

## SPRING 2018 FIT-WELL PROGRAMS

### APRIL 2018

#### FITNESS CHALLENGE: PULL-UPS

##### April 2<sup>nd</sup> – 6<sup>th</sup>: 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: 1<sup>ST</sup> BI-ANNUAL BENCH PRESS COMPETITION

##### April 10<sup>th</sup>: 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 19<sup>th</sup>: 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](http://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](mailto:breuna.keeton@rccc.edu).

You may also visit us on the web at: [rccc.edu/src](http://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 16<sup>th</sup> – 19<sup>th</sup>: 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 22<sup>nd</sup> – 26<sup>th</sup>: 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 22<sup>nd</sup>: 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 25<sup>th</sup>: 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.

SPRING 2018 FIT-WELL PROGRAMS

FEBRUARY 2018

**FITNESS CHALLENGE: PLANKS**

**February 5<sup>th</sup> – 9<sup>th</sup>: 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 14<sup>th</sup>: 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 21<sup>st</sup>: 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 22<sup>nd</sup>: 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 5<sup>th</sup> – 9<sup>th</sup>: 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 8<sup>th</sup>: Torrey's Peak, Rm 1572: 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 12<sup>th</sup>: 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 19<sup>th</sup>: SRC Lounge: All-Day**

Stop by the SRC anytime on March 19<sup>th</sup>, 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.