Healthy Habits
Calvin College
Fall 2017

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Healthy Habits Goals
• To provide opportunities for Calvin College employees, retirees, and their spouses to thrive and grow by offering activities that promote holistic health and well-being.
• To create a supportive community atmosphere for the pursuit of wellness goals.
• To encourage personal and professional well-being for lifelong Christian services.
• To inspire members of our community to be the best that they can be as agents of renewal at Calvin and in the world.

General Class Information

ALL CLASSES:
• Session 1: Sept 11—Oct 27  Session 2: Oct 30—Dec 15
• Cost: $40-60 per 7 week session unless noted otherwise.
• Meet: Twice/wk., except for Group Personal Training and where noted.
• Requirement: A minimum of 10 registered participants to confirm each class. Exercise Balls & Bands and Tai Chi each have a minimum requirement of 12. Group Personal Training classes require 2 participants per class, but no more than 5, to confirm.
• If you miss a class, feel free to substitute one of our other classes to make it up.

Register online (see below). Payments for faculty and staff will be automatically deducted from Calvin paychecks. For spouses, retirees, seminary employees, or if you prefer to pay directly, please pay with exact cash or check (payable to “Calvin College”) via ICM or dropped off in the Kinesiology department. NO REFUNDS are given after the second week of class. Healthy Habits does not pro-rate fees due to expected or unexpected absences.

Class Registration Procedure

NOTE: Beginning Fall 2017 we will only be accepting ONLINE registration forms.

Please register online for all activity classes using the following Healthy Habits website instructions:

• From the Calvin homepage, click: “A-Z”, then “Healthy Habits”, then “Activity Classes”, then “Online: Calvin College faculty, staff and spouses”
• For Staff/Faculty: Make sure you are logged in to your Calvin Gmail account, NOT your personal Gmail. Use your normal username and passphrase.
• Spouses, an account is no longer required. Please provide the Calvin employee ID number of the employee connected to you.

NEW: Seminary Employees, Calvin Employee Spouse, Creative Dining Employees, and Calvin Retirees may also register online (follow the instructions above)

Questions? Please email healthyhabits@calvin.edu or call Natalie Hubers at 526-6177.
**Activity Classes**

**Tai Chi ($60)**
The ancient Chinese art of Tai Chi consists of a series of gentle and rhythmic movements that incorporate breath, coordination, balance, strength, and posture.

Mon. & Wed. 4:45—5:30pm, Hoogenboom 204

**Exercise Balls and Bands ($50)**
This total body workout features exercise balls and resistance bands to strengthen and stretch your entire body. If your fitness goals include better posture, balance, flexibility, and muscular strength, then this class is for you!

Mon. & Wed. 12:30—1:30pm, Hoogenboom Dance Studio 252

**Yoga ($40)**
If you are looking for an exercise class that will build strength, stamina, and flexibility as well as work on relaxation, check out one of our yoga classes.

Intermediate: Tue. & Thu. 6:45—7:30am, Hoogenboom Dance Loft 300

Beginner: Tue. & Thu. 4:30—5:15pm, Hoogenboom Dance Loft 300

**Indoor Group Cycling: “Spinning” ($40)**
As you pedal our specially-designed group exercise bikes, our instructors will take you on rides that include sprints, climbs, and everything in between. If you are looking for motivation for an intense workout, give group cycling a try!

Mon. & Wed. 6:30—6:55am, Hoogenboom Spin room 121

Mon. & Wed. 4:45—5:30pm, Hoogenboom Spin room 121

Tue. & Thu. 12:00—12:45pm, Hoogenboom Spin room 121

**WERQ ($40)**
WERQ is a “fiercely fun dance fitness class based on pop, rock, and hip hop music” taught by a certified instructor. No dance experience is necessary. Athletic shoes are required.

Tue. & Thu. 12:30—1:30pm, Van Noord Arena—North Gym

**Aqua-Fitness (Free)**
Good for individuals who may benefit from a non weight-bearing fitness activity. This is an informal group of dedicated individuals who enjoy exercising in the pool. There is no instructor and no fee. Come when you can.

Mondays, 12:00—1:00pm in the Pool Diving Tank

**Group Personal Training**

**Group Personal Training**
Small group personal training sessions are tailored to fit the needs of the group, as well as the individual. Class size is limited to five (minimum of 2 required). Classes meet once per week for 50 minutes. Cost: $40.

Location: VN 110 (Fitness Classroom).

Monday—Friday: 11:30pm & 12:30pm

**Personal Training Options**

**Four FREE, 1-hour sessions**
- Email healthyhabits@calvin.edu or leave a message at 526-6177 if you are interested. Based on the availability of our trainers. This offer is available on a one-time basis for all faculty, staff, retirees, emeriti, and respective spouses.

**Personal Training “Plus”**
- Have you ever wondered what it would be like to have your own personal trainer? We can make it happen! Options include 6 or 12 week sessions, and once or twice per week. $12 per hour session. Registration forms are available online or via email at healthyhabits@calvin.edu.

**Personal Training “Partners”**
- Similar to Personal Training “Plus”, only with a partner and at a discounted rate. This is perfect for couples or friends looking to keep each other accountable. Rates vary depending on the package chosen. Registration forms are available online or email healthyhabits@calvin.edu.