



# FALL 2009 FITNESS PROGRAMS



**Group Fitness Classes** - over 15 weekly classes to motivate you! Try yoga, water fitness, kickboxing or our newest class, "The Accumulator". The class schedule (including class descriptions) is located in Otto, MF 118 and online. These classes are free to current students and Otto Recreation Center members. Faculty, staff, spouses (of students or faculty/staff) and alumni are eligible to purchase a semester pass for \$100 or an annual pass for \$200. Pick up your invoice in Otto or MF 118 today, or visit our website ([www.mnsu.edu/campusrec/forms/](http://www.mnsu.edu/campusrec/forms/)) to print off your own.

**Maverick Boot Camp - Back by popular demand!** A 10 week program designed to jump start your fitness! Form a team of 4 people (or we can put you on a team) and compete in weekly challenges. Your team will meet with a personal trainer two times a week. You earn points for team weight loss percentage and weekly challenges. The team with the greatest percentage of total accumulated points wins a great prize! Cost is \$300 total (\$75 per team member). *That's only \$3.75 a session!* Team sign up sheets and invoices are available in Otto or in HC 1410. Boot Camp starts the week of September 14th and runs through the week of November 16th. **Registrations are due in HC 1410 by September 9th.**

*(membership to Otto Recreation Center for Faculty/Staff/Spouse/Alumni not required but recommended due to some of the weekly challenges. See website for membership details)*

**Run Across Minnesota** - Take part in the challenge to run 225 miles across our great state! Each week you'll report your walking/running miles and we'll chart your progress on a Minnesota map located on the bulletin board in Otto. Miles can be accumulated on the treadmill, track, or outside. Everyone who completes the challenge will have a chance to win a heart rate monitor - a great training tool! Register in HC 1410 by September 11th. The challenge begins on Sept 14th and ends on Nov 25th.

**Family Weekend 5K Fun Run/Walk - FREE!** Start training today for the annual Family Weekend 5K! The Run/Walk starts at 9 am on Saturday, October 17th. To get yourself a free t-shirt, be one of the first 200 registrants (call 389-3269 to register). The Run/Walk begins at the Otto Recreation Center front desk and weaves through campus. Water and treats will be provided at the end of the course. Bring your family members; all ages welcome!

**20 Ton Challenge** - How many reps will it take your team to lift 20 tons? This team bench press competition will be held November 6th and December 4th from 9 am - 3 pm. Teams will be timed on how many minutes it takes them to accumulate 40,000 pounds of weight. Bench press form will be judged and running weight total will be calculated by the program administrator. Teams limited to 4 people, with the top men's and women's teams becoming the first ever MSU 20 Ton Challenge champions. Sign up for a timeslot in HC 1410 by October 30th for either or both days.

**Swimming Speed Trials** - Test your 100 yard freestyle/breast stroke/butterfly times in the Highland Center pool. Once your baseline is established, start training to improve your speed. Time trials will be held the first week of every month (Sept/Oct/Nov) and the final trial will be the final week of classes (Nov 30th - Dec 4th). The male and female with the biggest improvements will win some sweet prizes! Sign up with the lifeguards in the pool. Competition starts August 31st.

*(you must be a current student or Otto Recreation Center member to use the swimming pool)*

**AFAA Fitness Certifications/Workshops** ([www.afa.com](http://www.afa.com) for more information)

- November 7th Primary Group Fitness Instructor Certification
- November 8th Practical Pilates Workshop
- November 13-15th Personal Fitness Trainer Certification

Costs vary per workshop. Call Jen Myers (389-3269) by October 16th to get a 25% discount and for more details

Questions? Call Jen Myers @ 389-3269 or visit our website at: [www.mnsu.edu/campusrec](http://www.mnsu.edu/campusrec)