

LEWIS & CLARK COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS

EMPLOYEE FITNESS PROGRAM
“Promoting Fitness & Community”

FALL SEMESTER 2012 SCHEDULE

MORNING

Class	Instructor	Days & Times	Location
Cross Training & Core Conditioning	Suzanne Brauer sbrauer@lclark.edu	Tu/Th 6:45-7:30	Mat Room & All Around Pamplin
*Deep Water Running	Keith Woodard kfw@lclark.edu	M/W 8:00-8:45	Pool

MID-DAY

Class	Instructor	Days & Times	Location
Pilates	Suzanne Brauer sbrauer@lclark.edu	Friday 12:00-12:45	Mat Room
*Golf Fundamentals	Dave Andrews Andrews@lclark.edu	Tu/Th 12:00-12:45	Gym
Indoor Cycling (cycling gear not required)	Clark Yeager yeager@lclark.edu	Tu/Th 12:00-12:45	Gym Foyer
Cardio Tennis (tennis skills not required)	Phalcun Mam phalcunmam@lclark.edu	MW 12:00-12:45	Tennis Dome

EVENING

Class	Instructor	Days & Times	Location
Yoga	Suzanne Brauer sbrauer@lclark.edu	Thursday 4:45-5:30	Mat Room

*Combination PE/A Course and Employee Fitness Program Class

Physical Education Courses are held September 4-December 12

Special Employee Classes start September 24-December 14

All Follow the CAS Academic Schedule

All Subject to Changes in Time and/or Facilities

Currently All Special Employee Classes Are Free

Please Contact the Program Coordinator, Suzanne Brauer sbrauer@lclark.edu

Or the Instructors for Availability, Registration, and Information

OTHER ACTIVITIES

Aqua Jogging is available during all Lap Swim times in the Indoor Pool. For assistance with orientation and training, please contact Suzanne Brauer sbrauer@lclark.edu

CARE Outdoor Cycling Group: Check the CARE website (see the link below).

CARE Walking Group: Check the CARE website (see the link below).

Fitness Center & Weight Room Orientation & Consultation is available between the hours of 9:45am-1:00pm on Tu/Th. For an appointment, please contact Tom Flynn tflynn@lclark.edu

Meditation Sessions for staff and faculty will be offered on the first and third Thursdays of the month during the semester, from 12:15-1:00pm, in the Conference Room (112), of the Chapel basement. Jeanne Lilly, PhD, in her role as Contemplative and Spiritual Life Coordinator for the Religious and Spiritual Life Office, will be facilitating these sessions. Come join us – take out a few minutes to unplug and just BE.

Tennis Anyone? Two Indoor Courts will be reserved for employees on Tuesday evenings during Fall Semester from 5:30-7:30pm starting in Mid-October. For information, please contact Joann Geddes geddes@lclark.edu

Volleyball Anyone? Drop in playing time is around the Noon hour. For information, please contact Yung-Pin Chen ychen@lclark.edu

Holiday Break Indoor Cycling Class: Join Clark Yeager for his annual rides with trivia and stories at the noon hour during finals week. Look forward to a lunch together before the holiday break. Days and times will be announced later in the semester.