



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.

### Feed Your Brain—Cooking Class/Demo

When: Wednesday March 20th, 2019

Time: 2:00-3:30pm

Dinner Included: Paleo Salmon Cakes and Sautéed Kale

*\*\* See March 2019 programs on other side for more information. \*\**



What is Reflexology? Reflexology is the application of pressure to areas on the hands or feet. Reflexology is generally relaxing and may be an effective way to alleviate stress and tension in the body.

**Interested?** Visit us on the reflexology webpage or visit the SRC Service Desk to sign up for a session. Sessions will begin Monday February 4th, 2019.

[RRCC.EDU/SRC/REFLEXOLOGY-PROGRAM](http://RRCC.EDU/SRC/REFLEXOLOGY-PROGRAM)



## FIT-WELL PERSONAL TRAINING PROGRAM

Are you looking for more motivation to get in shape for the new year? Well, look no further! The SRC is proud to offer personal training programming to Red Rocks students/faculty/staff for a small cost.

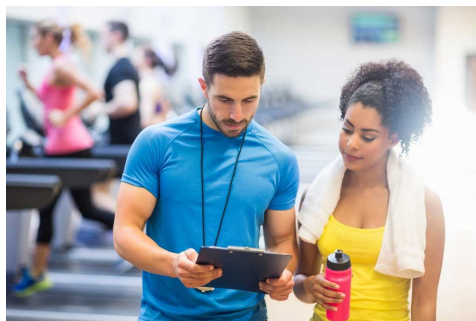
Programs range from the following:

Personal Training Free Week

One-On-One Sessions

Health Assessments

... and more!



For more information on pricing, trainer profiles, and how to sign up for sessions, please visit us on the web at [www.rrcc.edu/src/personal-training](http://www.rrcc.edu/src/personal-training) for more information.

## STUDENT WELLNESS CLUB

Interested in serving your student body through wellness opportunities? Join the new, Student Wellness Club!

Email President, Brandy Richey at [brandy.richey@rrcc.edu](mailto:brandy.richey@rrcc.edu) for more information.



## FIT-WELL GROUP FITNESS PROGRAM



The FIT-WELL Group Fitness program provides opportunities for participants to develop and improve their physical fitness through fun and socially engaging group fitness classes.

For spring 2019, we are happy to offer classes ranging from mind & body to aerobics and dance! Classes begin Monday January 28th, 2019.

Please visit our website for a live calendar of the spring 2019 schedule and class descriptions. [www.rrcc.edu/src/group-fitness](http://www.rrcc.edu/src/group-fitness)

## SRC FIT-WELL Program

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Student Recreation Center

## FIT-WELL Program

- Spring 2019 -

- Personal Training
- Group Fitness
- Reflexology
- Nutrition/Wellness



**RED ROCKS**  
COMMUNITY COLLEGE  
STUDENT RECREATION CENTER

## SPRING 2019 FIT-WELL PROGRAMS

## JANUARY 2019

## FITNESS CHALLENGE: PLANKS

**January 28th-February 1st, 2019: SRC: All Week**

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.

## LOVE THYSELF: NATIONAL HEALTHY WEIGHT WEEK

**January 22nd-25th, 2019: SRC: All Week Long**

National Healthy Weight Week is all about understanding your body, but most importantly, appreciating who YOU are! The SRC will provide healthy snacks at the SRC Service desk all week long (while supplies last), in addition to providing helpful positive body image handouts and nutritional recipes to take home.

## NO MORE GOALS! CREATE BETTER HABITS THROUGH BETTER SYSTEMS

**January 31st, 2019: 1-2pm: SRC Snowmass 4115**

Are you tired of setting the same goals, year after year? This workshop is geared towards individuals seeking to understand how they can create systems that can assist in developing more effective habits.

