



University Fitness Center
Programs & Events
September - December 2024



ABOUT UFC SPECIALTY CLASSES

Programs and services of the UFC are open to all people eligible for membership. Unless stated otherwise, participation in Specialty classes does not require an active UFC membership. 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

Registration for Specialty programs can be done in person at the UFC Front Desk, with a credit card via telephone by calling 717-531-7075, or on the UFC website at ufc.pennstatehealth.org.

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.



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Basketball Skill Development & Training

This specialty class will be focused on developing a solid basketball skill foundation, or building on the foundation you already have. This 4-week class will focus on basketball skills such as shooting, dribbling, attacking the basket, and strength training that can be used to help you become a better overall basketball player. Spots will be limited to eight participants to ensure hands-on instruction.

Thursdays

4-Week Session

September 26 - October 17

October 31 - November 21

5:15 - 6:15 p.m.

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

Instructor: Alec Singer



Begin with Balance Workshops

Balance plays an important part in daily living and overall well-being. Have you worried about your balance and want to learn how to reduce the risk of injury? This introductory workshop is perfect for you and will cover:

- Foundational balance exercises
- How to test and improve your balance
- Improvement of overall mobility and stability
- Fall prevention & safety tips

This workshop is suitable for people of any age looking to gain better balance and improve their coordination. Balance is important in everyday life, whether it be carrying groceries inside, taking the stairs, or playing pickleball. As we age, our balance and coordination decrease, with studies showing balance can start to decrease around 50 years old. Training balance can improve joint mobility and stability, decrease risk of injury, and increase coordination. During this workshop we will cover exercises such as bodyweight squats, step routines, single leg activities, and many more that you can easily do at home. Come learn how to improve your balance to benefit the whole body!

Thursday September 26: 5:30 – 7:00 p.m.

Tuesday October 8: Noon – 1:30 p.m.

Thursday November 14: 5:30 – 7:00 p.m.

*Workshop offered multiple times

Each Workshop:

\$25 for UFC Members

\$40 for Non-members

Instructor: Lindsay McFeaters



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. Come learn more about this upcoming class at the FREE info session!

Wednesdays

Information Session: Wednesday October 2

6-Week Session: October 16 – November 20

5:00 – 6:00 p.m.

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

Instructor: Rob Mikesell



Gentle Rejuvenating Yoga for Ongoing Pain & Tension Release

This class will focus on opening the body by holding poses for a longer number of breaths to bring awareness and grounding into your practice. By intentionally holding each pose, rhythmically breathing through each pose, you are able to bring presence of mind. Carefully selected poses will be practiced to release tension in mind and body while addressing common areas of physical aches and diminished flexibility. Participants will also be guided through an extended meditative state to close out your practice and be more at peace when you leave. Harmonious ambient music will accompany the class. This class is suitable for all levels.

Mondays

4-Week Session

October 21 - November 11

5:30 - 6:30 p.m.

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

Instructor: Sandy Wagner



Intro/Beginner Pickleball Workshops

Join our introductory/beginner Pickleball workshops instructed by Joshua Stouffer, IPTPA Level One Instructional Coach. Enjoy an exciting accessible two hour workshop designed for those who have never played before or those who want to learn the basic fundamentals. We will cover the rules, scoring, how to play with a partner, strategy drills, and follow-up with supervised live play. All equipment is provided. Just bring yourself for a fantastic fun-filled learning experience. Each workshop is limited to eight people so register today for one of these upcoming dates.

Saturdays
8:30 - 10:30 a.m.
September 7
October 12
November 16
December 14

Each Workshop: \$25 for UFC Members, \$40 for Non-members
Instructor: Joshua Stouffer



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 16 - November 4: 6:00 - 8:30 p.m.

Saturday Retreat October 26: 9:00 a.m. - 3:30 p.m.

Orientation: Monday September 9 : 6:00 - 8:30 p.m.

Course Fees: \$300, \$200 for Students, Resident Physicians, or
MBSR Alumni

*Scholarships available

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



Mindfulness

Movement & The Alexander Technique Workshop

The Alexander Technique is a form of movement re-education that has been around for over 125 years. Developed by F.M. Alexander (1869-1955), it is a way of unlearning harmful habits of movement and posture. When these unconscious habits are not addressed and left unchecked, they gradually and continually come to distort the body and mind. By learning how to not interfere with the body's natural coordination the Alexander Technique fosters lasting long-term change.

Benefits of this workshop include lessening of daily aches and pains, improved posture and alignment, a better sense of balance and body awareness, increased confidence and well-being, and freedom and ease in movement.

Thursday October 17
6:30 - 7:45 p.m.

\$25 for UFC Members, \$40 for Non-Members
Instructor: Joe Schaefer



Pelvic Harmony/Empower Her Core

This Women's Health and Wellness Program is a transformative experience aimed at optimizing well-being and embracing feminine strength. Some benefits participants will receive include:

- Education on pre and post-menopausal health and pelvic floor anatomy
- Learn practical tools and exercises for maintaining pelvic health
- Experience a variety of activities tailored to women such as Kegel exercises as well as exercises for balance, core strength, and posture

Ladies, come gain valuable knowledge to improve your health and wellness throughout many life stages in this 6-week session.

