



Wednesday, September 10, 2003

Rec Center fitness classes fun, affordable

By **Jeff Samoray**, OU Web Writer

Students, faculty, staff and community members looking for ways to maintain or improve their health and fitness need look no further than Oakland University's **Department of Campus Recreation**. A wide range of classes, led by trained professional instructors, are available for teens, adults and seniors.

"We offer a full range of group exercise and wellness programs," said Assistant Director of Programs Mila Padgett. "Our facility is also conveniently located for students, faculty and staff, and we have competitive prices. In general, exercise helps people stay healthy, more focused, and better able to deal with everyday stresses. We encourage everyone to check out our offerings."

This year's schedule has expanded offerings in pilates, water aerobics and yoga, and due to popular demand, last year's monthly "Wellness Wednesdays" series now will be offered twice each month. The "Fit for Life" program for seniors, which was previously offered at Meadow Brook Health Enhancement Institute, now is available through Campus Recreation.

The first session of fall fitness classes begins the week of Sept. 15. Registration for those classes continues through Sunday, Sept. 14. The second session of fall classes begin the week of Oct. 27. Registration for the second session runs from Monday, Oct. 13, through Sunday, Oct. 26. Class fees are \$15 for students and \$25 for non-students. "Wellness Wednesdays" sessions are free.

Besides the many program offerings, enhancements have been made to several treadmills in the weight room, and a new sidewalk leading from the south side of the Recreation and Athletics Center to the outdoor patio at the rear of the building is being constructed. The sidewalk, which will make the patio more accessible, will be completed by mid-October.

The Recreation and Athletics Center is open Monday-Thursday, 5:30 a.m.-11 p.m.; Friday, 5:30 a.m.-9 p.m.; Saturday, 9 a.m.-9 p.m.; and Sunday, noon-9 p.m. The Aquatic Center is open Monday-Thursday, 5:30 a.m.-3 p.m. and 6-10 p.m.; Friday, 5:30 a.m.-3 p.m. and 6-8 p.m.; Saturday, 9 a.m.-8 p.m.; and Sunday, noon-8 p.m.

For information on Recreation Center memberships, classes, programs and fees, visit the **Department of Campus Recreation** Web site or contact Mila Padgett at (248) 370-4910 or padgett@oakland.edu. **Cycle Classes**

- Cycle Reebok: An excellent cross-training workout. You choose the intensity level and let the instructor take you on the ride of your life.
- Cycle Cross Training: Use the cycle as well as other forms of cardio exercise to get a great workout.
- Hard Core Cycle: A tough but awesome ride (advanced cardio class).

HI/LO Classes

- Box It: Use boxing moves to improve your cardio endurance. Kick, shadow box and grunt your way to fitness.
- Cardio Combo: A great mix of step hi/low.

Fit For Life Classes Fit for life is a seniors-based program that focuses on maintaining a fit, healthy lifestyle. The program is open to all Recreation Center members on a drop-in basis. Blood pressure screenings also are offered on Mondays, Wednesdays and Fridays at 9:30 a.m. and 10:30 a.m.

- FFL Stretch: Start your workout with a great 30-minute stretch.
- FFL Balance and Stretch: Stretch the muscles a little deeper and add balance activities into your day.

Specialty Classes

- Deep Water: Utilize the deep water in the pool to increase strength and cardio endurance. Comfort in deep water is required.
- Fit for Life Tai Chi: This seniors-based class focuses on balance, energy and strength.
- Gentle Yoga: Gain the many benefits of a yoga practice at a gentle but challenging pace.

Intro to Pilates: Pilates is an excellent addition to your workout. This class is available on a drop-in basis.

- Intro to Yoga: Strength, flexibility and serenity can be gained by adding yoga into your life. This class is available on a drop-in basis.
- Pilates: Pilates is an excellent addition to your workout. This class has a focus on posture, core stability and strength.
- Water Aerobics: Exercise in shallow water for a fresh workout.
- Yoga: This class focuses on learning yoga postures and the breathing that accompanies a yoga practice.

Step Classes

- Cardio Circuit: Build strength and increase your cardiovascular fitness.
- Intro to Step: Learn the basics to step classes.
- Just Step: Take 45 minutes of pure step and add abdominals.
- Step and Strength: Use the step for cardio fitness and add strength training.
- Step Challenge: Use one, two, or three steps in this class for a challenging cardio workout (advanced choreography).
- Total Body Workout: Step, floor and strength training all in one class.

Strength Training Classes

- Ballet Sculpt: Use ballet poses to increase your muscular strength.
- Core Strength: The torso is the target to improve overall posture.
- Strength Training: Increase the amount of muscle you have and increase your metabolism. Essential to everyone's workout.
- Thirty-minute Ab Lab: This class focuses only on abdominals.

Wellness Wednesday Schedule Wellness Wednesdays sessions are offered in the Recreation and Athletic Center's Pioneer Room from 12:05 to 12:55 p.m.

- Sept. 10: Exercise for a Healthy You
- Sept. 24: Herbals and Homeopathy
- Oct. 8: Step Over to Wellness
- Oct. 22: Grandma Whitney: Queen of the Mountain – At age 91, Hulda Crooks became the oldest American and oldest woman to climb Mt. Fuji, Japan's highest peak.
- Nov. 12: Food for the Heart I
- Nov. 26: Beat the Holiday Blues
- Dec. 10: Food for the Heart II

SUMMARY

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