**Senior Group Fitness**

**SUMMER 2018**

June 4–July 25

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| **Functional Fitness**  
Melissa  
7:30 – 8:15am | **Yoga**  
Bonnie  
8:00 – 8:45am | **Functional Fitness**  
Melissa  
7:30 – 8:15am | **Yoga**  
Bonnie  
8:00 – 8:45am | **Aqua Fit**  
Taylor  
10:00 – 10:45am |
| **Functional Fitness**  
Claire  
8:30 – 9:15am | **Aqua Fit**  
Taylor  
2:15 – 3:00pm | **functional Fitness**  
Claire  
8:30 – 9:15am | **Aqua Fit**  
Taylor  
10:00 – 10:45am |

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**Who Can Attend?**

All senior residents are welcome! Classes include beginners, avid exercisers, and everyone in between.

**Your Responsibilities:**

Please consult with your physician to obtain affirmation to participate in this fitness program and to determine if there are exercises or activities you should avoid. You are also responsible for informing the fitness instructors of any condition you have which might affect your participation.

**Attire:**

Dress comfortably in clothing that does not restrict your movement. Our facility is air-conditioned. It is important to wear appropriate shoes to the Functional Fitness classes. Good quality cross-training or aerobic shoes are best and are worth the investment. Street shoes are not allowed.

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**Mat:**

Mats are used for floor work in all of the classes. You may bring your own mat or use one of the mats provided.

**Water Bottle:**

Bring a water bottle with you to every class.

**Additional Fitness Classes:**

You may participate in Summer Group Fitness classes attended by students. Schedules are in Room 153 Sports & Health Center. Your name badge serves as your pass to attend these classes.

**Personal Training:**

If you want more personalized fitness instruction, hire a Certified Personal Trainer at a cost of $20 per session. Go to Room 153 Sports and Health Center for details.

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**Fitness Facility Tours**

Meet at RSOP Welcome Desk  
May 28, 9am  
July 2, 9am

**Personal Training**

Call 218.726.7128  
to schedule appointment

**Lap Swimming**

Get a pool schedule at SpHC

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**Aqua Fit**

Aerobics in the pool.  
No swimming skills are required.

**Functional Fitness**

Low impact aerobics, muscle toning & stretching. Great for decreasing body fat, increasing energy levels, and improving functional movements.

**Yoga**

Incorporating basic yoga postures, and basic stretching exercises, this class helps improve flexibility & decrease body pain.
June 14

**Introduction to Mountain Biking**
With Pat Kohlin, Local Mountain Bike Rider
Meet: SpHC 154, Rental Center
2am-4pm

Learn first-hand what all the hype around Duluth mountain biking is all about. We will grab bikes from the RSOP Rental Center and trailer them over to the user friendly trails of Hartley Park. We will cover the basics of riding and share with you the local beginner-level biking locations so that you too can become a part of Duluth’s growing mountain bike community.

JUNE 28

**Ask a Personal Trainer**
With UMD Student Personal Trainers
Meet: RSOP Welcome Desk
2am-3pm

Certified Trainers will be available to offer free suggestions, tips and demonstrations in the weight room. Questions about how to use any of our equipment? This is your chance to learn how to use them properly. Our trainers will help tailor exercises based on your individual goals and abilities. All abilities welcome!

JULY 12

**Backyard Games**
With UMD Student Personal Trainers
Meet: RSOP Welcome Desk
2am-3pm

Grab a friend and join us for a fun afternoon of backyard games! Bocce ball, croquet and bean bag toss on the fields behind the tennis courts. An active and social way to enjoy the green space here at UMD. Meet at the RSOP welcome desk and the trainers will lead you from there.