Thursdays

6-Week Session

October 3 - November 7

5:30 - 6:15 p.m.

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

Instructor: Shruti Ramekar



Pickleball Injury Prevention & Strength Building Workshop

Is your body ready to play pickleball? This workshop will teach how to properly warm up for play, preventive measures to reduce your risk from injury, core building exercises, specific Pickleball strengthening exercises, as well as cool down and flexibility techniques.

Saturday October 26

9:30 - 11:00 a.m.

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

Instructors: Rob Mikesell & Lindsay McFeaters



Pilates for Men

Did you know Joseph Pilates originally designed his exercise method to help rehabilitate wounded soldiers? Only after he came to the U.S. and dancers discovered the therapeutic tendencies of the Pilates method did it become popular with women. We're taking this class back to its roots. Join Lori for an athletic Pilates mixed equipment class limited to six men (or wo-men) only. Build your stability, stretch, and strength all in one class guaranteed to make you work!

Mondays
6- Week Session
September 30 - November 4
6:30 - 7:30 p.m.

\$160 for UFC Members, \$175 for Non-Members
Instructor: Lori Chubb



Pilates Matwork - All Levels

Matwork is a crucial component in the Pilates Method, using bodyweight and a mat to complete exercises designed to challenge control, coordination, concentration - hallmarks of the Pilates Method. Come experience the Pilates difference in this invigorating 8-week session with Lori. This class is open to all levels as exercise modifications will be given when appropriate.

Thursdays

8-Week Session

September 26 - November 14

5:00 - 6:00 p.m.

\$95 for UFC Members, \$110 for Non-Members

Instructor: Lori Chubb



Pilates Reformer Fundamentals

New to Pilates and intrigued by the Pilates Reformer? This brand new 4-week class will introduce you to the benefits of the popular Pilates Reformer apparatus starting first with basic and introductory exercises in the classical Pilates system. This class series is designed for those who have little to no prior Pilates Reformer experience. Our class will be limited to only three participants, meaning each participant will get important corrections as well as hands-on instruction. Come build a better body with strong foundations.

Wednesdays
September 11 - October 2
4-Week Session
5:30 - 6:30 a.m.

\$125 for UFC Members, \$140 for Non-Members
Instructor: Jen Price



Pilates Reformer Level 1

Join Jen for this 6-week session featuring beginner to intermediate level exercises from the classical Pilates system. This session of classes will be limited to only three participants, meaning each participant will benefit from the combination of group comradery and hands-on corrections in the small group atmosphere. Participants should have a basic understanding of Pilates Reformer exercises from either participation in the Pilates Reformer Fundamentals class or private Pilates sessions.

Wednesdays
6-Week Session
October 9 - November 13
5:30 - 6:30 a.m.

\$185 for UFC Members, \$200 for Non-Members
Instructor: Jen Price



Self-Defense Workshop

Are you ready to take charge of your personal safety? This introductory workshop is a great first step! We will engage in discussion and training on how to avoid and de-escalate dangerous encounters. You will gain a better understanding of how these situations can unfold and develop awareness on how to minimize them. Wear comfortable clothing and bring a water bottle. This class will be limited to 12 participants.

Saturday November 16

10:00 - 11:30 a.m.

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

Instructor: Andres Gutierrez



Healthier You

Whether you are new to fitness or new to the UFC, we're here to help. In our *Healthier You* program, we'll provide the guidance, education, and instruction to help you on the path to achieving your goals and living a healthier lifestyle. The *Healthier You* program is a complimentary (free) program for UFC members offering:

- Four scheduled visits with a UFC Exercise Physiologist
- Discussion of fitness goals, medical history, and exercise history
- Fitness recommendations specific to your goals
- Introduction and instruction on the use of UFC equipment

Already a member and ready to get started towards a new, Healthier You? Contact the UFC Front Desk at (717)531-7075 to schedule your first *Healthier You* session today.



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-referred 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)*

Personal Training

Whether you are new to fitness, new to personal training, or looking to train for a specific event or sport - we can help! The University Fitness Center's dedicated training staff will guide you every step of the way.

- One-on-one 30-minute or 1 hour sessions available
- Pay-per-session or packages available
- All new Personal Training clients are required to complete a fitness assessment at the beginning of the personal training process
- *A physician clearance may be required after review of a new client's medical history

Come reshape your wellness with us! Contact us or visit the UFC website to get started today.



Private Pilates Training

Do you want to feel better, move better, improve posture and muscular imbalances? Come experience the Pilates difference in Hershey's first fully-equipped classical Pilates studio under the watchful tutelage of our trained instructors.

The Pilates Studio at the UFC has equipment from Peak Pilates and Pilates Designs, specializing in private or duet sessions especially tailored to the needs of our clients.

Whether you are looking for a general health improvement or are concerned about managing a medical condition, we're happy to discuss how Pilates can help you. Come reshape your mind and body with us!

Contact us for more information or visit the UFC website to get started today.





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