

ADDITIONAL
FIT-WELL PROGRAMS
AND EVENTS

Nutrition Workshop: Cravings, Weight Gain, & Blood Sugar Rollercoaster
 Tuesday August 27th, 2019
 Where: Snowmass Room 4115
 Time: 11:00am-12:00pm



DIY Body Scrub Workshop
 Thursday August 29th, 2019
 Where: Snowmass Room 4115
 Time: 12:00pm-1:00pm

CANCELLED



RSVP at the SRC Service Desk Today!



**FIT-WELL
PERSONAL TRAINING
PROGRAM**

Are you looking for motivation to take on a more active and healthy lifestyle? Look no further! The SRC is proud to offer quality personal training services to members at an affordable cost.

Personal Training Services Include:

- One-on-One Sessions;
- Partner (Buddy) Training;
- Small Group Training sessions;
- Workshops, *Ask the PT*, and much more!

For more information on pricing, trainer profiles, and how to sign up, please visit us on the web at www.rccc.edu/src for more information.

**PERSONAL
TRAINING**

**FIT-WELL
GROUP FITNESS
PROGRAM**



The FIT-WELL Group Fitness program provide opportunities for participants to develop and improve physical skills, & proper fitness techniques in an engaging/impactful class setting.

Current Offerings for Fall 2019

- Zumba
- Yoga
- Meditation
- HIIT, and more!

Please visit the web for the up-to-date group fitness schedule at www.rccc.edu/src

FIT-WELL Program

Bre'una Keeton
 Fitness Coordinator

13300 West Sixth Ave., Box 11
 Lakewood, Colorado 80228

Phone: 303-914-6477
 Email: breuna.keeton@rccc.edu
 Web: www.rccc.edu/src

**RED ROCKS
COMMUNITY COLLEGE**
 STUDENT RECREATION CENTER



**Student Recreation
FIT-WELL Program**

- Fall 2019 Fitness & Wellness -
 Program Guide



FALL 2019 FIT-WELL PROGRAMS

AUGUST 2019

GRAB-N-GO HEALTHY SNACKS

Aug. 19th-23rd, 2019: SRC Lounge: All-Week
Stop by the SRC anytime between August 19th-23rd, 2019 to grab some nutritious snacks along with educational materials on nutrition and wellness.

REC WEEK!

Aug. 26th-29th, 2019: SRC: All-Week
Join us at the SRC for *Rec Week*. Each day is tailored towards specific program areas (Intramural Monday, Fitness Tuesday, Adventure Wednesday, and Wellness Thursday). From bike riding to nutrition workshops, you don't want to miss out on this highly anticipated week of events!

BODY COMPOSITION TESTING

Aug. 27th, 2019: SRC: 8-9am and 4-5pm
EveryBODY Is Different! This drop-in session includes a free measurement of your body's composition through skinfold and BIA (non-invasive) testing. 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

SEPTEMBER 2019

LADIES BARBELLS & BRUNCH

Sept. 27th, 2019: SRC Lounge: 10am-1pm
The SRC is inviting all women interested in strength training to join us on for a day of hands-on learning the basic principles of weight training, how to overcome barriers, in the weight room, and to discuss common myths surrounding women in strength training. A yummy brunch and giveaways will be provided for active program participants.

While supplies last

RESCHEDULED
NEW DATE ANNOUNCED

FALL 2019 FIT-WELL PROGRAMS

SEPTEMBER 2019

FOX-FIT WEEK: PULL-UPS

Sept. 9th-13th, 2019: SRC Fitness Floor: All-Week
Take on the FOXX-FIT challenge! The SRC is offering unique fitness challenges every month to encourage members to test their current fitness levels. The top 2 participants will receive SRC swag.

PULL-UP CLINIC W/ GUINNESS WORLD RECORD HOLDER, JOHN ORTH

Sept. 9th, 2019: SRC Func. Training Zone: 12-1pm
Learn how to complete pull-ups from the Guinness World Record Holder, John Orth! You don't want to miss this once in a lifetime opportunity as John will assist students in increasing their pull-up count in addition to providing tips on proper form & technique.

