



University Fitness Center Specialty Programs & Workshops

September - December 2023

About UFC Specialty Classes

Programs and services of the UFC are open to all people eligible for membership. Unless stated otherwise, current membership to participate in Specialty programs is not required. Non-members are welcome to participate in these complementary wellness programs at the non-member rate.

How do these Specialty programs differ from our Group Fitness offerings?

Our Specialty classes have a defined start and ending point and are often multi-week sessions, decreasing the intimidation factor of diving into an already established, on-going class. A key focus of each Specialty program is a progressive learning component so participants gain understanding in addition to activity skill-building. Additionally, some Specialty classes may be targeted towards further development of specific training methods or sports skills.

Registration

Unless indicated otherwise, registration for each program will close one-week prior to the start date.

Refunds

Regretfully, we are unable to issue any refunds, regardless of circumstances, unless the program or session is cancelled. Please be sure you are committed to taking the entire course and recognize that once registered we are unable to reverse the process.



Brain Health through Fitness

Did you know that cognitive decline is almost twice as common among adults who are inactive as compared to those who are active?

The brain is the most important organ in the body. According to the CDC, 1 in 9 people over the age of 45 have subjective cognitive decline. However, studies show there is approximately a 20-30% lower risk of depression and dementia for adults participating in daily physical activity.

Brain Health through Fitness will educate participants about the aging brain and how specific types of exercise assist in combatting cognitive decline.

In this 6-week session, you will learn:

- How exercise improves blood flow leading to better brain health.
- How exercise reduces inflammation and stress
- Learn what intensity and how much exercise you need to positively impact brain function
- Come away with exercises that will not only help increase balance, flexibility, and strength, but also improve agility and reaction time

It is never too late to start exercising to improve your body or brain and this class will help get you started safely on the path to better brain health.

Tuesdays

October 17 - November 21

10:00 - 11:00 a.m.

\$70 for UFC Members, \$85 for Non-members

Instructor: Rob Mikesell



Functional Training Small Group

Unlike the conventional group exercise class this 6-week small group training class will make learning the priority. This means the circuit will move at a slower pace, allowing for individualized attention to perfect, not only your form, but your understanding of each functional movement as well. You can decrease your risk of ankle sprains with speed and agility. You can increase your reaction time with balance and plyometrics. Learn the proper way to perform daily movements like, lifting, pulling, and moving, large objects. Build your cardio strength and endurance to enhance your everyday strength.

Tuesdays

September 19 - October 24

5:15 - 6:15 p.m.

\$70 for UFC Members, \$85 for Non-members

Instructor: Jeffrey Felner



Introduction to Pilates Fundamentals

Learn the fundamentals of Pilates Matwork in this 6-week session. Each participant will learn the foundational movements gaining a better understanding of how Pilates can increase core strength while improving flexibility, stability, and posture. This introductory session will be fun, friendly, and inviting to anyone at any fitness level. Experienced Pilates student? You are welcome to enroll to refresh and review your technique. Classes will be limited to 10 participants to ensure each participant gets the corrective instruction needed in this mind-body discipline.

Tuesdays

October 3 - November 7

12:00 - 12:45 p.m.

\$70 for UFC Members, \$85 for Non-members



Mindfulness Based-Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) teaches participants the principles of mindfulness and how to apply these principles to deal more effectively with stress and the demands of daily life. The program consists of body awareness exercises, meditation, gentle yoga, and inquiry (guided discussion) along with daily formal and informal home practices. MBSR is taught in a secular manner. The first half of each class provides an extended period of practice, incorporating different forms of guided meditation as well as gentle standing and lying down yoga. The second half of each class is dedicated to group discussion (inquiry) - exploring participants' direct experiences with the formal and informal practices being taught during each class as well as their experiences from daily home practice. Each week's practices build upon the previous week's lessons.

*This program is on Zoom. Participants will need a laptop, smartphone, or tablet with reliable internet connection. A quiet, protected space within the home is recommended.

Mondays

September 18 - November 6: 6:00 - 8:30 p.m.

Saturday Retreat: October 28: 9:00 a.m. - 3:30 p.m.

Orientation: September 11: 6:00 p.m.

Registration Deadline: September 15

Course Fees: \$300,

\$200 for Students, Resident Physicians, or MBSR Alumni

*Scholarships available

Instructors: Tim Riley, MD & Shelly Ungemach, MSW, LSW



Pilates + Yoga Combination Workshop

Come experience the best of both mind-body disciplines as Jen and Kira team up to lead you in this blended format Pilates and Yoga workshop. Have fun and embrace the challenge as you move through a mix of breathing, stretching, flowing movement patterns, and concentrated core work. All levels welcome as both instructors will be able to provide modifications as needed.

Saturday November 4

9:00 - 10:30 a.m.

\$25 for UFC Members, \$40 for Non-members

Instructors: Jen Price & Kira Putt



Yoga Fundamentals

Have you been curious about how yoga could benefit your health and wellness, but intimidated to drop in or join a regular class? This upcoming multi-week session is ideal for you! Learn about yoga basics, and benefit from the focus on yoga postures and proper alignment. Leave the 4-week session with more confidence, knowledge, and ready to join into a regular class setting.

Thursdays

October 19 - November 9

5:45 - 6:45 p.m.

\$45 for UFC Members, \$60 for Non-members

Instructor: Kira Putt



Yoga for Golfers

Golf is a mental as well as physical game. It requires balance, strength, flexibility, and concentration. Since golf puts so much strain on the back and spine, yoga postures bring vitality and energy to the spine and stretch the entire body.

This four (4) week program will give you the opportunity to develop a mind/body connection that can help bring your game to the next level through postures to strengthen and lengthen the spine, open the hips, and reinforce the core. Additionally, you will learn breathing techniques that will help you be present and respond peacefully over a misguided putt or tough round of golf.

Wednesdays

October 18 - November 8

4:30 - 5:15 p.m.

\$45 for UFC Members, \$60 for Non-members

Instructor: Sandy Wagner



Yoga for Runners Workshop

Spring is around the corner! Get ready to run! Planning or training for upcoming Spring races? Now is the perfect time to learn and experience how yoga can benefit and enhance your training. Join Kira as she takes you through a Vinyasa flow designed to balance, lengthen, and stretch the muscles to make you a better, more efficient runner. By the end of this workshop you will be able to create pre and post stretches to support your runs.

Saturday December 2

9:00 - 10:30 a.m.

\$25 for UFC Members, \$40 for Non-members

Instructor: Kira Putt



Patient Memberships

Did you know the UFC offers Patient Membership options? Our Patient Memberships are perfect for those who don't fall into our traditional membership categories but would like to join our UFC community.

Self-Referred Memberships:

Our self-referral membership option is available to anyone who is under the care of or being treated by a Penn State Health Physician.

*A physician clearance may be required based on the patient's medical history and American College of Sports Medicine (ACSM) guidelines.

Physician-Referred Memberships:

Our physician-referred membership option is available to anyone with a written referral from any physician or licensed healthcare provider.

Membership Enrollment & Pricing:

Both our Self-Referred Membership and our Physician-Referred Membership require new members to complete a complementary, one-on-one new member orientation with a UFC Exercise Physiologist to ensure you get started with us on the right track.

Short term:

- Individual Membership: \$40
- Joint Membership: N/A

Quarterly:

- Individual membership: \$105
- Joint membership: \$180

Annual:

- Individual membership: \$400
- Joint membership: \$695

***Joint memberships are defined as any two eligible members from the same household (inquire for details)*





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