

# FITWELL SERIES

FALL 2019



WILLIAM & MARY  
HEALTH & WELLNESS

## RECREATION CENTER

### WOMEN IN THE WEIGHT ROOM

with Cameron & Alina  
T/Tr 8-9am, Sept 10-Oct 3

### WOMEN IN THE WEIGHT ROOM

with Devin & Jo  
T/Tr 5:30-6:30pm, Sept 10-Oct 3

### BARRE BALANCE

with John & Liza  
Mondays 5:30-6:30pm, Sept 9-Sept 30

### BOX-A-LATES

with Callie & Maddy  
Tuesdays 5:30-6:30pm, Sept 10-Oct 1

### STRONGMAN

with Jo and Josh  
T/Tr 8-9am, Oct 22-Nov 14

### CORE YOGA

with Emma  
Mondays 5:30-6:30pm, Oct 21-Nov 11

### TRX

with Cameron  
T/Tr 5:30-6:30pm, Oct 22-Nov 14

### 0-5K

with Annecy  
T/Tr 4-5pm, Oct 22-Nov 14

## WELLNESS CENTER

### JOURNALING GROUP

with Sarah Balascio  
Tuesdays 2-3pm, Sept 3-Sept 24

### EXPRESSIVE MOVEMENT GROUP

with Sarah Balascio  
Tuesdays 2-3pm, Oct 1-Oct 29

### KNITWELL GROUP

with Sarah Balascio  
Tuesdays 2-3pm, Nov 5-Nov 26

### TAIJI

with Stan Rockwell  
Fridays 8:30-9:30am, Oct 4-Oct 25

### YOGA FOR STRESS MANAGEMENT

with Patti DeBlass  
Tuesdays 3:30-4:30pm, Oct 22-Nov 12

### INTRO TO YOGA

with Patti DeBlass  
Tuesdays 3:30-4:30pm, Sept 17-Oct 8

**A FITWELL MEMBERSHIP IS  
REQUIRED TO PARTICIPATE IN A  
FITWELL SERIES. FITWELL  
MEMBERSHIPS ARE FREE FOR  
FULL-TIME STUDENTS!**

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## **0-5K**

Have you ever wanted to complete a 5k, but aren't sure where to start? In this series, participants will gradually build up to the 5 kilometer (3.1 mile) distance. The coach will focus on endurance as well as running specific strength and flexibility exercises to improve form and power. No running experience needed and all fitness levels are welcome!

## **Barre Balance**

Come balance at the Barre with John and Liza! In Barre Balance, you will learn the importance of balance to prevent injury, increase core and back stabilization, and enhance abilities to perform your favorite activities. Through classic barre moves paired with a variety of balancing techniques, you will not only improve your balance, but also be able to incorporate balance training into your daily life!

## **Box-a-Lates**

Get a great workout with this perfect combination of cardio and Pilates! In Box-a-Lates, coaches will teach boxing and kickboxing sequences in combination with Pilates movements that strengthen the same muscles. Participants will improve their kickboxing technique and cardiorespiratory fitness, all while strengthening the muscles necessary to perform and stabilize the exercises. This class is for all fitness levels!

## **Core Yoga**

Engage your mind and body with core yoga! In this series, the coach will focus on flows that incorporate the abdominals, back, and hips. Participants will learn how to utilize functional core movements that will enhance performance and decrease risk of injury. This class is for all fitness levels!

## **Expressive Movement Group**

In this 4 week series we will use an expressive movement based approach to promote relaxation. We will focus on the mind body connection and bring awareness to the sensations in our body. We will incorporate stretching, gentle yoga, mindfulness and meditation to aid in relaxation and overall wellness.

## **Intro to Yoga**

Perfect for beginners or experienced yogis alike, this class will explore yoga both on and off the mat. We will combine the origins of yoga with functional and practical knowledge. If you've ever felt too intimidated to walk into a yoga class, this is the perfect starting place for you. If you have a regular practice but want to know more about the history of yoga, the anatomy behind asanas, or the meaning of common yoga phrases, this class is for you too!

## **Journaling Group**

Take part in this 4 week series using expressive writing, journaling, poetry and other forms of written word to enhance your well being. We will create handmade journals to keep and use. This is a judgement free zone to express yourself through writing and sharing.

## **KnitWell Group**

Experience the meditative quality of knitting in this 4 week series. No experience necessary and materials will be provided or bring a project to complete. Notice how knitting can lower blood pressure and improve your mood.

## **Strongman**

Strongman is more than picking heavy things up and putting them back down. By learning functional strength movements and technique, learn how to safely apply yourself to a degree of strength that will surprise you. Take everyday objects and bring them from point A to point B, all while learning and understanding the physical and functional purpose behind it! This class is for any strength, fitness level, experience, gender identity or expression.

## **Taiji**

Explore Taijiquan and Qigong for bringing balance and flow to life, relieving stress, and increasing mindfulness.

## **TRX**

Want to get in great shape with minimal equipment? TRX Suspension Training™ workouts can improve one's strength, endurance, flexibility, mobility, and power. In Cameron's TRX class, you will learn how to use a TRX and master a variety of bodyweight movements. Come experience this total body workout, open to all fitness levels!

## **Women in the Weight Room**

Come learn to lift with us! In this series, participants will learn lifting and strength techniques while getting a great workout! Coaches focus on mobility, bodyweight strength, and barbell/free weight skills. All fitness levels are welcome, but this class is for ladies and femmes only!

## **Yoga for Stress Management**

Learning the fundamental principles and practices of yoga can help individuals train their bodies and minds to be better able to cope with stress and improve overall health and well-being. In this series, participants will learn practices such as breathing techniques, meditation, and yoga postures, which they can implement into their daily lives to help cope with stress.

**ADVANCE REGISTRATION IS REQUIRED: [www.wm.edu/wellness/series](http://www.wm.edu/wellness/series)**

**Registration closes the Friday before the first session of a series!**

**For more information, contact Alina Selnick-Escobar at [aselnickescoba@email.wm.edu](mailto:aselnickescoba@email.wm.edu)**