

WELLNESS/FITNESS

ATTENTION PHYSICAL WELLNESS PARTICIPANTS: We recommend that you obtain a physician's approval before beginning any exercise program.

MOUNT MARY COLLEGE FITNESS CENTER PASS

The FITNESS CENTER is located on the second floor of the new Bloechel Recreation Center. It houses state of the art strength and cardio machines. Mount Mary College offers a FITNESS PASS for ALUMNAE and COMMUNITY Participants, age 18 and up.

The Fitness Center Pass Includes:

- Free Parking Pass
- Use of Fitness Center during designated hours.
- Use of the individual showers and lockers.
- **Please bring your own lock and Fitness Pass each visit.**

FALL 2010 SEMESTER PASS

Class code: WEL100.101

Dates: Mondays-Sundays,
September 7-December 16

Closed: Sept. 6 (Labor Day)
Oct. 22-23 (Fall Study Break)
Nov. 24-28 (Thanksgiving Break)
Dec. 17-Jan. 23 (Christmas/New Years Break)

Days/Times:

**All Workout Hours may be Co-ed except for the Wednesday Night Women-Only Workout Session: 6:30-9:30 p.m.*

Mondays, Tuesdays, and Thursdays:
6:30 a.m.-9:30 p.m.

Wednesdays:
6:30 a.m.-9:30 p.m.
**6:30-9:30 p.m.-Women Only, Workout Session!*

Fridays:
6:30 a.m.-2:00 p.m.

Saturdays:
9:00 a.m.-12:00 p.m.

Sundays:
4:00-7:00 p.m.

Fee:

\$100 for Fall semester pass for Community Members (per person-semester only)
\$ 90 for Fall semester pass for MMC Alumnae (per person-semester only)

WINTER/SPRING 2011 SEMESTER PASS

Class code: WEL100.102

Dates: Mondays-Sundays, January 24-May 19

Closed: Mar. 20-27 (College Spring Break)
April 21-25 (Easter Break)

Days/Times:

**All Workout Hours may be Co-ed except for the Wednesday Night Women-Only Workout Session: 6:30-9:30 p.m.*

Mondays, Tuesdays, and Thursdays:
6:30 a.m.-9:30 p.m.

Wednesdays:
6:30 a.m.-9:30 p.m.
**6:30-9:30 p.m.-Women Only, Workout Session!*

Fridays:
6:30 a.m.-2:00 p.m.

Saturdays:
9:00 a.m.-12:00 p.m.

Sundays:
4:00-7:00 p.m.

Fee:

\$100 for Winter/Spring semester pass for Community Members (per person-semester only)
\$ 90 for Winter/Spring semester pass for MMC Alumnae (per person-semester only)

MOUNT MARY COLLEGE OPEN SWIM PASS FOR WOMEN

- Open swimming for WOMEN ONLY
- Use of private showers and lockers

Fall Semester

Class code: WEL200.101

Dates: Mondays-Thursdays, September 7-December 9

WELLNESS/FITNESS

Closed: Sept. 6 (Labor Day)
Oct. 22-23 (Fall Study Break)
Nov. 24-28 (Thanksgiving Break)
Dec. 10-Jan. 23 (Christmas/New Years Break)
Days: Monday through Thursday
Time: 7:30-9:00 p.m.
Fee: \$55 (per person-semester only)

Winter/Spring Semester

Class code: WEL200.102
Dates: Mondays-Thursdays, January 24-May 9
Closed: Mar. 20-27 (College Spring Break)
April 21-25 (Easter Break)
Days: Monday through Thursday
Time: 7:30-9:00 p.m.
Fee: \$55 (per person-semester only)

MOUNT MARY COLLEGE COMBINATION FITNESS CENTER/OPEN SWIM PASS (for Women Only)

The combination Fitness Center/Open Swim pass is for WOMEN ONLY. Participants may work out in the Fitness Center and swim in the Mount Mary College Pool as often as they would like during the dates and hours listed for each individual pass.

Fall Semester

Class code: WEL300.101
Fee: \$135 for Fall semester pass
(per person-semester only)

Winter/Spring Semester

Class code: WEL300.102
Fee: \$135 for Winter/Spring semester pass
(per person-semester only)

Advanced Tai Chi Chuan

This class will focus on advanced training in Tai Chi in terms of reviewing the form in its entirety each class, with larger sections dedicated for review as well. Applications and meanings behind the postures will be explored and some gentle two-person drills will be employed to draw out a deeper understanding of the form. A prerequisite is knowledge of the long yang style of taijiquan previously taught as Tai Chi I & II.

