

*******OB Fit - Fall '11*******
Friday, Sept. 9 to Friday, Sept. 23

*******WEEK ONE*******

Friday, September 9

8-10:30p

Contra Dance – No partner or experience needed. Contra is a lively form of traditional folk dancing; a cross between that elegant line dancing you've seen in Jane Austen movies and the commonly stereotyped square dances, but more relaxed and fun! Band includes fiddle, guitar, drums, piano, and more. Come meet friendly people and shake your sillies out with some great music. Hales Gym

Saturday, September 10

1-6p

Capture the Flag - Come enjoy a friendly yet competitive game of capture the flag, featuring a combination of tag, hide-and-go-seek, dodge ball and more. We will be playing in Wilder Bowl, so be prepared to run around. No previous experience necessary; however, you should arrive on time so you know the rules. From 12-1 p.m. enjoy flag-making for each class. Wilder Bowl

Matches:

- 1 pm- First Years (Class of 2015, on) vs. Second Years (Class of 2014)
- 2:30pm- Third Years (Class of 2013) vs. Fourth Years (Class of 2012)
- 4:30pm- Championship Game

2-3:30p

The Musician as Athlete: Injury Prevention for Elite Musicians - Come explore injury prevention with physical therapist John Myers, a performing arts specialist who works with musicians and their unique problems. During this interactive workshop, common problems will be explained along with self-treatment options and a demonstration of preventative stretching techniques. Start the semester off on the right note. Conservatory, Kulas Hall

2-4p

Table Tennis Club – All are welcome to join this group, meet other players, and improve your game. Philips, 1st floor squash courts 1, 2 & 3.

4-6p

Weekly Open Rec Badminton – Pick up a racquet (available at event) and try your hand at the world's fastest racquet sport with other fellow badminton players. All levels welcome. Philips, West Gym

8p-12m

OSwing Dance – 8p Beginners' lesson, 9p on. Come join members of OSwing and dance the night away. Hales Gym

Sunday, September 11

2-3:30p

Three Farm Bike Ride – Discover the immediate rural environs of Oberlin: Grab your bike and helmet and join in a 10-mile ride exploring three varied farms in the proximity of your new home. See the George Jones

Farm, Our Place Alpaca Farm, and Equine Differences, home of the Oberlin College Equestrian Team. Pumps for inflating tires will be available. Meet behind Keep at the Bike Co-op

2-3:30p

9 Mental Skills of Successful Athletes & other Elite Performers - What are the mental skills necessary for high-level performance in sport and non-sport situations? There are nine specific mental skills that contribute to success and each can be improved through self-awareness, instruction, and diligent practice. Learn how you can better your success through honing your mental skills. Presented by Dr. Jack Lesky, Ohio Center for Sport Psychology. Science Center, West Lecture Hall

3-5p

Outdoor Volleyball Pickup Games - Step outside and join others for pickup volleyball. Everyone is welcome to play. Locations: the north end of North Quad and South Bowl

Monday, September 12

4:45-5:45p

Cardioke - Have a great time singing karaoke while doing a fun, easy-to-follow cardio workout. Billy Banks Jr. has taken breathing techniques, cardio-dance, and body sculpting and combined them with karaoke to give you a phenomenal workout while singing to some of your all-time favorite hits. Sponsored by the Multicultural Resource Center. Afrikan Heritage House Lord Saunders Lounge

5:30-6:15p

Drop-In Fitness Mat Pilates with Barbara Osborne/Students Only – Unite your mind and body with a free body-sleeking class before dinner. Stress-reducing pilates moves help you strengthen your body without bulking up and leave you relaxed and satisfied. These classes are free during OB Fit and \$2 per session for the rest of the year. All classes are drop in, no commitment or registration necessary. Asia House, Basement Multipurpose Room

Tuesday, September 13

3:30-6p

Free Bowling – Free Bowling for students. Think bowling is a relic of elementary school birthday parties? Revive the nostalgia and bring a group of friends to try your hand at some free bowling. College Lanes, Hales Gym Annex

4:30-5:30p

Intro to Hip Hop – Join student Tessa Cruz '13, a member of And What?! for an informal, fun and upbeat dance class introducing the very basics of hip hop dance. This workshop is especially for beginners who want to learn some basic steps to bust a move or just become more comfortable with their body. Come dressed casually with comfortable shoes. Bring water. South Hall, Basement Dance Studio

