



EMPLOYEE WELLNESS AT STATE

EMPLOYEE WELLNESS WEEK AT THE STUDENT RECREATION CENTER

Join us for a week of programming at the Student Recreation Center just for employees! Each day includes events to help you learn new skills, try a class, take a walking challenge and meet the staff.

Descriptions of each event are listed below the calendar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am-12:45pm Tours with SRC staff 11:30am-1:30pm Learn to play pickleball Amy Demchak	11:00am-12:45pm Tours with SRC staff 12:00-12:50pm Introducing Pilates Carole Brassie	11:00am-1:00pm InBody Screenings <i>Appointment needed*</i> Lindsey Cowan 12:15-1:00pm Walking Wednesday & Walking Challenge Amy Demchak	11:00am-12:00pm Meet a Personal Trainer & Tour Lindsey Cowan 12:00-12:45pm Yoga Pose Breakdown Carrie Lutz	12:00-12:45pm Workout 101 Lindsey Cowam
4:00-6:00pm Learn to play pickleball Amy Demchak	5:00pm RealRyder Cycle Basics Jessica Markle	4:00-6:00pm Learn to play pickleball Amy Demchak	3:00-4:00pm Meet a Personal Trainer & Tour Lindsey Cowan	

Pickleball This game is quick to learn and is played on a court half the size of a tennis court. Wear athletic shoes, check out a racket at the front desk and learn the court game that has more than 3 million players in the US.

Pilates Have you wondered about the difference between Pilates and Yoga? Carole will introduce you to the basics that can be adapted for every fitness level.

RealRyder Cycle Basics Interested in a cycle classes, but unsure of where to begin? Learn the basics of setting up a bike and riding before participating in a short upbeat cycle workout that is perfect for all levels.

***InBody** Email Lindsey Cowan at lcowan3@sycamores.indstate.edu to make a free appointment for a non-invasive complete body composition analysis to determine muscle, fat and water levels. This screening is not recommended for pregnant individuals or anyone with a pacemaker.

Walking Wednesday Challenge How many miles can you log on Walking Wednesday at the SRC? Join the walking group at 12:15pm or walk at the Rec anytime during the day. Record your miles in the log at the front desk for bragging rights and a small prize.

Meet a Personal Trainer & Tour Lindsey will share what to expect when you hire a personal trainer at the SRC and lead tours of the fitness area. You will leave with confidence to exercise at the SRC.

Yoga Pose Breakdown Interested in learning proper technique for yoga poses? Join Carrie Lutz for a yoga pose breakdown to advance or begin your practice. If you would like to learn about a specific pose, please email Carrie at carrie.lutz@indstate.edu by Tuesday January 7.

Workout 101 Experience a beginning level Group Ex class and learn proper warm up and cool down techniques to prevent injury.