Body Fat Analysis:

- **Students**: $37 (F/S/Alum: $45)
- **Others**: $49

Body Fat Analysis is taken with the BodPod and takes one minute. The BodPod uses underwater displacement to determine body fat percentage and is the most accurate method available on the market. The BodPod is located in the UMSL Rec Facilities.

**Personal Fitness Training**

- **Cost per One-Hour Session**
  - **Students**: $40 (F/S/Alum: $50)
  - **Others**: $60

**3-Session Package**

- **Students**: $100 (F/S/Alum: $125)
- **Others**: $150

3-Session packages are available and include training for one hour per session. The trainer will guide you through your program.

**Fitness Consultation**

- **Cost**
  - **Students**: $40 (F/S/Alum: $50)
  - **Others**: $60

**Personalized Consultation**

- **Comprehensive consultation including:**
  1. **Body Fat Analysis**
  2. **Nutritional Analysis**
  3. **Exercise Prescription**

**Makeup Policy:**

- Schedule cancellations within 24 hours will be rescheduled. Schedule cancellations after 24 hours will be rescheduled.

**Contact:**

- **Rae Mohrmann**
  - 314-521-0815
  - raeruns@aol.com
- **Heather Bell**
  - bellh@umsl.edu
- **Kevin Jordan**
  - kevinjord@hotmail.com

**Note:**

- **All classes and during Fall Break (Nov 24-29) or any day MT is closed.**
# UMSL Campus Recreation’s
## FALL 2014 WELLNESS
### Sept. 2 - Dec. 13

<table>
<thead>
<tr>
<th>START TIMES</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 am POOL</td>
<td>W.E.T. 45 min. w/ Rae</td>
<td>W.E.T. 45 min. w/ Rae</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>10:00 am</td>
<td>Silver Moves w/ Rae</td>
<td>Yoga w/ Cindy</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>10:15 am</td>
<td>Silver Moves w/ Rae</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>11:30 am</td>
<td>Total Body Toning 45 min. w/ Rae So. Campus Marillac Hall</td>
<td>Total Body Toning 45 min. w/ Rae So. Campus Marillac Hall</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
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<tr>
<td>11:45 am</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>12:15 pm</td>
<td>Pilates 45 min. w/ Moira</td>
<td>Pilates 45 min. w/ Moira</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Turbo Sculpt 45 min. w/ Rae</td>
<td>Yoga 45 min. w/ Julie 4:25-5:25pm</td>
<td>ABC 45 min. w/ Rae</td>
<td>Dyno Stretch 45 min. w/ Rae</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>5:30 pm</td>
<td>INSANITY Training 6:00pm w/ Kevin</td>
<td>Core Fusion w/ Heather</td>
<td>SPIN 45 min. w/ Moira</td>
<td>Power Pump w/ Heath</td>
<td><strong>POOL</strong></td>
<td><strong>POOL</strong></td>
</tr>
<tr>
<td>5:30 pm POOL</td>
<td>W.E.T. 45 min. w/ Rae</td>
<td>W.E.T. 45 min. w/ Rae</td>
<td>W.E.T. 45 min. w/ Rae</td>
<td><strong>POOL</strong></td>
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</tbody>
</table>

**ABC**
Abs Buns & Cardio. Isolate and tone the major muscle groups of the lower body in combination with cardio conditioning.

**INSANITY Training**
A total body strength and conditioning program. High intensity cardio using maximum interval training as the foundation.

**Core Fusion**
Target your core with a variety of cardio movements using light weights & Pilates techniques.

**Power Pump**
Interval training and full body toning with emphasis on increasing muscular strength through the use of free weights, exerubes & steps for added resistance. Great way to pump up your spirits.

**Dyno Stretch**
Firm every part of your body while increasing range of motion in muscles & joints.

**Silver Moves**
Strengthening and core training based on the work of J. Pilates. Great for abs & back!

**Pilates**
Stretching and core training with the use of Pilates bands, hoops, step & weights, and with Moira.

**Total Body Toning**
Body shaping and redefining using steps, exerubes, weights, bands, and with Moira.

**Turbo Sculpt**
Shape and redefine your body using weights, exerubes, bands, hoops, step & your own body’s resistance. Focus is on core.

**W.E.T. Water Exercise Training**
Low impact water exercise for fitness, body defining, and weight loss.

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

**Fitness Center 101**
Want to get an exercise plan started but not sure how to use the Fitness Center’s strength & cardio equipment safely and effectively?

**By Appointment Only**
Rae 314-521-0815 day
Kevin 314-706-0646 eve.

**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