Fall Semester

Class code: WEL203.101
Dates: Saturdays, Sept. 11-Dec. 4
(12 sessions – no classes 11/27)
Time: 9:00-10:00 a.m.
Fee: \$118 (fall semester only)
Early Bird Registration fee: \$108
(Aug. 13 or before - fall semester only)
Location: Gym in Caroline Hall, lower level
Instructor: Robert Thoreau, M.S.W.

Mr. Thoreau is a seasoned clinical psychotherapist of 27 years and an instructor of Oriental Health Disciplined with 32 years of experience.

Winter/Spring Semester

In order to register for the Winter/Spring semester of Advanced Tai Chi Chuan, students need to have completed the fall session of Advanced Tai Chi Chuan. Returning students from a previous class are welcome to come as a review of the form.
Class code: WEL203.102
Dates: Saturdays, Jan. 8-Apr. 9
(12 sessions – no classes 2/19 & 3/26)
Time: 9:00-10:00 a.m.
Fee: \$118 (winter/spring semester only)
Early Bird Registration fee: \$108
(Dec. 10 or before - winter/spring semester only)
Location: Gym in Caroline Hall, lower level
Instructor: Robert Thoreau, M.S.W.

Mr. Thoreau is a seasoned clinical psychotherapist of 27 years and an instructor of Oriental Health Disciplined with 32 years of experience.

IMPORTANT:

Please note that a confirmation of registration will no longer be mailed. Your confirmation will be available at the first class meeting. Please mark your calendar with the dates, times and location of your class/program at the time you register.

Tai Chi Chuan (Beginning)

Tai Chi Chuan, an ancient form of Chinese exercise that exercises mind and body together, consists of a choreographed form of movement in a deliberate, slow and gentle fashion. Benefits can include release of body tension, improved circulation and the flow of the vital energy (what the Chinese call "chi"), improved balance and coordination, stamina and endurance, and a calm, centered and meditative state as the mind is concentrated. Each session will offer instructions on the individual postures which make up the form. Successive classes will review previous material and add new postures with the form eventually organically grown to completion.

Fall Semester

Class code: WEL101.101

Dates: Saturdays, Sept. 11-Dec. 4
(12 sessions – no classes 11/27)

Time: 11:00 a.m.-12:00 p.m.

Time: 9:00-10:00 a.m.

Fee: \$118 (winter/spring semester only)

Early Bird Registration fee: \$108

(Aug. 13 or before - Fall semester only)

Location: Gym in Caroline Hall, lower level

Instructor: Robert Thoreau, M.S.W.

Mr. Thoreau is a seasoned clinical psychotherapist of 27 years and an instructor of Oriental Health Disciplined with 32 years of experience.

Winter/Spring Semester

In order to register for the Winter/Spring semester of Tai Chi Chuan, students need to have completed the fall session of Tai Chi Chuan. Returning students from a previous class are welcome to come as a review of the form.

Class code: WEL101.102

Dates: Saturdays, Jan. 8-Apr. 9
(12 sessions – no classes 2/19 & 3/26)

Time: 11:00 a.m.-12:00 p.m.

Fee: \$118 (winter/spring semester only)

Early Bird Registration fee: \$108

(Dec. 10 or before - winter/spring semester only)

Location: Gym in Caroline Hall, lower level

Instructor: Robert Thoreau, M.S.W.

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Tai Chi Weapons Review

This class is offered for previous students who have studied various tai chi weapon forms. The class will review the various forms taught to further refine and understand how these instruments facilitate a deeper appreciation of the many aspects of the Tai Chi System. The forms will be reviewed in sections, highlighting tai chi principles and applications. Prerequisite is prior knowledge of these forms.

Fall Semester

Class code: WEL205.101

Dates: Saturdays, Sept. 11-Dec. 4
(12 sessions – no classes 11/27)

Time: 10:00-11:00 a.m.

Fee: \$118 (fall semester only)

Early Bird Registration fee: \$108

(Aug. 13 or before - fall semester only)

Location: Gym in Caroline Hall, lower level

Instructor: Robert Thoreau, M.S.W.

Mr. Thoreau is a seasoned clinical psychotherapist of 27 years and an instructor of Oriental Health Disciplined with 32 years of experience.

Winter/Spring Semester

Class code: WEL205.102

Dates: Saturdays, Jan. 8-Apr. 9
(12 sessions – no classes 2/19 & 3/26)

Time: 10:00-11:00 a.m.

Fee: \$118 (winter/spring semester only)

Early Bird Registration fee: \$108

(Dec. 10 or before - winter/spring semester only)

Location: Gym in Caroline Hall, lower level

Instructor: Robert Thoreau, M.S.W.

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