4:30-7p

Beginners' Hours at The (Climbing) Wall– Never tried rock climbing before? Have no fear. Climbing Wall supervisors will teach you the ropes (pun intended) and assist you in your first venture in a very safe environment. Reach for the stars...well, the paneled ceiling 25 feet up. Philips North Lobby

5:30-6:15p

Drop In Fitness Yoga with Jean Walend/Students Only – Always wanted to try yoga? Looking to get back into a routine and perfect your bhujangasana? Clear your mind and put your needs first with a relaxing yoga class before dinner. Bring a mat or towel, and wear comfortable clothing. Free during OB Fit, with drop-in

sessions for \$2 available the rest of the year. No advance registration necessary. Asia House, Basement Multipurpose Room

Wednesday, September 14

12n-1:30p

The Creativity Zone – Remember how fun it is to finger paint? Set some time aside for yourself and release tension with an artistic medium. Join local artist and art therapist Randall James in the Creativity Zone: Open Art Space for Heart, Mind and Well-Being. Each week you can explore your creativity with a different medium for a relaxing session of artistic expression. Wilder Student Union, Room 321

4:30-6p

Wellness/Connections Fair

Wellness Fair: Come visit with wellness focused campus and community groups in Wilder Bowl. You can learn about on-campus student programs in all areas of health and wellness, meet local health care specialists and pick up information on a variety of such integrative health services as massage, acupuncture, and yoga. The fair includes information, giveaways, and listings of volunteer opportunities. Sponsored by the Center for Leadership in Health Promotion, oberlin.edu/lifeskills. Wilder Bowl (No alternate rain site)

Connections Fair: Student & Community Organizations – Are you a dancer, activist, environmentalist, or artist? Would you like to be one? Representatives from student and community organizations will be available to answer your questions about their programs and events. Sponsored by the Student Union and the Bonner Center for Service & Learning. Wilder Bowl; Science Center is rain site

5:30-6:15p

Drop-In Fitness Mat Pilates with Barbara Osborne/Students Only – Unite your mind and body with a free body-sleeking class before dinner. Stress-reducing pilates moves help you strengthen your body without bulking up and leave you relaxed and satisfied. These classes are free during OB Fit and \$2 per session for the rest of the year. All classes are drop in, no commitment or registration necessary. Asia House, Basement Multipurpose Room

Thursday, September 15

4:45-5:30p

Weight Room Orientation - Ever want to work out at Philips but the cardio machines just look too tricky to operate? Have you wanted to start a lifting regimen but don't know how to properly use the weights? Stop by the weight room for this drop-in session to get fitness questions answered. Topics covered include principles of strength training, program design, safety, and the effective use of the exercise equipment. Philips Weight Room, 2nd Floor

5:30-6:15p

Drop-In Fitness Yoga with TBA/Students Only – Always wanted to try yoga? Looking to get back into a routine and perfect your bhujangasana? Clear your mind and put your needs first with a relaxing yoga class before dinner. Bring a mat or towel, and wear comfortable clothing. These two weeks are free, with drop-in sessions for \$2 available the rest of the year. No advance registration necessary. Asia House, Basement Multipurpose Room

5:30-6:30p

OB Well Tabling - Meet with the director, assistant wellness director, and peer health advocates from the Center for Leadership in Health Promotion. Let us know your wellness needs and ideas. Take a quiz, win prizes, share ideas. African Heritage House Lord Saunders Dining Hall

7:00-10:00p

Free Billiards for students - Free billiards at Hales Annex.

7:30-9:00p

Humans v Zombies - Join Sci-Fi Hall in a game of Humans vs. Zombies. It's a battle between two teams, one with weapons and one without. The team without weapons consists of zombies who attempt to tag members of the other team. The armed team consists of humans who, when tagged, become zombies. When a human shoots a zombie, the zombie must return to their side to re-spawn before they can attack again. Generally, at the beginning, there are about five humans to every zombie. The game ends when all the humans have been turned. Philips Main Gym

