



# Fall Semester Wellness Classes



Classes only cost \$3 for the entire semester when using Wellness Points!

Download a registration form at our website and submit it along with payment to our office.

## BOOMERCISE

**September 6th - December 13th**

This low-impact class will improve your cardiovascular ability, muscular endurance, coordination, flexibility, and overall functional fitness. Boomerise includes a dynamic warm-up, cardio, strength training, balance, core work, and stretching while being easier on the joints than high-impact aerobics.

**Mondays & Wednesdays 5:15 - 6:15 p.m.**

**Ruby 2nd Floor Exercise Studio (Near Rehab Services)**

## ZUMBA

**September 5th - December 14th**

Zumba combines high-energy motivational music with unique moves and combinations that make it easy for participants to have fun while getting fit! Features aerobic interval training with a combination of different rhythms that tone and sculpt!

**Tuesdays & Thursdays 5:15 - 6:15 p.m.**

**Chestnut Ridge Center Gymnasium**

## MAT PILATES WITH PROPS

**September 6th - December 15th**

Pilates mat classes focus on developing core strength, flexibility, balance and stamina. Classes are done on the floor using your body, a mat, and also props. Mats are provided.

**Mondays, Wednesdays & Fridays 12:00 - 1:00 p.m.**

**Wellness Studio (Next to Fitness Center - 1st FI MBRCC)**

## CARDIO CONDITIONING

**September 5th - December 14th**

Cardio Conditioning is a fast-paced muscle burning road to a stronger and healthier heart! The class includes a variety of high intensity whole body movements, plyometrics, speed and agility, and weight training designed to raise your heart rate and confidence. This class will test your mental and physical limitations.

**Tuesdays & Thursdays 4:30 - 5:30 p.m.**

**Wellness Studio (Next to Fitness Center - 1st FI MBRCC)**

## GENTLE YOGA AFTER WORK

**September 5th - December 14th**

This class welcomes students from all levels of experience and will help relax the neck/shoulders, hips and hamstrings. Classes will be slow moving and focus on stretching, flexibility, balance, good posture, and breath work techniques. Mats are provided.

**Tuesdays & Thursdays 5:15 - 6:15 p.m.**

**Ruby 2nd Floor Exercise Studio (Near Rehab Services)**

## MINDFUL FLOW YOGA

**September 5th - December 12th**

Suitable from advanced beginners to intermediate level students. Vinyasa combines harmony of movement and breath to create flexibility, core and overall strength. Yoga Flow removes stiffness, trains your mind to focus and release emotions out of the body. Mats are provided.

**Tuesdays 12:00 - 1:00 p.m.**

**Wellness Studio (Next to Fitness Center - 1st Floor MBRCC)**

## YOGA FOR INNER BALANCE

**September 7th - December 14th**

This gentle class will explore practices that helps us to regain our center and feel more in harmony with ourselves. We will practice gentle movements, breath control, restorative poses and end with relaxation. Mats are provided.

**Thursdays 12:00 - 1:00 p.m.**

**Wellness Studio (Next to Fitness Center - 1st Floor MBRCC)**

## YOGA FOR EVERY BODY

**September 6th - December 13th**

This class will include the yoga postures, breathing, relaxation and mindfulness practices. Regardless of your focus, there will be something for everyone. All movements and practices will be modified for the student with injury and limitations. Mats are provided.

**Wednesdays 4:30 - 5:30 p.m.**

**WVUM Operations Center (ROC 2 - 3040 University Avenue)**



# Wellness Services and Programs

## Ruby Runners (WVU Medicine Running Club)

Ruby Runners (We Walk Too!) will meet each Wednesday throughout the Summer at the Blanchette Rockefeller Neurosciences Institute lawn area next to where the WVU Medicine Farmers Market is held between 5:00 – 5:15 p.m. Interested participants are encouraged to wear appropriate attire to run/walk in and also bring water. This is a no judgment, no expectation running/walking group with the goal of having fun. Are you interested in joining Ruby Runners? If so, please contact the Wellness Center or just show up.

## Personal Fitness Coaching

Receive personalized instruction, support, and motivation in strength training, cardiovascular conditioning, and flexibility from an ACE-certified personal trainer who will design a fitness program based on your exercise goals! Available to employees and spouses of all fitness levels. Call the Wellness Center to schedule your appointment. **FREE for employees and only \$5 for spouses!**

## Wellbeing Coaching

Wellbeing coaching is an on-site service where you work one-on-one with a health coach to set goals, make better lifestyle choices, overcome obstacles, and become a healthier you! To learn more about this service or to schedule an appointment please contact Heather Bonaparte, MPH, ACE-certified Health Coach at 304-293-1820, or bonaparteh@wvumedicine.org. **This is a FREE service for employees and only \$5 for spouses!**



## Ergonomic Assessments

Is your workstation safe? The set-up of your work area could be causing you discomfort that we can resolve with a little rearranging. Let us review your work area to help decrease the chance of workplace injuries! Ergonomic assessments may be organized individually or for entire departments. Call the Wellness Center to schedule your appointment. **FREE for employees!**

## Weight and Body Fat Checks

Want to keep track of your weight and body fat percentage? Stop by the Wellness Center office, and within seconds our state-of-the-art Tanita body composition scale will determine your weight, BMI, and body fat percentage! Track your progress by visiting us every week. No appointment is needed! Our office is located on the 8th floor of HSC South (Room 8722). **FREE for employees!**

## Join The Fitness Center Today!

The Fitness Center is located on the 1st floor of the WVU Cancer Center and is available to all employees of WVU Medicine, University Health Associates, and Health Sciences Center for general use. It is open 24 hours a day, seven days a week and membership cost for employees to join is only \$10 when you use your Wellness Points! Call the Wellness Center at 304-293-2520 to schedule an orientation.



## Healthy Living Program

Date: Tuesdays, September 12 - November 7

Time: 4:30 - 5:30 p.m.

The Wellness Center and Diabetes Education Center will be offering another series of this program which is designed to help individuals live a healthy lifestyle. The cost is 3 Wellness Points for employees or \$3.00 per class for spouses. For more information about this program please visit our website.