Heskett Center
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Plan Ahead for Summer Faculty & Staff Fitness Classes

Session one: Session two:
June 1-June 25 July 6-July 30
Registration: Visit the Heskett Center business office. Registration cards can be downloaded from the website. Drop-ins are $4.00 a class.

Lunch Time Classes
Yoga – this class emphasizes proper posture and breathing while improves flexibility, strength, and health.
Days: Monday & Wednesday Times: 12:05-12:55 p.m.
Class Fee: Members $25 Non-member $40

Aqua Power Lunch Bunch – 30 minutes of heart pumping water aerobics. Fun and social! No swimming experience needed.
Days: Tuesday & Thursday Times: 12:15-12:45 p.m.
Class Fee: Members $15 Non-member $22.50

After Work Classes
Yoga – this class emphasizes proper posture and breathing while improves flexibility, strength, and health.
Days: Monday & Wednesday Times: 5:15-6:05 p.m.
Class Fee: Members $25 Non-member $40

Aqua Jogging Plus – Deep water provides resistance to tone muscles and increase flexibility with no impact. No swimming experience needed, flotation devices provided.
Days: Tuesday & Thursday Times: 4:30-5:20 p.m.
Class Fee: Members $25 Non-member $40

Classes with less than 6 participants will be cancelled. To suggest a class format, date, time, contact Sally. For more information on any of the Faculty/Staff fitness classes, call Sally at 978-5286.

NEW!! Summer Boot Camp!

Boot Camp is a full body workout that incorporates cardio, flexibility, balance, muscle strength and endurance. Boot Camp is a great way to get fit, lose fat, and have fun! This is a 2 week, high intensity workout (that can be adapted to lower intensities) offered on Monday's and Wednesday's at lunch time: 6/22, 6/24, 6/29, and 7/1; 12:05-12:50pm. $15 for members, $22.50 for nonmembers. Led by Bryce, GA for Fitness/Wellness.

Summer Exercise: How to Keep Cool

Outdoor exercise can be challenging when the temperature soars. Stay safe by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat. Take it slow, if you’re used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.

Drink plenty of fluids. Your body’s ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you’re working out – even if you feel thirsty. If you’re planning to exercise intensively or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.

Dress appropriately. Lightweight, loose fitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun. Wearing a sunburn decreases your body’s ability to cool itself.

Avoid midday sun. Exercise in the morning or even when it's likely to be cooler outdoors – rather than the middle of the day. If possible, exercise in the shade or in a pool.

Wear sunscreen. A sunburn decreases your body’s ability to cool itself.

Have a backup plan. If you’re concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

Know when to call it quits
If you suspect a heat-related illness, stop exercising and get out of the heat. Drink water, and wet and fan your skin. If you don’t feel better within 30 minutes, contact your doctor. If you develop a fever higher than 102 F (38.9 C) or become faint or confused, seek immediate medical help.

For full article visit: www.mayoclinic.com

Facility Update
During the summer months there are a number of summer camps that use the Heskett Center facility. Included in this list are the Gregg Marshall Basketball Camp in June and Upward Bound throughout the summer.

Monday, June 8th is the first day of the summer semester for the Heskett Center. If you were a spring student or had a spring membership you will need to purchase a summer membership by this date. If a student is enrolled in summer classes at WSU they will not need to purchase a membership.

The Heskett Center is going to purchase four new interactive bikes that will be in the cardio room. Please look for this new equipment soon.

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Questions, comments, or if you wish to remove your name from the Heskett Headlines & announcement mailing list, contact laura.young@wichita.edu or call 316-978-5281.

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