****WEEK TWO of OBFIT- Fall '11****

Friday, September 16

4-6:30p

OCircus! During TGIF – Ever dreamed of running away to the circus? In Oberlin, you don't have to go far at all. Watch, learn, practice, and play at OCircus! Skillshare. We'll have props for hoops, poi, juggling, staff, contact juggling, acrobalance, and more. We'd love to teach you to use them. Come have fun!! Wilder Bowl, Hales Gym if inclement weather

7-9p

Aikido Seminar – Aikido is a martial art and life philosophy that teaches you to redirect the force of an attacker into self-defense. If you are interested in learning more, stop by and observe. The Aikido Club sponsors an ExCo for beginners and other sessions weekly throughout the year. Contact Joseph Galamba for more details if interested in participating in club activities. Hales Gym

12 Midnight

Quidditch Demonstration/Try-it! - Disappointed when your Hogwarts letter never came? You can still play on your school's Quidditch team! Come watch a demonstration of Quidditch and then jump onto a team and try it yourself. Wear comfortable clothes (or wizarding robes) and shoes you can run in. Cosponsored by the Quidditch Club. Williams Field House

Saturday, September 17

2-4p

Table Tennis Club – All are welcome to join this group, meet other players and improve your game. Philips, 1st floor squash courts 1, 2 & 3

3-5p

Outdoor Volleyball Pickup Games - Step outside and join others for pickup volleyball. Everyone welcome to play. Locations: the north end of North Quad and South Bowl

4-6p

Weekly Open Rec Badminton – Pick up a racquet (available at event) and try your hand at the world's fastest racquet sport with other fellow badminton players. All levels welcome. Philips, West Gym

Sunday, September 18

2-4p

Bike Ride – Apple Picking at Gede’s Orchard – Grab your bike, helmet, daypack, and some cash. Join in a 16-mile round trip ride just northwest of Oberlin. You’ll get to pick from 10 varieties of Ohio apples to bring back for healthy snacking or cooking/baking. Meet behind Keep at the Bike Co-op. Pumps for inflating tires will be available.

7-10p

Tumbling Club – You need not be an expert to participate with this co-ed group of students; good stretching followed by tumbling skills. Hales Gym

Monday, September 19

5:30-6:15p

Drop-In Fitness Mat Pilates with Barbara Osborne/Students Only – Unite your mind and body with a free body-sleeking class before dinner. Stress-reducing pilates moves help you strengthen your body without bulking up and leave you relaxed and satisfied. The class is free during OB Fit, then \$2 per session for the rest of the year. Drop in – no advance registration necessary. Asia House Basement Multipurpose Room

7-8:15p

Eating Healthy at Oberlin – Whether you dine in a co-op, CDS, or in your own kitchen, you’ll want to join in the discussion on how to make good meal choices. You’ll want to hear these tips on nutrition, meal preparation and dining room choices from students who know all the ins and outs. Wilder Student Union, Room 109

9:30p-12m

Club Sports Council Trivia Night – The theme tonight is Comics & Cartoons. Trivia Night keeps its fourth year rolling! Test your knowledge and earn money for doing it. It’s like college in reverse. There is a \$5 entrance fee for teams of up to 5 people, but with cash prizes, hot music, good food and beverages, who can resist? Wilder Student Union, The ’Sco

Tuesday, September 20

3:30- 6p

Free Bowling for Students – Bring a group of friends together and try your hand at bowling. Get moving and have fun doing it! College Lanes, Hales Gym Annex

4:30-7p

Beginners’ Hours at The (Climbing) Wall – Never tried rock climbing before? Have no fear. Climbing Wall supervisors will teach you the ropes (pun intended) and assist you in your first venture in a very safe environment. Reach for the stars – well, the paneled ceiling 25 feet up. Philips North Lobby.

4:30-5:30p

Intro to Hip Hop – Join student Tessa Cruz ’13, a member of And What?!, for an informal, fun and upbeat dance class introducing the very basics of hip hop dance. This workshop is especially for beginners who want to learn some basic steps to bust a move or just become more comfortable with their body. Come dressed casually with comfortable shoes. Bring water. Sponsored by the Center for Leadership in Health Promotion. South Hall, Basement Dance Studio

4:45-5:30p

Weight Room Orientation for Women– Want to be smarter about working out in the weight room? Do you want to know how to use the machines to achieve your fitness goals? Stop by the weight room for this drop-in session to get your fitness questions answered by women in the know. Philips Weight Room, 2nd Floor

