

## B Well Fitness Schedule Winter 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-9 am	Boot Camp w/ Mike M. (Merrill)	Spin* (Gray Cage)	Boot Camp w/ Mike M. (Merrill)	Spin* (Gray Cage)	Boot Camp w/ Mike M. (Merrill)
11-11:45 am	Begin to Spin w/ Johanne (Gray Cage)	Water Aerobics (Pool)	Begin to Spin w/ Johanne (Gray Cage)	Water Aerobics (Pool)	
12-1pm	Tone and Tighten w/ Johanne (Merrill)  Boot Camp w/ Mike M. (Merrill)  Guided Meditation w/ Nicole (Chapel)	Zumba w/ Cynthia (Merrill)  Yoga w/ Lydia (Small Dance Studio)  Kinstretch w/ Mike Seltzer (Merrill)	Tone and Tighten w/ Johanne (Merrill)  Yoga w/ Heidi (Chase Skelton)  Boot Camp w/ Mike M. (Merrill)	Zumba w/ Cynthia (Merrill)	Tone and Tighten w/ Johanne (Merrill)  Boot Camp w/ Mike M. (Merrill)
4:45-5:45 pm		Qi Gong w/ Don (Chase downstairs "Little Room")	Yoga w/ Robyn (Chase downstairs "Little Room")		

\*Follows Academic Schedule and led by Bates student instructors

Classes meet regularly when Bates Administrative offices are open

Classes are free and open to all Bates employees, spouses and dependents. No need to sign up, just show up!

Questions? Contact Mike Milliken (753-6936 or [mmillike@bates.edu](mailto:mmillike@bates.edu)) with questions.



# B Well Fitness Schedule Winter 2018

## Class Descriptions and Location Details

- **Boot Camp:** A mix of aerobic, strength and core conditioning, Boot Camp also puts a strong emphasis on pain management and mobility. This 45 minute session led by Mike Milliken and Cormac Walsh will help you improve your fitness alongside a group of colleagues. Class meets at Merrill Gym track by the climbing wall.
- **Qi Gong:** a form of exercise involving a set of flowing movements designed to build one's inner energy called "Chi". Some describe it as a combination of moving yoga and meditation. Others describe it as a non-violent form of martial arts. It originated in ancient China evolving from philosophical principles of Taoism and Confucianism. Classes meet in Chase Hall (downstairs in the "Little Room" across from the old bookstore).
- **Aquatic Aerobics:** In the shallow end of the pool in Merrill Gym, this workout focuses on building aerobic capacity as well as overall strength in a low impact setting.
- **Tone and Tighten:** A group fitness class which focuses on beginner to moderate strength training with lighter weights and higher repetitions. Come feel the burn! Classes meet on the second floor of Merrill in the Multi Purpose room
- **Yoga:** There are many forms of yoga out there today. In the B Well program the yoga classes are primarily the Vinyasa (or flow) style. Intended for beginners and intermediate participants, B Well yoga is a great way to feel invigorated and balanced during your workday. Classes meet in various locations including the small dance studio (located beyond the racquetball courts on the second floor of Merrill) and Chase Hall (Skelton is on the second floor, the "Little Room" is downstairs across from the old bookstore).
- **Zumba:** A fun class for all exercise levels. Zumba incorporates Latin style dance as an aerobic exercise session. Come move your body while getting a good sweat and a laugh in! Classes meet on the second floor of Merrill in the Multi Purpose room.
- **Kinstretch:** Kinstretch is a system of movements that promote body control, mobility, and flexibility to optimize the way we feel and move. This 45 minute session will be taught by Bates' own Mike Seltzer. Class meets at Merrill Gym track by the climbing wall.
- **Spin:** These classes are higher intensity in nature, yet low impact on the joints. The classes will be 40 minutes in length and will be taught by Bates Student instructors. There will not be a sign up for classes, just first come first serve. Please bring water, a sweat towel, and athletic clothes. Sessions will be held in the Gray Cage (across from the Library Quad).
- **Begin to Spin:** Led by long-time B Well instructor Johanne Healey. These sessions will be about 35 minutes and an introductory level of intensity.

