

# FITNESS & WELLNESS

## 2013 SPRING LINE-UP

### Specialty Programs

#### LEAP INTO A FUN RUN!

During the month of April, one of our fitness instructors and challenge course facilitators will lead a FUN run into the great outdoors.

**Date and Time:** April 3, 10, 17, 24 : 9 - 10 a.m.

**Where:** Meet in the SRC lobby

**Cost:** FREE to all ODU Community

#### MONARCH STRONG

The competition consists of three events that will test your character, motivation and strength.

**Bench Press Competition:** Saturday, Feb. 23

**Squat Competition:** Saturday, Mar. 23

**Strong Man Challenge:** Saturday, Apr. 20

**Cost:** FREE to ODU students

**Registration begins:** Jan. 14

**Register at:** [imleagues.com](http://imleagues.com)

#### WELCOME BACK-BACK TO THE 80'S AEROBATHON

Get amped for the start of the school year 80's style! Dress in your best neon and enjoy six back-to-back group exercise classes.

**Date and Time:** Jan. 23; 5 - 8 p.m.

**Cost:** FREE- No registration required

#### WIND DOWN AT THE BEACH AEROBATHON

Relax beach style with six back-to-back group exercise classes to release stress at the end of the semester.

**Date and Time:** Apr. 24; 5 - 8 p.m.

**Cost:** FREE- No registration required

#### SPRING INTO FITNESS BINGO

Complete 15 group exercise classes between the dates and earn a great prize! Tracking cards available from group exercise instructors.

**Date and Time:** Apr. 1- 30; 6 a.m. - 8 p.m.

**Cost:** FREE- No registration required

#### START! WALKING DAY

Join the ODU Community for the observance of the American Heart Association's National START! Walking Day.

**Date and Time:** Apr. 3; noon - 2 p.m.

**Cost:** FREE to ODU Community

#### MONARCHS ON THE MOVE: 50 STATE WELLNESS CHALLENGE

Participate in fitness and wellness activities related to all the 50 states and receive prizes along the way.

**Date and Time:** Feb. 4 - Apr. 1

**Cost:** FREE to all SRC Members

**Registration:** Jan. 14

#### WATERINMOTION

The newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels.

**Date and Time:** See group exercise schedule for days and times

**Cost:** FREE to all SRC Members

### Wellness Programs

#### IN'FIT'UATION

Join us for a week full of activities to promote self-esteem, physical activity and de-stress.

**Date:** Monday Feb. 11 - Friday Feb. 15

**Monday:** Love the Burn Boot Camp

**Tuesday:** Partner Yoga

**Wednesday:** Healing Touch and Chocolate Lovers

**Thursday:** Fun and Flirty Fitness

**Friday:** Healthy Date Winner

### Ongoing Activities

#### GROUP EXERCISES CLASSES

From beginner Step and Yoga to Pilates and "AbsoGlutely," you'll find a fitness class that meets your needs in one of the most diverse group schedules on any college campus.

#### EXERCISE BY DESIGN

Program can assist with meeting goals including: general health, strength training, cardio/aerobic training, sports-specific training, core stability, flexibility, nutrition basics, proper techniques, and safety considerations.

**Cost:** FREE for SRC members and students

#### PERSONAL TRAINING

Personal training is available to all members. Sessions are 1 hour in length.

#### COMMON HEALTH

CommonHealth is the employee wellness program for the Commonwealth of VA.

**Registration:** None

**Cost:** FREE

#### FITNESS ASSESSMENTS

By evaluating your fitness level and health risk, we can help you achieve your health and fitness goals. The assessment takes about 45 minutes to complete.

**Registration:** Please call 757-683-5489

**Cost:** FREE for SRC members and students



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