



WELL-BEING INITIATIVE 2011/2012
SPRING FITNESS CLASSES
GREAT FOR CROSS TRAINING!
for FACULTY, STAFF AND STUDENTS

<p>YOGA FOR FACULTY, STAFF AND STUDENTS THURSDAYS ShipRec - <u>12:35-1:25 PM</u> Beginning February 2</p> <p>Yoga is a fitness practice used for creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.</p> <p>Wear comfortable clothing. Bring your own Yoga mat if you have one.</p>	<p>T'AI CHI FOR FACULTY, STAFF AND STUDENTS WEDNESDAYS ShipRec – <u>12:05-12:55 PM</u> Beginning January 25</p> <p>Originally designed as a martial art in China, T'ai Chi training consists of choreographed movements and exercises to improve strength and flexibility and the circulation of blood, breath, and energy.</p> <p>Wear comfortable clothing and soft-soled shoes.</p>
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NO REGISTRATION NECESSARY!

Class is offered on a space-available basis. Entry into ShipRec is via your membership or ShipRec punch card. Punch cards may be purchased for \$30 for 10 visits (minimum purchase).

ShipRec membership/punch card information may be obtained at the following link:
<http://www.ship.edu/Recreation/Membership/>

Additional classes will be offered by ShipRec. The Group Fitness schedule may be accessed at <http://www.ship.edu/Recreation/Aerobics/> once it is published for fall semester.