

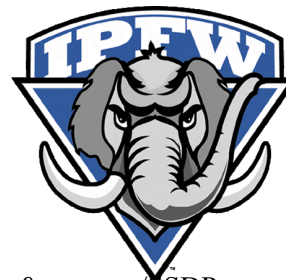
# IPFW Fitness Classes Fall 2009

Register by calling 481-6619,

online at [www.ipfw.edu/dcs](http://www.ipfw.edu/dcs),

or *in-person* in Kettler Hall, room 139

10% discount when register by phone for two classes. IPFW employees, retirees & spouses/SSDP receive \$10 discount per class. Completing a 6+ week class qualifies employees for a Healthy Purdue Purple Apple.



**All classes are taught at the Dolnick Learning Center (see bottom of page for map)  
Water Exercise class held at IPFW/Holiday Inn on Coliseum Boulevard**

<b>Morning Movement For Life - Low Impact</b>	
This class will emphasize balance, coordination, strength, and flexibility. All the movements will be done using a variety of equipment and will help increase total body muscle strength and range of motion so you can keep doing all the your favorite activities.	<p><b>Tuesdays and Thursdays</b> 8:45 am - 9:30 am 8 Weeks, 16 Sessions</p> <p><b>Session 1: September 1-October 22</b> Fee: \$50.00</p> <p><b>Session 2: October 27-December 22</b> Fee: \$50.00 Note: No class November 26</p>
<b>Instructor:</b> Beverly Ade, CAI (Certified Aerobic Instructor)	
<b>Mid-Day Yoga Stress Break</b>	
Take a mid-day break and come enjoy head to toe stress relieving, strength building exercises. There will be a combination of flexibility stretches, breathing exercises, BLT (butt, legs, and tummy) strength movements, balance training, and guided imagery relaxation. This class offers mental and physical tension release for better wellness.	<p><b>Mondays and Wednesdays</b> 12:15 pm - 1:00 pm 8 Weeks, 16 Sessions</p> <p><b>Session 1: August 31-October 26</b> Fee \$50.00 Note: No class September 7</p> <p><b>Session 2: October 28-December 23</b> Fee: \$50.00 Note: No class November 25</p>
<b>Instructors:</b> Beverly Ade, CAI and Sabrina Donovan, CAI	
<b>Zumba</b>	
Want to love to workout? Get hooked on Zumba. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.	<p><b>Tuesdays</b> 6 :00 pm – 7:00 pm 7 Weeks, 7 Sessions</p> <p><b>Session 1: September 1-October 13</b> Fee: \$49.00</p> <p><b>Session 2: October 20-December 8</b> Fee: \$49.00</p>
<b>Instructor:</b> Natalie Thiele, CAI and Zumba 1 Certified	
<b>Dyno Mix Fitness</b>	
Enjoy a dynamic mix of cardiovascular and strength conditioning. This 60-minute class offers a variety of formats, styles and intensities for cross training and fun. Classes will include elements of kick boxing, step, aerobics, muscle toning and balance.	<p><b>Mondays</b> 6:00 - 7:00 pm</p> <p><b>Session 1: August 31-October 26</b> Fee: \$37 Note: No class September 7 Session 1: 8 weeks, 8 sessions</p> <p><b>Session 2: October 28-December 23</b> Fee: \$66 Note: No class November 25 Session2: 8 weeks, 16 sessions</p>
<b>Instructor:</b> Lynda Bradley, CAI	
<b>Belly Dance</b>	
Discover the timeless art of belly dance through low-impact movements drawn from a variety of folkloric dance forms. This class will help you release stress through deep stretching and you will have fun learning simple choreography and basic movements. With practice, belly dancing improves strength, flexibility, balance, endurance and rhythm. No special clothing required.	<p><b>Wednesdays</b> 6:00-7:15 pm 6 Weeks, 6 Sessions</p> <p><b>Session 1: September 9-October 14</b> Fee: \$49.00</p> <p><b>Session 2: October 21-December 9</b> Fee: \$49.00 Note: No class Nov. 4 &amp; Nov. 25</p>
<b>Instructor:</b> Jenna Krist	

More classes and information on back of page

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<h2>Strengthen and Stretch</h2> <p>This class emphasizes two important components of fitness- flexibility and strength! It will help you increase overall body strength, muscle tone, flexibility, and range of motion. Upper and lower body muscle specific resistance exercises will be done using a variety of equipment. At least 20 minutes will focus on flexibility.</p> <p><b>Instructor:</b> Sabrina Donovan, CAI</p>	<p>Tuesdays and Thursdays 4:30 – 5:30 pm 8 Weeks, 16 Sessions</p> <p><b>Session 1: September 1-October 22</b> Fee: \$66</p> <p><b>Session 2: October 27-December 22</b> Fee: \$66 <b>Note:</b> No class November 26</p>
<h2>Water Exercise</h2> <p>Water exercise uses the natural resistance of the water to work your muscles. Done in shallow water, these exercises can improve flexibility and range of motion, strengthen and tone muscles all without hurting joints. Get the feeling of weightlessness and perform exercises without the pounding that you have on hard surfaces. All ages, sizes and fitness levels welcome! Students are asked to bring their own towels, a Noodle, and aquatic shoes. <b>Note: No lifeguard on duty</b></p> <p><b>Instructor:</b> Kate Black, CPT</p>	<p>Thursdays 6:00 – 7:00 pm 7 Weeks, 7 Sessions</p> <p><b>Session 1: September 3-October 15</b> Fee: \$49.00</p> <p><b>Session 2: November 5-December 17</b> Fee: \$49.00 <b>Classes held at Holiday Inn at IPFW and Memorial Coliseum</b></p>
<h2>Saturday Morning Energize</h2> <p>Start your weekend with fitness friends as we all enjoy total body strength training, cardiovascular exercise, and relaxing flexibility movements. Don't miss the energizing, easy to learn "shape up" movements that will give you better strength, endurance, balance, and stress relief. Minimal fitness level is required.</p> <p>Instructors will vary. All instructors are Certified Aerobics Instructors!</p>	<p>Saturday <b>NEW TIME! 8:00 – 8:45 am</b></p> <p><b>Session 1: September 12-October 31</b> Fee: \$36.00 <b>Note:</b> No class September 5 8 Weeks, 8 Sessions</p> <p><b>Session 2: November 7-December 19</b> Fee: \$32.00 <b>Note:</b> 7 Weeks, 7 Sessions</p>

It is best to register at least three days before the first class to make it more possible to have proper class attendance. A full refund is given when the university cancels a class or when Continuing Studies receives notification of withdrawal for the registrant before the third day prior to the start of the class. No refunds are given after the course begins.

Wear comfortable clothing and athletic shoes to all fitness classes. Minimal fitness level required for all classes. Minimal fitness level is being able to walk 20-30 minutes most days of the week.

Canterbury Green Apartment Complex

Hilliard Gates Sports Center