5:30-6:15p

Drop In Fitness Yoga with Jean Walend/Students Only – Always wanted to try yoga? Looking to get back into a routine and perfect your scorpion pose? Clear your mind and put your needs first with a relaxing yoga class before dinner. Bring a mat or towel, and wear comfortable clothing. Free during OB Fit, with drop-in sessions for \$2 available the rest of the year. No advance registration necessary. Asia House, Basement Multipurpose Room

7:30-9p

Meditation Labyrinth- Labyrinths have been used since ancient times as a tool for meditation and discernment. This practice models the introspective process of going forward with a question, meditating on it, and moving out into the world with renewed insight and commitment. Join Spiritual Life Director Greg McGonigle and meditation educator Mary Grigolia in an introduction and experience of walking meditation. Sponsored by the Office of Religious and Spiritual Life. Wilder Main

Wednesday, September 21

12n-1:30p

The Creativity Zone – Remember how fun it is to finger paint? Set some time aside for yourself and release tension with an artistic medium. Join local artist and art therapist Randall James in the Creativity Zone: Open Art Space for Heart, Mind and Well-Being. Each week you can explore your creativity with a different medium for a relaxing session of artistic expression. Wilder Student Union, Room 321

4:45-5:30p

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6:30-7:30p

WorkOut! A LGBTQ Wellness Social – Join Oberlin coaches and student athletes for an hour of fun and fitness in Philips. Power through the obstacle course or learn how to do a perfect dead lift at the LGBTQ and Ally friendly event. Philips, 2nd Floor, Multipurpose Room

Thursday, September 22

12n-1:30p

Body Work – A facilitated panel discussion on the field of Bodywork and Massage. What is a professional massage therapist or body worker? What do they do? What kind of training is required? What are the health and wellness benefits of massage? Lunch provided with reservation. Wilder Student Union, Room 101

5:30-6:15p

Drop In Fitness Yoga with TBA/Students Only – Always wanted to try yoga? Looking to get back into a routine? Clear your mind and put your needs first with a relaxing yoga class before dinner. Bring a mat or towel, and wear comfortable clothing. These two weeks are free, with drop-in sessions for \$2 available the rest of the year. No advance registration necessary. Asia House, Basement Multipurpose Room

5:30- 6:30p

OB Well Tabling - Meet with the director, assistant wellness director, and peer health advocates from the Center for Leadership in Health Promotion. Let us know your wellness needs and ideas. Take a quiz, win prizes, and share ideas. Stevenson Dining Hall

7-10p

Open Rec Free Billiards for students - Free billiards at Hales Annex.

7:30-8:30p

Introduction to Meditation- Better health, higher creativity and stress reduction are just a few of the many benefits of meditation. If you want to learn how or just reconnect, members of the Meditation Group invite you to join them for an introduction to mediation and a guided meditation session. Wilder Student Union, Room 325

Friday, September 23

4:30-6:30p

OCircus! during TGIF – Ever dreamed of running away to the circus? In Oberlin, you don't have to go far at all. Watch, learn, practice, and play at OCircus! Skillshare. We'll have props for hoops, poi, juggling, staff, contact juggling, acrobalance, and more. We'd love to teach you to use them. Come have fun. Wilder Bowl, Hales Gym if inclement weather

www.oberlin.edu/obfit

Keep your eyes open for other events throughout the semester:

Contra Dances -Dances on 10/14, 11/4, 12/2 in Hales Gym – lessons for rookies a half hour before the start time, a fun aerobic workout while meeting others, changing partners, swinging and twirling around the floor. Plus great dance music to keep your feet moving.

OSwing – Dances on 10/1, 11/5, and 12/3 in Hales Gym

Other Fitness Ideas You Can Do Alone or With a Friend:

Take a Walk

- a. Explore some of the neighborhoods in Oberlin—observe the architecture, soak in the fall colors and smells, OR
- b. Take a peaceful stroll through the Westwood Cemetery (400 block of W. Morgan St.) – read the tombstones, contemplate life in the 1860s, 1920s... OR
- c. Discover the Arb (short for Arboretum) by entering at the south end of Prospect Street through “The Ladies Grove” OR entering at the south end of Cedar Street where you’ll find two reservoirs OR enter on the east side, just south of Johnson House on S. Professor Street through the gate and head west.

