

Exercise Opportunities for Oberlin College Faculty and Staff

Mondays

8:00-9:00a	<u>Dance Aerobics</u> \$ with Anne Hastings	Hales Gym
12:00-1:15	<u>Noontime Basketball</u>	Philips Main
7:00-7:45	<u>Deep Water Aerobics</u> \$ with Dottie Dietrick	Carr Pool – Begins 9/9
7:00-8:00p	<u>Jazzercise</u> \$ with Mari James	Hales Gym

Tuesdays

12:00n-1:00p	<u>Just Get Moving</u> \$ with Kelly Verda	Hales Gym
5:00-6:00p	<u>Power Vinyasa Yoga</u> with Doris Jankovits*	Philips Multipurpose-9/8
6:00-	<u>Walking Group</u> with Cody McCoy	Heisman Indoor Track
8:00-9:00	<u>ZUMBA</u> \$ with Jenny Elfving	Philips Multipurpose-9/8

Wednesdays

8:00-9:00a	<u>Dance Aerobics</u> \$ with Anne Hastings	Hales Gym
12:00-1:15	<u>Noontime Basketball</u>	Philips Main
12:00n-1:15	<u>Inyegar Yoga</u> \$ with Vicki Elwell	Philips Multipurpose
7:00-7:45	<u>Deep Water Aerobics</u> \$ with Dottie Dietrick	Carr Pool
7:00-8:00p	<u>Jazzercise</u> \$ with Mari James	Hales Gym

Thursdays

7:00-8:00a	<u>Power Vinyasa Yoga</u> with Doris Jankovits*	Philips-Multipurpose
12:00n-1:00p	<u>Just Get Moving</u> \$ with Kelly Verda	Hales Gym
6:00-	<u>Walking Group</u> with Cody McCoy	Heisman Indoor Track

Fridays

8:00-9:00a	<u>Dance Aerobics</u> \$ with Anne Hastings	Hales Gym
12:00-1:15	<u>Noontime Basketball</u>	Philips Main
7:00-8:00p	<u>Jazzercise</u> \$ with Mari James	Hales Gym

Saturdays

8:00-9:30	<u>Jazzercise</u> \$ with Mari James	Hales Gym
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Sundays

4:00-5:00	<u>ZUMBA</u> \$ with Jenny Elfving	Philips Multipurpose
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* = employees only, sponsored jointly by Dean's Office and Heisman Club

\$ = Cost to employee

PLUS

Personal Trainers \$

Cody McCoy	440/812-8147
Kelly Verda	440/315-4109
Joseph Nunn	440/935-5848
Dave Snell	440/308-5219
Barbara Osborne	440/748-2589

PLUS free access to Philips Physical Education Center (a.k.a. Oberlin College Recreation Center) for employees, spouse or domestic partner and dependent children 21 and under (children under 14 must be supervised at all times in the complex).

Badminton, Basketball, Racquetball, Squash, Table Tennis, Tennis, Volleyball, Walleyball
Swimming, Aqua-jogging, Deep Water Aerobics, Sauna
Indoor and outdoor tracks for Walking, Jogging and Running
Cardio Fitness Machines: Stationary bikes, Precor Ellipticals, Concept II Rowers, StairMaster
Steppers, Woodway Treadmills
Strength Training: Cybex, Hammer Strength, Universal and Free Weights
Indoor Climbing Wall and Bouldering Cave

OCRC Hours available at http://www.goyeo.com/sports/2008/7/13/Rec_0713082235.aspx?path=rc

Other activities that might whet your whistle:

Adult Swimming Lessons

Children's Learn to Swim Program

Climbing Wall

Karate for Kids and Families

Zumba (for students, employees and OCRC members)

Check out the OCRC webpage for links to instructors and programs:

http://www.goyeo.com/news/2008/7/13/Rec_0713082942.aspx?path=rc

Other events or activities (when academic classes are in session):

Recreational Swimming M-F 6:00-8:00a, 11:30-2:30 (closes at 2:00 on 8 Fridays for lessons), 6:45-9:45p (closes at 8:15 on Friday evenings, Sat. 12:00-2:00, Sun. 1:00-4:00)

Open Rec Badminton - Saturdays 12:00n-2:00 Philips West Gym

Open Rec Volleyball - Sundays 1:00-3:00 Philips Main Gym

Don't miss out on OBFIT - Fall 2009, September 14th -October 9th.

<http://www.oberlin.edu/obfit>