

Offer the following health and wellness benefits
During the Spring 2009 Semester

Gym/fitness center schedule

Gym and fitness center is open 6:00 am-11:00 pm
Community Basketball—Thursdays 4:30-6:30

Climbing wall—equipment and instruction available at the wall

Monday—Thursday 6:00-9:00 pm Climbing Wall Circuit Training—Monday's 6:15-7:15

OAC/Equipment room—Here is a sampling of what they have to offer:

Snowshoes, cross-country skis, hiking boots, canoes, kayaks, lifejackets. Call ext. 289 for details

Massage—(in multi-use room of the Health & Wellness Center)—cost \$1/min

Thursday	2/4	11-2	Thursday	4/8	11-2
Thursday	3/4	11-2	Thursday	5/6	11-2

Cross-Country Skiing and Snowshoeing (if there's snow) Look for emails

Winter Hiking Series (must register with Nancy Zane)

Trip 2 - Camden Hills State Park – Saturday January 24th 9:00 am
Trip 5 - Bigelow Range – Saturday February 21st 6:00 am

Trip 3 - Acadia National Park – Saturday February 7th 7:00 am
Trip 6 - Saddle back Mt. /Piazza Rock – Saturday Feb. 28th – Sunday March 1st (winter camping)- 12:00 pm

Trip 4 - Little Jackson Mt. – Saturday February 14th 6:00 am
Trip 7 - Baldpates – Saturday March 28th 6:00 am

Hip Hop Dance-- classes 5:30-6:30 in the Health and Wellness Center—1/26, 2/2, 2/9

Wellness Offerings

Monday

Walk away the winter blues sponsored by the OAC and Health Center- OAC—12:00-1:00 pm.

Tuesday

Morning exercise with Nancy Zane in fitness center-- 7:00-8:00 am starting 2/3

Wednesday

Walk away the winter blues sponsored by the OAC and Health Center- OAC—12:00-1:00 pm.

Sound Healing Meditation with Heidi N. Brugger Health and Wellness Center—6:00-7:00 pm
Starting 1/28

Thursday

Morning exercise with Nancy Zane in fitness center—7:00-8:00 am starting 2/5

Mindfulness Meditation with Heidi N. Brugger in Health and Wellness Center—12:30-1:30
Starting 1/29

Friday

Yoga with Maria Orlova in Health and Wellness Center—12:00-1:00 pm
Starting Friday 2/6

Look for more offerings throughout the semester including:

Smoking cessation
Stress management