



## NUTRITION AND WELLNESS WORKSHOPS

The SRC is proud to partner with Natural Grocers to provide students with essential nutrition and wellness education to help promote active and healthy lifestyles within the Red Rocks community.

Workshops are free to all fee paying SRC students/faculty/staff members and will include education resources and \$5.00 discount coupons to Natural Grocers locations

**ALL WORKSHOPS WILL BE HELD IN THE  
SRC SNOWMASS ROOM 4115:**

**AUGUST 2018**

**Wednesday August 29th, 2018 from 11-12pm**

**Feed Your Brain:  
Nutrition for Concentration and Focus**

**SEPTEMBER 2018**

**Tuesday September 18th, 2018 from 1-2pm**

**Good4u Food on a Budget**

**OCTOBER 2018**

**Tuesday October 9th, 2018 from 1-2pm**

**Cravings, Weight Gain & the Blood  
Sugar Rollercoaster**

**NOVEMBER 2018**

**Wednesday November 7th, 2018 from 1-2pm**

**Fight Back Against Stress (Mt. Falcon)**



## FIT-WELL PERSONAL TRAINING PROGRAM

Are you looking for more motivation to getting back into the gym? Well, look no further! The SRC is proud to offer personal training programming to Red Rocks students/faculty/staff

### Programs range from the following:

One-on-One Sessions,  
Small Group Training sessions  
Fitness on the GO! packages  
Health Assessments and more!

For more information on pricing, trainer profiles, and how to sign up, please visit us on the web at [www.rccc.edu/src](http://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, terminology, and safety issues specific to each class format.

Current Class Offerings for Fall 2018:

- Zumba
- Yoga
- Meditation
- Indoor Cycling
- And More!



Please visit the web for the up-to-date fall 2018 group fitness schedule at [www.rccc.edu/src](http://www.rccc.edu/src).

### Questions? Contact Us.

If you have questions regarding the SRC FIT-WELL programming schedule, personal training, and or group fitness classes, please visit us on the web at:

[www.rccc.edu/src](http://www.rccc.edu/src)

For more specific inquiries, please contact the SRC at [src@rccc.edu](mailto:src@rccc.edu)



## SRC FIT-WELL Fall 2018 Program Guide

The Student Recreation Center (SRC), FIT-WELL Program is offering fitness and wellness programming for the Fall 2018 semester.

### Programs and Events Range From:

- Group Fitness Classes
- Personal Training
- Weekly Fitness Competitions
- Special Events
- Workshops and Clinics
- ...and Much More!



**RED ROCKS**  
COMMUNITY COLLEGE  
STUDENT RECREATION CENTER

## FALL 2018 FIT-WELL PROGRAMS

### AUGUST 2018

#### FITNESS CHALLENGE: PLANKS

##### August 20th-24th: 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. Top 2 results from each division will receive an SRC prize.

#### REC WEEK!

##### August 27th-31st: SRC: All-Week

Join us at the SRC for Rec Week. Each day of this week will be tailored towards specific areas (Adventure Monday, Intramural Tuesday, Wellness Wednesday, and Fitness Thursday). From bike riding to nutrition workshops to free swag, you don't want to miss out on this highly anticipated week of events!

#### BODY COMPOSITION TESTING

##### August 27th: 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

##### August 28th: SRC Lounge: All-Day

Stop by the SRC anytime on August 28th, 2018 to grab some free, nutritious snacks along with educational fact sheets on how you can better your health through nutrition.

## FALL 2018 FIT-WELL PROGRAMS

### SEPTEMBER 2018

#### FITNESS CHALLENGE: PULL-UPS

##### September 10th-14th: 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. Top 2 results from each division will receive an SRC prize.

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

##### September 11th: SRC Functional Training Zone: 12-1pm (Beginners) and 1-2pm (Intermediate)

Want to learn how to complete pull-ups from the Guinness World Record holder, John Orth? Then you don't want to miss this once in a lifetime opportunity. John will instruct students on how to increase their pull-up count and in addition to tips on technique.

#### BODY COMPOSITION TESTING

##### September 18th: 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

##### September 26th: SRC Snowmass Room: 2-3pm

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

## FALL 2018 FIT-WELL PROGRAMS

### OCTOBER 2018

#### FITNESS CHALLENGE: PUSH-UPS

##### October 1st-5th: 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. Top 2 results from each division will receive an SRC prize.

#### SALSA & SALSA PARTY

##### October 3rd: SRC Fitness Studio 2: 12-2pm

Celebrating National Hispanic Heritage Month, the SRC has partnered with Arthur Murray Dance Studio to host a Salsa & Salsa Party at the rec. The first hour of this program will be geared towards the make-your-own-salsa bar, followed by 1-hour of salsa dance lessons from professional dance instructors. Let's party and salsa at the SRC!

#### RAINBOW NIGHT

##### October 4th: SRC: 5-7pm

The SRC is celebrating National Coming Out Day and the LGBT+ community at RRCC through Rainbow Night at the rec! Join us for a night of fun and awareness through interactive activities, food, prizes and giveaways, and much more. We hope to see you there!

#### BODY COMPOSITION TESTING

##### October 17th: 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\***

## FALL 2018 FIT-WELL PROGRAMS

### NOVEMBER 2018

#### FITNESS CHALLENGE: BURPEES

##### November 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 members to test their current fitness levels while pushing themselves towards success with increased physical strength and endurance. Top 2 results from each division will receive an SRC prize.

#### BODY COMPOSITION TESTING

##### November 15th: 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\***

#### SPA NIGHT

##### November 27th: SRC: 4-7pm

Stressed about finals? Take a moment to relax with soothing mindfulness meditation/yoga 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.

### DECEMBER 2018

#### ADAPTIVE YOGA & CLIMB NIGHT

##### December 3rd: SRC Rock Wall and Fitness Studio 2: 3-5pm

To celebrate International Day of Persons w/ Disabilities, the SRC is proud to offer Adaptive Yoga and Climb Night. All students are welcome to join as we will host adaptive ways to climb the SRC rock wall in addition to yoga methods that accommodates for all abilities.