



**ANNOUNCEMENT! HEALTHY PSU IS SPONSORING  
EMPLOYEE EARLY MORNING HOURS AND GROUP EXERCISE CLASSES  
AT THE HUB FITNESS CENTER-SUMMER '14!**

Two 4-week Sessions will be offered:

Session I: June 2 - June 26

Session II: July 7 - July 31

**MORNING HOURS/GROUP EXERCISE SCHEDULE**

Monday	Tuesday	Wednesday	Thursday
	6:30-8:30 AM <b>Early AM Hours</b> Sarah	6:30-8:30 AM <b>Early AM Hours</b> Taylor	6:30-8:30 AM <b>Early AM Hours</b> Sarah
<b>*WELCOME CENTER*</b> 6:40-7:30 AM <b>Wake-up Yoga</b> with Katie (June 2-23)	6:45-7:30 AM <b>TABATA</b> with Taylor	6:45-7:30 AM <b>SPIN</b> with Armand (sign-up required)	6:45-7:30 AM <b>TABATA</b> with Taylor
	7:40-8:10 AM <b>Morning Stretch/Strengthen</b> with Taylor		7:40-8:10 AM <b>Morning Stretch/Strengthen</b> with Taylor
12:05-12:50 PM <b>SPIN</b> with Holly (sign-up required)	12:05-12:55 PM <b>YOGA for All</b> with Katie	12:00 <b>Walking Wednesdays</b> Meet in front of the HUB	12:05-12:55 PM <b>YOGA for All</b> with Katie

***Please note: No early AM Hours or Group Exercise Classes will be held the week of June 30<sup>th</sup>!***

These programs are being offered at no-cost to PSU employees, however we are asking participants that are interested in a class or classes to pre-register for a class or session (some classes have limited enrollment, i.e., SPIN and will be offered on a first come first serve basis). All classes are located at the HUB unless otherwise noted. Please arrive 5 minutes early to check in with the Program Staff - **A VALID PSU FACULTY/STAFF ID WILL BE REQUIRED** to use the HUB Fitness Center. If you are not at the class on time, you may lose your spot to a walk-in. If you are unable to keep your reserved spot, please email [healthy-psu@plymouth.edu](mailto:healthy-psu@plymouth.edu) so we can inform those that that may be on a wait list. Class descriptions on the reverse. **To register complete the survey link: <https://www.surveymonkey.com/s/SPKRWV2>**

## **Tips & Preparation**

New to class? Arrive a little early so our instructor can give you some pointers.

- Arrive 5 minutes early to set your bike or mat.
- Inform your instructor of any injuries you may have before class starts.

## **Summer Class Descriptions:**

### ***SPIN:***

A 45 minute indoor stationary cycling class that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardio class will definitely move you! The time added to each class is for set-up and clean-up of bikes before and after each class. GREAT FOR BEGINNERS!! The use of personal water bottles is highly recommended. Sign-up required due to class enrollment limits.

### ***TABATA:***

This 45-minute class begins with a short warm-up followed by a series of four minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but additional tools such as barbells, bands, and gliding discs may be used as well. Class will end with a short cool down and stretch.

### ***MORNING STRETCH/STRENGTHEN:***

In this 30-minute class the instructor will take you through a series of warm-up exercises, and then on to a series of total body functional exercises that focus on core control.

### ***Wake-up Yoga & YOGA for All:***

50-minute yoga classes – A focus on fundamental alignment principles introduces the New Beginner that has experience with other forms of movement and refreshes those returning to the practice. A variety of the essential yoga postures are offered at a moderate tempo.

***Note: Wake-up Yoga is offered only at the PSU Welcome Center.***

***Note: The regular hours of operation for the HUB Recreation/Fitness Center during the summer are:  
Monday-Thursdays from 12-7 PM and Fridays 12-4PM.***