

SPRING 2018 FIT-WELL PROGRAMS

APRIL 2018

FITNESS CHALLENGE: PULL-UPS

April 2nd – 6th: SRC Fitness Floor: All-Day

Who doesn't like a good challenge, right? The SRC is offering unique fitness challenges every month to encourage individuals to test their current fitness levels while pushing themselves towards success with increased physical strength and endurance.

STRONG AS A FOX: 1ST BI-ANNUAL BENCH PRESS COMPETITION

April 10th: SRC Weight Room: 4-6pm

Join us for the Inaugural Spring 2018 Bench Press Competition. Split between women's and men's weight divisions, we will judge based on the strongest overall lifter (men and women) and within weight class. Who will reign as the 'Strong as a Fox Champion' for Spring 2018?

SPA NIGHT

April 19th: SRC: 4-6pm

Stressed about finals? Take a moment to relax with soothing mindfulness fitness classes, in-person massage chairs, sugar/salt scrub stations and more. Spa Night will feature plenty of relaxing opportunities that will ensure a stress-free experience.

Program dates and times are subject to change. Please visit our website or follow us on social media for up-to-date and current information:

Website: www.rccc.edu/src

Social Media (Facebook and Instagram): @rrccstudentrec

**Follow Us On
Social Media**



@rrccstudentrec

SPRING 2018 GROUP FITNESS SCHEDULE



***ALL CLASSES TAKE PLACE AT THE SRC,*
FITNESS STUDIOS 1 OR 2**

| | | |
|-------------|------------------------|---------------|
| Mondays: | - Spin w/ Bre | 7:00-7:30am |
| | - Pilates w/ Jennifer | 1:00-2:00pm |
| | - Zumba w/ Julie | 5:00-6:00pm |
| | - Yoga w/ Jenna | 6:00-7:00pm |
| Tuesdays: | - Bodyshred w/ Bre | 12:00-12:30pm |
| | - Meditation w/Mishel | 12:30-1:30pm |
| | - Begin. Yoga w/ Jenna | 2:00-3:00pm |
| | - Zumba w/ Kimball | 6:30-7:30pm |
| Wednesdays: | - Spin w/ Bre | 7:00-7:30am |
| | - Yoga w/ Jenna | 6:00-7:00pm |
| Thursdays: | - Pilates w/ Jennifer | 7:00-8:00am |
| | - Bodyshred w/ Bre | 12:00-12:30pm |
| | - Zumba w/ Julie | 5:00-6:00pm |
| | - Yin Yoga w/Mishel | 6:00-7:00pm |

Questions? Contact Us.

If you have questions regarding the SRC FIT-WELL Program and or group fitness classes, please contact Fitness Coordinator, Bre'una Keeton, at breuna.keeton@rccc.edu.

You may also visit us on the web at: rccc.edu/src



SRC SPRING 2018 FIT-WELL PROGRAM GUIDE

The Student Recreation Center (SRC), FIT-WELL Program is now offering **FREE** Fitness and Wellness programming for the Spring 2018 semester.

Join us as we head into the year of 2018 with an intentional mindset in prioritizing personal health and physical wellbeing through healthy, active lifestyles.

We offer many programs ranging from:

- Group Fitness Classes
- Fitness Competitions
- Special Events
- Workshops and Clinics
- And More!



SPRING 2018 FIT-WELL PROGRAMS

JANUARY 2018

FITNESS CHALLENGE: PUSH-UPS

January 16th – 19th: SRC Fitness Floor: All-Day

Who doesn't like a good challenge, right? The SRC is offering unique fitness challenges every month to encourage members to test their current fitness levels while pushing themselves towards success with increased physical strength and endurance.

LOVE THYSELF:

HEALTHY WEIGHT WEEK

January 22nd – 26th: SRC: All-Week

National Healthy Weight Week is all about understanding your body, but most importantly, appreciating who YOU are! The SRC will be encouraging students/faculty/staff to write uplifting notes all week long. These notes will be distributed to members (anonymously) throughout the week to provide them with support and encouragement.

BODY COMPOSITION TESTING

January 22nd: SRC: 8-9am and 4-5pm

EveryBODY Is Different! This drop-in session includes a measurement of your body's composition through skinfold and BIA (non-invasive) measurements. A certified personal trainer will assist you with measuring your current fat mass and fat-free mass.

First come, first served basis. For more accurate measures, wear loose athletic clothing. Do not exercise prior to testing, as this may alter results

**S.M.A.R.T. GOALS WORKSHOP:
GETTING A HEADSTART TO
HEALTH**

January 25th: SRC Mt. Falcon Room: 3-4pm

Have goals but not sure how to organize them? This workshop is geared towards individuals seeking to organize and prioritize the goal(s) they have while following the S.M.A.R.T. goals outline.

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FEBRUARY 2018

FITNESS CHALLENGE: PLANKS

February 5th – 9th: SRC Fitness Floor: All-Day

Who doesn't like a good challenge, right? The SRC is offering unique fitness challenges every month to encourage individuals to test their current fitness levels while pushing themselves towards success with increased physical strength and endurance.

**VALENTINES DAY: ROMANTIC
CANDLELIGHT YOGA**

February 14th: SRC Fit. Studio 2: 5-7pm

Whether you are in a relationship, have a good friend that wants to tag along or just want to participate solo, this night will be filled with romance and an opportunity to mingle. Join us for an hour of Gentle Flow: Yoga followed by an hour of a 'Meet and Mingle' session for singles. Did we mention there will be strawberries and chocolate?

BODY COMPOSITION TESTING

February 21st: SRC: 8-9am and 4-5pm

EveryBODY Is Different! This drop-in session includes a measurement of your body's composition through skinfold and BIA (non-invasive) measurements. A certified personal trainer will assist you with measuring your current fat mass and fat-free mass.

First come, first served basis. For more accurate measures, wear loose athletic clothing. Do not exercise prior to testing, as this may alter results

PACK THE GYM

February 22nd: SRC Courts: 4-6pm

Let's Pack the Gym for a night of rest and relaxation! This stress releasing night will be led by a certified yoga instructor as well as filled with prizes, tea and pie, stress-release educational sessions and more! All you have to bring is - YOU.

SPRING 2018 FIT-WELL PROGRAMS

MARCH 2018

FITNESS CHALLENGE: BURPEES

March 5th – 9th: SRC Fitness Floor: All-Day

Who doesn't like a good challenge, right? The SRC is offering unique fitness challenges every month to encourage individuals to test their current fitness levels while pushing themselves towards success with increased physical strength and endurance.

**FINDING NUTRITIONAL BALANCE:
HEALTHY LIVING WORKSHOP**

March 8th: SRC Mt. Falcon Room: 3-4pm

Take a look at a 3D approach to finding nutritional balance within your life. Don't miss this workshop, as we will dive deep into the '5 Healthy Habits' you should consider adopting in order to lose weight and better the nutritional balance in your life.

BODY COMPOSITION TESTING

March 12th: SRC: 8-9am and 4-5pm

EveryBODY Is Different! This drop-in session includes a measurement of your body's composition through skinfold and BIA (non-invasive) measurements. A certified personal trainer will assist you with measuring your current fat mass and fat-free mass.

First come, first served basis. For more accurate measures, wear loose athletic clothing. Do not exercise prior to testing, as this may alter results

GRAB-N-GO: HEALTHY SNACKS

March 19th: SRC Lounge: All-Day

Stop by the SRC anytime on March 19th, 2018 to grab some free and nutritious snacks, along with some fact sheets on how you can better your health through nutrition. This is in honor of National Nutrition Month.