

Faculty & Staff Fitness Program

Spring Semester 2017, January 23rd - May 5th

First Class Free!

The Faculty & Staff Fitness program will be offered **Monday-Friday from 12:10-12:45**.

The classes will be located Monday–Thursday in Forbes Gym 250 & on Fridays in KA 202A.

The classes will be taught by [Kristen Ince](#) (Kinesiology faculty/lecturer & fitness instructor) & Kinesiology students [Nikita Kinsell](#) & [Nora McDevitt-Hickey](#) gaining experience.

This program is affiliated with the Kinesiology & Recreation Administration: kra@humboldt.edu

Fitness Schedule:

Monday: [Yoga Fitness w/Kristen](#)

This class is a Yoga bases style incorporating strength, flexibility, balance, relaxation, body awareness & core training.

Tuesday: [Strength/Cardio Fusion w/Nikita & Nora](#)

This class incorporate Dynamic movements into an inclusive strength, cardio & flexibility routine.

Wednesday: [Yoga Fitness w/Kristen](#)

This class is a Yoga bases style incorporating strength, flexibility, balance, relaxation, body awareness & core training.

Thursday: [Floor Fitness Fusion w/Nikita & Nora](#)

This class will include flexibility/yoga, core work and strength endurance exercises performed on floor mats.

Friday: [Fitness Fusion w/Kristen](#)

This class is a more challenging barefoot fitness class (shoes can be used) that combines Strength endurance, Cardio & Yoga. Appropriate for many levels.

Program Administration:

- The program is 14 weeks long, 69 classes total /\$50 fee
- Join at any time in the semester, fee will lower every 3 weeks!
- Attend any or all of the classes above
- Participants will pay at the Cashiers office & bring proof of payment to class
- Participants will complete a liability form in their 1st class.
- If you have questions please contact [Kristen Ince, kmi2@humboldt.edu](#)