Pomona College
Faculty/Staff Fitness and Wellness Program
Class/Program Descriptions
Fall 2017

Pomona College recognizes that worksite culture and environment are powerful influences that can encourage and support employees in living healthy lifestyles. Conducted by the Physical Education Department and Human Resources Office, the mission of the Faculty/Staff Fitness and Wellness program is to increase awareness of healthy lifestyle behaviors and to provide convenient and attractive opportunities to practice these healthy lifestyle behaviors. Toward this end, the FSFW program provides a wide array of fitness and wellness opportunities aimed at maximizing employee participation.

Alexander Technique (Meg Jolley): Meg teaches FSFW Alexander Technique for 10 sessions each semester. Classes meet at noon on 10 Fridays each semester (TBA) in the lower dance studio at Pendleton Dance Center. The Alexander Technique is an intelligent way to solve common movement problems that cause chronic pain and stress. It is a way to notice your movement habits, release compression and move with ease and expansion. A proven self-care method, it is a set of skills that you learn to relieve pain, prevent injury and enhance performance. With the Alexander Technique, you learn how to strip away the movement habits and tension patterns at the root of your discomfort. You learn how to balance your own body and take charge of your own health. You learn how to sit, stand and move — with safety, efficiency and ease.

Cardio Kickboxing (Stephanie Frescas): Cardio Kickboxing offers a great workout for everyone interested in improving their fitness and having fun! This class is flexible to serve the needs of all participants—it will help beginners to improve their fitness, it will challenge the more fit, and it is popular with both men and women. Class format integrates large muscle movement to music and combinations of simulated punches, bag punches, and kicks. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress, and get an awesome workout.

Lunch Kick-off and Presentation: At the beginning of each semester, faculty and staff are invited to attend a health/wellness educational presentation, dine with colleagues, meet the FSFW instructors, and learn more about the fitness and recreation opportunities available through the FSFW program.

Nutrition Consult: Pomona College Nutritionist Liz Ryan is available for individual consultations. Liz can be reached at nutritionist@pomona.edu

Pedometer and Nutrition/Activity Programs (Lisa Beckett): Pedometers are little gadgets that count your steps and they make it fun to move! Pedometers and a variety of pedometer programs are available. Assorted programs designed to improve your nutrition/activity level are also available.

Personal Fitness Program Design (Lisa Beckett): Work with Lisa and learn how to safely use the weight room equipment and the cardio machines, and then design a program to improve your fitness. If you already have a fitness program, Lisa can show you new exercises that will add variety to your workouts.

Pilates Method (Mari Gamans): Beginning Mat Pilates class is an all levels workout focusing on strengthening the core (abdominal/inner thigh/glute & lower back muscles.) This is achieved by a combination of stretching & lengthening muscles, and strengthening them by using specific breathing and body alignment. By practicing Pilates you’ll get stronger, more flexible, improve your posture, de-stress & energize your body... all in one class! Come give it a try!!

Recreation Swim: Did you know that the pool is open for recreational swimming early in the morning? Check sagehens.com for pool hours.

Swim Stroke Work (JP Gowdy): Did you know that Coach Gowdy will analyze your swim strokes and show you how to improve your technique? He can also help you devise a swimming workout tailored to your specific needs and goals. Contact JP to set up an appointment. Offered fall and spring semester only.
Table Tennis/Pickleball: Join is at Memorial Gym on Wednesdays at noon to play Table Tennis (ping pong!) and Pickleball. Pickleball is a paddle sport for all ages and all athletic ability levels. It is played on a badminton court, has very simple rules, and is easy to learn and play.

Tennis (Katy Bickham): This class offers the student a wide range of tennis drills, stroke analysis, and competitive drills in a fun relaxed setting. If you are an advanced, intermediate, or beginner player, you will find someone who will meet your hitting needs. The class is geared to the specific level of player who attends class that day, and class may include work on specific techniques for improving your strokes or possibly singles and/or doubles play. You are guaranteed to have lots of fun, meet new friends, and improve your tennis game. Please join Katy at noon for a special hour of tennis.

Torch Strength (Stephanie Frescas): Torch Strength offers a great workout for everyone interested in improving their fitness and having fun! This class consists of group strength and conditioning exercises performed to motivating music. A variety of equipment will be used, including barbells, free weights, tubing, bands etc., all in a group fitness setting. You will have fun, reduce stress, and get an awesome workout.

Walking Club (Gizem Karaali): A loose collection of friendly people who walk during the noon hour and/or participate in local walking events regularly as a group. There are frequent 5K-10K walks in our own backyard (many in LA, Orange and San Bernardino County), so we won’t have to go far. We will plan and announce these ahead of time so we can all go together. However, if you want to just walk during the workweek, we are doing that, too! Just contact Gizem for more details. Offered fall and spring semesters only.

Water Fitness (Carla Jackson/Erin Killebrew/Emma de Lira): Water Fitness is a great way to get in shape and have fun! The water allows you to get a cardiovascular and strength workout all in one. Plus, the massaging action of the water reduces muscle soreness. This class is great for the noon hour, since you don’t get sweaty and you don’t even have to get your hair wet! All levels are welcome, since everyone can work at their own pace to get the workout that they need. We get in the pool at 12:15 and get out at 12:45, which leaves plenty of time to get to and from your desk. Come join us!

Weight Training and Cardio (Bill Swartz): Coach Swartz can show you how to use the various machines and free weights in the weight room and help you design a weight training program that fits your particular needs. He is particularly available to work with you during the noon hour.

Weight Watchers at Work (facilitator Brenda Rushforth): Weight Watchers understands that you lose weight in your own way. That’s why the “Beyond the Scale” program takes into account all aspects of your life to make it easier for you to eat healthy and move more without interrupting your flow. Meetings take place at Rains Center every Friday at 12:15. At meetings you will receive guidance from a trained meeting leader who has been successful on the program. Contact Facilitator for program cost and other details.

Yoga (Tracy Brennan/Jennifer Stark/Nicole Hofmans): Yoga poses help improve your posture, focus & balance. In class we to learn how to mindfully stretch and strengthen the body, as well as bring a sense of peace and calmness to the mind. Appropriate for beginners as well as experienced participants.

Zumba (Erin Killebrew/Gwen Jones) Zumba is the perfect way to spice up your work out! These dance-fitness classes use vibrant Latin music, such as salsa, merengue and reggaeton. The music inspires you to move! Zumba classes fuse these vivacious Latin rhythms with aerobic dance steps. This class will work your muscles and also provide a cardio workout. Each class also includes a toning and stretching segment. You do not have to be a dancer to have fun and get a good work-out in the class! Come and give it a try! Bring a towel, water bottle, good pair of non-marking athletic shoes, and a smile!

*See the FSFW schedule for specific days/times and contact info for instructors.

It is recommended that you check with your physician before beginning any exercise program. A “Waiver and Release of Liability Agreement” must be completed before participating in the FSFW classes/programs. Forms are available on the Sagehens.com website, and at the Rains Center office and the Office of Human Resources (Pendleton Bldg.,150 E. 8th St.).