

Spring 2010 Instructional Programs

Strength & Stretch

6 sessions, Member: \$30 Non-Member: \$50

Mon. 12:15-1:00pm, Jan 25 – Mar 1

Diana, Studio B

Strength and Stretch is a dynamic toning and strengthening class that fuses the use of hand weights with Yoga poses. Class ends with a relaxing stretch.

Diana Whitwer, dragonfly.324@hotmail.com

GXT (Group Extreme Training)

8 weeks, Member: \$60 Non-Member: \$90

Mon, Tues, Thurs, Fri 6:00-7:00pm, Jan 25-Mar 19

Joe and Steph, 2nd Floor and Studio A

A 60 day high intensity jumpstart to the New Year. Prepare your Spring Break body or just prepare to get lean. Work with two Exercise Physiologists to get stronger and leaner in four days per week. The program includes plyometric cardio and total body strength training.

Stephanie Hetzer, hetzer1@marshall.edu

Joe Troubetaris, Troubetaris@marshall.edu

Street Jazz

5 sessions, Member: \$25 Non-Member: \$40

Mon 7:00-8:00pm, Jan 25 – Feb 22

Lana, Studio B

Street Jazz is a great new class that combines Jazz, Hip Hop, Afro and Latin dance steps to create an energetic workout. Routines are in the style of music video clips so be prepared to sweat, get in fantastic shape and have fun! Instructor Lana Mendonca, born and raised in Brazil, has been dancing for over twenty years and has been teaching for ten years. Lana's strong style reflects the influence of her background training in Ballet (RAD), Tap, Jazz, Modern, Contemporary and Latin dance.

Lana Mendonca, lanadanca@hotmail.com

Private Zumba

8 sessions, Member: \$8 Non-Member: \$16

Mon 8:00-9:00pm, Jan 25 – Mar 15

Wed 5:30-6:30pm, Jan 27 – Mar 17

Fri 12:15-1:00pm, Jan 29 – Mar 19

Kelly, Studio A

Ditch the workout, Join the party! All fitness and skill levels are welcome in this exclusive class, where you'll have a chance to really shake it. Burn calories and have a blast doing it. Instructor, Kelly Kutzavitch was trained and certified by the creator of Zumba, Beto Perez.

Kelly Kutzavitch, Kutzavitch@marshall.edu

Beginning Belly Dance

4 sessions, Member: \$20 Non-Member: \$35

Tues 7:00-8:00pm, Jan 26 – Feb 16

Tues 7:00-8:00pm, Feb 23-Mar 16

Michelle, Studio B

Beginners welcome! Belly dance is a fun, low-impact workout that will tone your body & increase your confidence. Join us to learn proper technique, muscle isolations, and foundational belly dance movements through exciting choreographies!

Michelle Reddington, reddington1@marshall.edu

Beginning Kickboxing

4 sessions Member: \$20 Non-Member: \$35

Tues 7:00-8:00pm, Jan 26-Feb 16

Thurs 6:30-7:30pm, Jan 28-Feb 18

Chris, Studio D

Intermediate/Advanced Kickboxing

4 sessions Member: \$20 Non-Member: \$35

Thurs 7:30-8:30pm, Feb 25-Mar 18

Chris, Studio D

In this course participants will learn the fundamentals of the sport of kickboxing including kicking, punching, footwork, fighting strategies. High intensity drills will get your heart rate up for a fun and stress relieving workout. All fitness and experience levels welcome. Physical conditioning and endurance will improve with each class. Participants will use heavy bags, kick shields, focus mitts and boxing gloves. Hand wraps are also required and are available for purchase at Equipment Issue.

Chris Lane, lane13@marshall.edu

Private Spin-60

5 sessions Member: \$10 Non-Member: \$15

Wed 6:30-7:30am, Jan 27-Feb 24

Clyde, Studio C

If you are looking for an opportunity to cycle indoors during winter, join this class. Enjoy ultra smooth top of the line Keiser M3 spin bikes. Computers on each bike display your gear, trip distance, pedaling time, calorie expenditure, heart rate (polar compatible), power output, and RPMs. Our Instructor will monitor your progress and provide an effective workout with less time and more results. We'll save a bike for you!

Clyde Maynard, clydemaynard@gmail.com

Thin Spin

8 sessions Member: \$16 Non-Member: \$24

Wed 4:00-5:00pm, Jan 20 – Mar 10

Clyde, Studio C

An indoor group cycling class just for weight loss. This 8 week program will provide group support for anyone interested in losing weight, for better health. Food and activity journals will be included as well as “exercise homework” assignments. Learn how this calorie blasting activity can help you reach your goals.

Clyde Maynard, clydemaynard@gmail.com

Anatomy of Hatha Yoga

6 sessions \$30 Non-Member: \$50

Wed 12:15-1:00pm, Feb 3-Mar 10

Diana, Studio B

Learn the basics of the physical Yoga practice while gaining a deeper awareness of which muscles are being lengthened or stretched. Postures are held for longer durations to bring focus to the body and to calm the mind.

Diana Whitwer, dragonfly.324@hotmail.com

Beginning Brazilian Jiu-Jitsu

6 sessions Member: \$30 Non-Member: \$50

Wed 6:00-7:00pm, Jan 27-Mar 3

Adam, Studio D

Intermediate/Advanced Brazilian Jiu-Jitsu

6 sessions Member: \$30 Non-Member: \$50

Sat 12:00-1:00pm, Jan 30-Mar 6

Adam, Studio D

Get in great shape and learn the basics of an exciting martial art! In this class students will be taught the fundamentals of the Brazilian Jiu-Jitsu fighting system in a safe and friendly environment. A martial art and combat sport that focuses on grappling and ground fighting; Brazilian Jiu-Jitsu revolves around the principle that a smaller, weaker person can defend themselves against bigger, stronger assailants using only leverage and proper technique. Come to the class to learn self-defense while getting a full-body workout at the same time! The course is taught by Adam Hager, a seasoned Jiu-Jitsu competitor, with over six years of martial arts experience under his belt. Ranked under former UFC and current Strikeforce fighter Jorge Gurgel, Adam is beginning his amateur MMA fighting career with experience beyond Brazilian Jiu-Jitsu in Judo, Boxing, and Muay Thai, in association with Ground Zero Huntington Martial Arts Academy.

Adam Hager, hager81@marshall.edu

5K Training

7 sessions Member: \$35 Non-Member: \$55

Wed 6:00-7:00pm, Jan 27 – Mar 10

Stephanie, 3rd Floor and Studio B

Get in shape by training for your first 5K run. This class is geared towards people who want to learn to run and the goal is to complete a 5K by the end of the semester. This is an introductory course to running. We will start with getting the right shoe, form assessment, nutrition and having fun! We will start by walking and jogging, and work up to running at faster speeds. If you always wanted to do a 5K, or learn how to run, this is the course for you. Running is a great way to burn calories and stay fit if you only have 30 minutes a few times a week.

Stephanie Vlahos, shvlahos@hotmail.com

Walk The Rec

9 weeks per session, \$30 per session

M-F, 6:00am-2:00pm

Session 1: Dec 1 – Jan 31

Session 2: Feb 1 – Mar 31

Indoor Track

A great new walking program! Join us for warm, safe indoor walking on the 1/7th mile track. Track surface is cushioned for joint protection. Enjoy views of campus, the pool, the gym and the fitness center while you walk. To help you stay motivated, we'll provide a pedometer to record you miles!