## LADIES BARBELLS &amp; BRUNCH

**February 1st, 2019: SRC Lounge: 1-3pm**

Only 20% of women in the nation will practice any form of strength training. The SRC is inviting all RRCC women to join us on Feb. 1st for a hands-on day of learning the basics of weight training, how to overcome barriers for women, and to discuss and discredit common myths surrounding women in strength training. A yummy brunch will be provided for active program participation.

## SPRING 2019 FIT-WELL PROGRAMS

## FEBRUARY 2019

## FITNESS CHALLENGE: PULL-UPS

**February 4th-8th, 2019: SRC: All-Week**

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

**February 11th, 2019: 8-9am and 3-4pm: SRC**

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 free-fat mass.

## VALENTINE'S DAY: ROMANTIC CANDLELIGHT YOGA

**February 14th, 2019: 5-7pm: SRC Fit. Studio 2**

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 Partner Yoga followed by an hour of 'Meet and Mingle' sessions for singles. Did we mention there will be chocolate covered strawberries and other goodies?

## RHYTHM &amp; MOTION: AFRICAN DANCE &amp; CULTURE FEST

**February 20th, 2019: 12-3pm: SRC Courts**

In observation of Black History Month, the SRC, the Black and Brown Student Association (BBSA), & Inclusion and Diversity are excited to celebrate the African and African-American culture through dance and sharing of African inspired dishes. Join us from 1-2pm for the dance workshop and anytime between 12-3pm to partake in a catered and culturally influenced feast!

## SPRING 2019 FIT-WELL PROGRAMS

## MARCH 2019

## FITNESS CHALLENGE: PUSH-UPS

**March 4th-8th, 2019: SRC: All-Week**

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.

## FINDING NUTRITIONAL BALANCE: HEALTHY LIVING WORKSHOP

**March 7th, 2019: 12-1pm: SRC Snowmass 4115**

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 fat mass and enhance nutritional balance in your life.

## BODY COMPOSITION TESTING

**March 12th, 2019: 8-9am and 3-4pm: SRC**

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 free-fat mass.

## FEED YOUR BRAIN—COOKING DEMO AT NATURAL GROCERS

**March 20th, 2019: 2:00-3:30pm: Natural Grocers**  
**Off-site trip. RSVP at SRC Service Desk required.**

**\*FREE transportation provided by the SRC\***  
**(1pm Lakewood pick-up; 1:30pm Arvada pick-up)**  
**(4pm Arvada drop-off; 4:30pm Lakewood drop-off)**

In an interactive setting, students will learn how the brain works and how stress can negatively impact brain health. Following, students will enjoy a healthy meal through a special cooking demonstration. On the menu will be Paleo Salmon Cakes and Sautéed Kale.

Only 15 spots available so sign up today!

## SPRING 2019 FIT-WELL PROGRAMS

## APRIL 2019

## FITNESS CHALLENGE: BURPEES

**April 8th-12th, 2019: SRC: All-Week**

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.

## STRONG AS A FOX: 2ND ANNUAL BENCH PRESS COMPETITION

**April 10th, 2019: 3:00-5:00pm: SRC Weight Rm**  
**RSVP at SRC Service Desk is required.**

Join us for the 2nd Annual Strong as a Fox Bench Press Competition. Split between women and men weight divisions, competitors will be judged based on the strongest overall lifter (men and women) and within each weight class. Who will reign as a 'Strong as a Fox Champion' for spring 2019?

## SPA NIGHT

**April 22nd, 2019: 3-6pm: SRC Courts**

Stressed about finals? Take a moment to relax with soothing mindfulness meditation/yoga classes, in-person massage chairs, sugar/salt scrub stations, re-fuel stations, foot massage stations, and so much more. Spa Night will feature plenty of relaxing opportunities that will ensure a stress-free experience right before finals. Giveaways and prizes will be offered for active participation.

*\*Now with more chair massages, etc. due to high demand!\**

## BODY COMPOSITION TESTING

**April 25th, 2019: 8-9am and 3-4pm: SRC**

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 free-fat mass.