WALK WITH A TRAINER!

Sept. 24th, 2019: SRC Outdoor Walking Track: 12-1pm and 4-5pm

Lace up your walking shoes and be prepared to *Walk with a Trainer!* This educational and informal event allows for members to join nationally certified personal trainers on the track to ask fitness and wellness questions in a relaxed environment.

Students/members do not have to walk for the whole hour of the program. Join anytime within the hour.

OCTOBER 2019

SALSA & SALSA PARTY

Oct. 9th, 2019: SRC Fitness Studio 2: 12-2pm
In celebration of National Hispanic Heritage Month, the SRC has partnered with Arthur Murray Dance Studio to host the highly anticipated *Salsa & Salsa Party*. The first hour of the program includes the build-your-own-salsa bar, followed by 1-hour of salsa dance lessons from a professional dance instructor. Let's party. Let's celebrate. Let's salsa at the SRC!

FALL 2019 FIT-WELL PROGRAMS

OCTOBER 2019

FOX-FIT WEEK: PUSH-UPS

Oct. 7th-11th, 2019: SRC Fitness Floor: All-Week
Take on the FOXX-FIT challenge! The SRC is offering unique fitness challenges every month to encourage members to test their current fitness levels. The top 2 participants will receive SRC swag.

FEED YOUR BRAIN—COOKING DEMO AT NATURAL GROCERS

Oct. 17th, 2019: 11-12:30pm: Natural Grocers
Off-site trip. RSVP at SRC Service Desk required.
FREE transportation provided by the SRC
(10am Lakewood pick-up; 10:30am Arvada pick-up) (1pm Arvada drop-off; 1:30pm Lakewood drop-off)

In an interactive setting, students will learn how stress in life and in school can negatively impact brain health. After the presentation, students will enjoy a free, healthy meal through a cooking demonstration. On the menu is Paleo Salmon Cakes and Sautéed Kale.

Only 15 spots available so RSVP today!

STRONG AS A FOX: 1ST ANNUAL DEADLIFT COMPETITION

Oct. 25th, 2019: 3-5pm: SRC Weight Room: RSVP at the SRC Service Desk is required!
Join us for the 1st Strong as a Fox Deadlift Competition. Split between women and men weight divisions, competitors will be evaluated based on the best lift attempt of 3 maximum attempts. Who will reign as a 'Strong as a Fox Champion' for fall 2019?

BODY COMPOSITION TESTING

Oct. 24th, 2019: SRC: 8-9am and 4-5pm
EveryBODY Is Different! This drop-in session includes a free measurement of your body's composition through skinfold and BIA (non-invasive) testing. A certified personal trainer will assist you with measuring your current fat mass and fat-free mass.

FALL 2019 FIT-WELL PROGRAMS

NOVEMBER 2019

FOX-FIT WEEK: BURPEES

Nov. 4th-8th, 2019: SRC Fitness Floor: All-Week
Take on the FOXX-FIT challenge! The SRC is offering unique fitness challenges every month to encourage members to test their current fitness levels. The top 2 participants will receive SRC swag.

WALK WITH A TRAINER!

Nov. 4th, 2019: SRC Outdoor Walking Track: 12-1pm and 4-5pm

Lace up your walking shoes and be prepared to *Walk with a Trainer!* This educational and informal event allows for members to join nationally certified personal trainers on the track to ask fitness and wellness questions in a relaxed environment.

SPA NIGHT

Nov. 18th, 2019: SRC Courts: 3-7pm
Stressed about finals? Take a moment to relax with in-person massage chairs, sugar/salt scrub stations, re-fuel area, foot massage corner, and so much more. Spa Night will feature plenty of relaxing opportunities that will ensure a stress-free experience right before finals.

DECEMBER 2019

HEAD START TO THE NEW YEAR!
CREATING HABITS FOR A LIFETIME

Dec. 4th, 2019: SRC Snowmass 4115: 12-1pm
Are you tired of setting the same goals, year after year? This workshop is geared towards students seeking to understand how to create new and consistent habits that can develop more effective lifestyle changes for their fitness and wellness goals. Get a head start to 2020!