Healthy Habits
Calvin College
Spring 2018

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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:

- Spring I: January 29—March 16
- Spring II: March 26—May 11
- 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 first week of class. Healthy Habits does not pro-rate fees due to expected or unexpected absences.

Class Registration Procedure

NOTE: We are only 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 Calvin 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

POP Pilates ($40)
POP Pilates is a fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This mat-based workout challenges you to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.
Mon. & Wed. 4:30—5:35 pm, Hoogenboom Dance Loft (HC 300)

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 Dance Studio 252 (HC 280 on Jan. 26)

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—1:35pm, 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
Beg/Int: Tue. & Thu. 12:00-12:45pm, Hoogenboom HC 204
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. Session I - 12:00—12:45pm; Session II - 11:15—12:00 pm Hoogenboom 121

WERQ and Zumba ($40)
WERQ and Zumba are “fun dance fitness classes based on pop, rock, salsa, and hip hop music. No dance experience is necessary. Athletic shoes are required.
(Tuesday—Zumba; Thursday—WERQ)
Tue. & Thu. 12:30—1:15pm, Van Noord Arena North Gym

Strength Training for Runners ($45)
Do you want to improve your running times? Have you battled running-related injuries? Do you want to prevent future injuries? The class focuses on strength training tailored to accompany running training. As part of this class you will also receive a running program specific to your fitness level and a potential group of people you can meet to run with.
AS AN ADDED BONUS—participants in this class will also receive a FREE registration to the Calvin Spring Classic 5K.
Fridays, 11:30 AM—12:30 PM Fitness Classroom (VN 110) Class size is limited to 5

Group Personal Training

Group Personal Training ($45)
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.
Location: Fitness Classroom (VN 110)

Mondays: 11:30 AM or 12:30 PM
Tuesdays: 12:30 PM
Wednesdays: 11:30 AM or 12:30 PM
Thursdays: 12:30 PM

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. Regis-