



A Partnership to Improve Health and Wellness

Group Fitness Schedule

Spring 2015



OHIO NORTHERN UNIVERSITY

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-12:00pm		Zumba Cooperrider KH Dance Room		Zumba Cooperrider KH Dance Room	
12:00pm-1:00pm	Piloxing Yates KH Dance Room		Piloxing Yates KH Dance Room		Piloxing Yates KH Dance Room
5:00pm-6:00pm	Pilates (HW)* Bell PAC 114		Zumba (HW)* Scott (5:10 start) KH Dance Room		
6:00pm-7:00pm	Zumba Cooperrider KH Dance Room		Zumba Cooperrider KH Dance Room		
7:00pm- 8:00pm		Yoga* Hayes KH Dance Room			

Group fitness class schedule is subject to change. The supervising faculty and instructors reserve the right to cancel any classes on the basis of low attendance or schedule changes.

Aerobic Classes Open to Employees and Students

Contact person: Brian Hofman (b-hofman@onu.edu)

Piloxing: Instructor Lauren Yates (starts 1/14/15)

Monday, Wednesday and Friday 12:00pm-1:00pm King Horn Dance Room 103

PILOXING sessions will be held on M, W, & F for the remainder of the semester. All sessions are free and open to ONU students, faculty, and staff. Piloxing is blend of boxing, Pilates & dance.

Zumba: Instructor Katie Cooperrider (starts 1/14/15)

Tuesday and Thursday 11:00am-12:00pm King Horn Dance Room 103

Monday and Wednesday 6:00pm-7:00pm King Horn Dance Room 103

ZUMBA sessions will be held weekly Monday - Thursday for the remainder of the semester. All sessions are free and open to ONU students, faculty, and staff.

***HealthWise Adult Fitness Classes: Open to Employees/Retirees only**

Contact Person: Michelle Durand (m-durand@onu.edu)

Pilates: Instructor Laurie Bell (1/26/15)

Monday 5:00pm-6:00pm Performing Arts Center 114 (starting 9/8)

Pilates training that focuses on developing core strength. Most of the exercises are performed lying on the back, so participants are encouraged to bring a mat or a towel. Wear loosely fitting clothing to allow for a wide range of movements

Zumba: Instructor Lynne Scott (starts 1/14/15)

Wednesday 5:10pm-6:00pm King Horn Dance Room 103 (starting 9/10)

Zumba is an aerobic style workout combining toning and strengthening that will target every major muscle group in the body - and it allows you to have fun in the process!

Yoga: Instructor Annie Hayes (starts 1/13/15)

Tuesday 7:00pm-8:00pm

If you are bogged down by back pain, hip pain, muscle aches, reduced balance and flexibility, minimal core strength, or you simply crave a quiet place to unwind, then this class is for you. Exercises are catered to fit all skill sets and abilities in a comfortable and encouraging environment. You will walk away moving better, feeling better and maybe even stress free!