.E.T. w/ Rae **POOL**	W.E.T. 45 min. w/ Rae **POOL**		



**JAN 17-23
Classes FREE!**

**MAR 5-10
Classes FREE!**

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

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

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

Body Challenge
Shape and redefine your body using weights, exercubes, bands, step & your own body's resistance. Class focus is on the core.

Core Fusion
Target your core with a mix of cardio movements and light weights.

Power Pump
Body toning w/emphasis on increasing muscular strength through the use of free weights, exercubes, and steps for added resistance. Great way to pump up your spirits.

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

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

Total Body Toning
Body shaping and redefining using weights, exercubes, bands, steps, and your own body's resistance. Focus on core with stretching at end.

W.E.T.
Water Exercise Training
Low impact water exercise for body defining, fitness, and weight loss. Shallow end aerobics and deep end jogging.

Yoga
Experience mind/body connection and improve strength, flexibility & balance. Restore yourself!

Zumba®
Zumba, Zumba, Zumba.
Hypnotic latin rhythms & easy-to-follow moves create a fun and dynamic fitness program that will blow you away. Ditch the workout, and join the party!

Schedule reflects a slight reduction of classes due to the ongoing renovation and expansion of the Fitness Center this Spring semester.

AEROBICS

Two Sessions

SESSION 1 **Jan 17 - Mar 10**
SESSION 2 **Mar 5 - May 5**

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

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

Note: NO CLASSES will be held SPRING BREAK (MAR. 26-APR. 1) 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.

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

CAMPUS RECREATION

203 Mark Twain • 516-5326

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

www.umsu.edu/services/recsport/