

# Faculty & Staff Fitness Program

**Summer 2016!**

**8 weeks/\$25 fee**  
**First Class Free!**

**May 23rd-June 16<sup>th</sup>**

**No Classes June 20th-July 4th**

**July 5<sup>th</sup>-July 28th**

---

The Faculty & Staff Fitness program will be offered **Monday-Thursday from 12:10-12:50.**

**The classes will be located** in KA 202A

**The classes will be taught by** Kristen Ince (Kinesiology faculty/lecturer & fitness instructor) with assistance from Kinesiology students gaining experience.

This program is affiliated with the Kinesiology & Recreation Administration: [kra@humboldt.edu](mailto:kra@humboldt.edu)

## **Class Schedule**

**Monday**      **Yoga Fitness w/ Kristen**

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

**Tuesday**      **Yoga Fitness Relaxation! w/ Kristen**

This class is a Yoga based style emphasizing breath, relaxation & movement that is meant to ease neck, shoulder, & lower back tightness/discomforts.

**Wednesday**      **Yoga Fitness w/ Kristen**

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

**Thursday**      **Yoga Fitness Strength & Cardio! w/ Kristen**

This Class is a more challenging barefoot fitness class incorporating Strength endurance, Cardio & Yoga. (willpower & grace) Appropriate for many levels.

## **Program Administration**

- ❖ The program is 8 weeks long, 30 classes total/\$25 fee
- ❖ Attend any or all of the classes above
- ❖ No class May 30th & July 4th
- ❖ First Class Free!! Come check it out!!
- ❖ Participants will pay at the Cashiers office & bring proof of payment to class.
- ❖ If you have questions please contact Kristen Ince: [kmi2@humboldt.edu](mailto:kmi2@humboldt.edu)