Go for a Jog/Run

- a. Have you been on the cross-country trail loops at the northwest corner of the North Fields? The larger loop is about a mile in length, while the shorter loop is about 1000m. If you go in the early morning, you might surprise a deer or other wildlife.
- b. Some enjoy running on the bike trail—pick up the trail off South Professor Street just across from Oberlin Community Services and head west along the Arb and then golf course to Pyle S. Amherst OR east past McDonalds through the quiet backside of some neighborhoods to East College or East Lorain streets or beyond....
- c. Running on the road? PLEASE remember to always walk/run facing the traffic

Go for a Bike Ride

Have you ridden into the countryside surrounding Oberlin? Head NE on the bike trail towards Elyria (36 miles RT) or W to Kipton (12 RT)... this was a former railroad bed so the terrain is flat, the surface is hard packed, the scenery is farm land and the pace your choice.

Are you looking for other rides? There are multiple suggestions with directions on colored paper in the front lobby of Wilder by the staircase.

Spend some time at Philips with a friend or two or more

- a. Play some badminton, racquetball, squash, table tennis or tennis...
- b. Shoot some hoops, play some H.O.R.S.E. or pickup ... the complex is open 6a-10p
- c. Swim during recreational swim hours: M-F 6-8a, 11:30a-2:30p, 6:45-9:45p (Fri. closes at 8:15) Saturday and Sunday 1:00-4:00p

Other Helpful Information Ya Wanna Know:

Open Hours of Philips PE Center (including Heisman Club Field House):

When classes are in session-

M-F 6:00a-10:00p, Sat. 9:00a-6:00p, Sun. 1:00p-6:00p

Carr Pool Recreational Swim Hours (when classes are in session):

M-Th 6:00a-8:00a, 11:30a-2:30p, 8:15-9:45p

F 6:00a-8:00a, 11:30a-2:00p

Sat 12:00n-4:00p

Sun 1:00-4:00p

Carr Pool is set up for primarily lap swimming but vests are available for aqua-jogging in the diving well

Climbing Wall Hours (when classes are in session):

M-F 4:30-9:30p

Sat 1:00-3:00p (beginner hours), 3:00-5:00p

Sun 1:00-3:00p (family hours), 3:00-5:00p

Lockers are available for your use. Check at the Equipment Room, 1st floor, for price rates for daily, module or semester-long rental.

Use your OC ID to **sign out equipment/gear**: badminton racquets, birdies & nets; basketballs; footballs; Frisbees; jump ropes; racquetball racquets, ball & protective eyewear; soccer balls; softball equipment (bag with bases, mitts, bats & balls); squash racquets, ball & protective eyewear; table tennis paddles & ball; tennis racquet, ball & court reservation; volleyballs & outdoor system; walleyball net & ball and more.

Personal Trainers:

Cynthia Hull	440-610-3225	cynthiahull17@yahoo.com
Barbara Osborne	440/935-2989	bjosborne@glwb.net
Joseph Nunn	440/935-5848	joseph.nunn@live.com
Kelly Verda	440/315-4109	kelly.verda@oberlin.edu

Center for Leadership in Health Promotion Offerings

Massage for Relaxation

Students can receive a reduced-rate relaxation massage from local bodyworker Jill Blake. Massages are conveniently provided in Wilder Student Union (Room 314) in a private, calm setting. Sessions are provided by appointment only, and are not intended to treat injury. Send e-mail to jboberlin@aol.com to schedule an appointment at your convenience.

Art Therapy through the Creativity Zone

Drop-in art therapy sessions with local artist Randall James are available for students for a small fee, to cover material costs. Each week, different mediums are available to provide each individual with a relaxing session of artistic expression. Sessions are held at noon on Wednesdays and are conveniently located in Wilder Student Union, Room 321.

Student Academic Services offers credit bearing courses (module and otherwise) listed in the College Course catalog under Learning Assistance Program, <http://www.oberlin.edu/regist/fall09schedule.html#anchor106407> .

Check the SAS website, <http://www2.oberlin.edu/SSS/>, for additional information about other workshop offerings to assist learning, study, reading, and math strategies and helpful calendar planning forms. Feel free to drop by the SAS Office in Peters Hall, Room 118.