**2016-2017 FITNESS PROGRAMS**

The Russell Wright Fitness Center (RWFC) Team is comprised of one professional staff member and multiple exercise specialists (upper class exercise science majors, physical therapy students, exercise rehabilitative science interns and Physical and Health Education Majors) prepared to assist all students and patrons in enhancing their exercise programs and improving their fitness levels. Please ask a member of the RWFC Team for assistance or to set up an appointment. Age 16 - minimum age to use the RWFC, aside from selected programs. ARC Memberships must be current for duration of programs. Contact Brian Mortimer @ 724.738.4413 for info regarding appointments and programs.

**Exercise Programming:** Develop an individualized fitness program to meet individual goals including guidelines for aerobic, muscular fitness and flexibility. Date: Academic Year, Days: Daily, Times: Anytime, Member: Free

**Equipment Orientation:** Instruction for correct and safe operation of cardiovascular, selectorized, plate loaded and fee weight equipment. Topics include proper seat adjustment, movement speed, posture, breathing and muscle group isolation. Date: Academic Year, Days: Daily, Times: Anytime, Member: Free

**Fitness Assessment:** Resting heart rate, body composition, flexibility, muscular strength, muscular endurance and cardiovascular fitness. Establish exercise program goals. Date: Calendar Year, Days: Daily, Times: By Appointment, Member: Free

**ROCKWell:** It is important to have both a healthy mind and body. The ROCKWell program will assist individuals in discussing their wellness goals, current health, fitness, nutrition and lifestyle status. Program includes 1. Initial interview with goal setting, 2. Optional fitness testing, 3. Wellness, strength, flexibility and cardiovascular program, 4. Goal and progress checks. Date: Calendar Year, Days: Daily, Times: By Appointment, Member: Free.

**Rock Personal Training Program (RPTP):** In conjunction with The Exercise Rehabilitative Science Department, clients are matched with a student trainer. Pre-test, post-test and two sessions per week during the semester. ARC membership is required for the duration of program. If not a current ARC member, must register for ARC membership and ROCK PT prior to start of program. Personal Trainer will work to set and achieve the client’s fitness goals, improve exercise technique, overcome training plateaus and motivate through consistent, progressive and fun exercise. Choose Wednesday or Thursday and second personalized day with trainer. LIMITED ENROLLMENT. Must contact Brian Mortimer @ 724.738.4413 to enroll. Fall Semester Starting Dates and Times: August 31 at 6:30-7:30 a.m. or 8:50-9:50 a.m. and September 1 at 4:30 p.m. or 6:50 p.m. Spring Semester Starting Dates and Times: January 25 at 6:30-7:30 a.m. or 8:50-9:50 a.m. and January 26 at 4:30 p.m. or 6:50 p.m., Member Fee: $75.00

**Wright Personal Training and “Buddy” Program:** Program provides the opportunity to work with a student trainer. One hour appointments. Add a “Buddy” to reduce the cost. Date: Calendar Year, Days: Daily, Times: By Appointment, Member: $20.00 single, $30.00 with buddy.

**Small Group Personal Training Classes:** Join personal trainers and 4-6 fellow participants in a 4 week program designed to challenge, and gradually advance a specific fitness skill or goal. Enjoy more personalized instruction, with a group that is more intimate, and goal-oriented. This is a great option for those that are looking for an effective, high quality workout that is focused on skill development, motivation and enhanced fitness at a very affordable cost.

**2016 Fall Semester**

**Fitness Mania-** Instructors chose several exercises and set them up in timed stations. The instructors will choose a variety of exercises at their discretion. Exercise may include the use of bands, tubing, TRX, kettle bells, Db’s, medicine balls, battle rope, spinning bikes, plyo boxes and body weight movements. This class has a small group training format! Days: Tuesdays & Thursdays, Dates: September 20–October 20 (No classes the week of October 4), Times: 4 - 4:50 pm, Location RPM Room, Registration Deadline: Thursday, September 15, Fee: $20.00
TRX Suspension Training- "Born in the Navy Seals, TRX body weight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. No matter what age, injury, out of shape or pro-athlete, TRX suspension training meets you where you are and takes you where you want to go. Use your body as your machine!"
Tuesdays & Thursdays, Dates: October 25–November 17, Times: 4 – 4:50 pm, Location RPM Room, Registration Deadline: Thursday, October 27, Fee: $20.00

2017 Spring Semester
ROCK Fit- Instructional weight training course designed for patrons interested in utilizing all of the equipment in the RWFC. Focusing on using correct lifting procedures and the working on the five fitness components: muscular strength and endurance, flexibility, body composition and cardiovascular conditioning.
Days: Tuesdays & Thursdays, Dates: February 7–March 9 (No classes the week of October 4), Times: 4 – 4:50 pm, Location RPM Room, Registration Deadline: Thursday, February 2, Fee: $20.00

Functional Cross Training- Instructors chose several exercises and set them up in timed stations. The instructors will choose a variety of exercises at their discretion. Exercise may include the use of bands, tubing, TRX, kettle bells, Db's, medicine balls, battle rope, spinning bikes, plyo boxes and body weight movements. This class has a small group training format! Tuesdays & Thursdays, Dates: March 28–April 20, Times: 4 – 4:50 pm, Location RPM Room, Registration Deadline: Thursday, March 23, Fee: $20.00

Rock Fit Youth: Prerequisite: Ages 10-15 + Minimum height of 4’10”
Instructional weight training course designed specifically for youth/teens, focusing on using correct lifting procedures and the five fitness components: muscular strength and endurance, flexibility, body composition and cardiovascular conditioning. Fall and spring semester sessions are each 5 weeks and summer sessions are 3 weeks.
Days: Mondays/Wednesdays OR Tuesdays/Thursdays, Times: 2:30-3:30 p.m.
Fall Semester-Registration deadline: September 7 and October 12, Starting Dates: 9/12 & 10/17
Spring Semester- Registration deadline: February 1 and March 15, Starting Dates: February 6 and March 20
Member Fee: $25.00/session
Summer Session Starting Dates: June 20 and July 11, Days: Monday/Wednesday or Tuesday/Thursday, Times: 10-11 a.m., 11 am-noon or noon-1 p.m., Member Fee: $15.00

Summer Youth Certificate: (Ages 10-15) Youth, whose parent is a current ARC member, are eligible for this program that enables youth to use the RWFC during summer hours. The student must participate in three orientations and pass the fitness test. Must present kid’s card and white certificate key tag for access. Adult ARC member must supervise youth in RWFC.