PHYSICAL ACTIVITY

Your body moves in many different directions. When designing a physical activity program, focus on using exercises that allow you to move in a variety of directions so that it is moving in the same manner that you would in real life.

There are three planes of motion that you should incorporate into your exercise routine:

- Sagittal Plane (forward/backward movements) - exercises include forward or reverse lunges, bicep curls, etc.
- Frontal Plane (side-to-side movements) - exercises include side lunges, lateral shuffles, etc.
- Transverse Plane (rotational movements) - exercises include oblique rotational twists, cross-over lunges, etc.

### Fitness Classes

**Monday**

- Yoga • 12:00-12:45pm • SRB Patio
- Yoga For Core • 12:00-1:00pm • River Campus (Interfaith)
- Yoga • 12:00-1:00pm • AAC Auditorium
- Zumba • 5:15-6:00pm • Sloan Studio
- Power Pump • 5:15-6:15pm • URMC Fitness Center

**Tuesday**

- Yoga • 12:00-12:45pm • College Town
- Yoga • 12:00-12:50pm • HWH • Evarts Lounge
- Pilates • 12:00-1:00pm • MAG
- Yoga • 12:00-1:00pm • River Campus (Interfaith)
- Boot Camp • 12:15-1:00pm • URMC Fitness Center
- WERQ • 5:15-6:05 pm • URMC Fitness Center

**Wednesday**

- Yoga • 12:00-12:00pm • Mt. Hope Family Center
- Yoga • 11:30-12:25pm • URMC Fitness Center
- Pilates • 12:30-1:25pm • URMC Fitness Center

**Thursday**

- Yoga • 11:00-12:00pm • SRB Patio
- Yoga For Core • 12:00-1:00pm • River Campus (Interfaith)
- Yoga • 12:00-1:00pm • HWH • Evarts Lounge
- Stretching - Upper • 1:00-1:25pm • HWH • Evarts Lounge
- Stretching - Lower • 1:30-2:00pm • HWH • Evarts Lounge
- Turbokick • 5:15-6:15pm • URMC Fitness Center

**Friday**

- Yoga • 11:00-12:00pm • SRB Patio
- Yoga For Core • 12:00-1:00pm • River Campus (Interfaith)
- Yoga • 12:00-1:00pm • HWH • Evarts Lounge
- Pilates • 12:30-1:25pm • URMC Fitness Center

**Well-U Calendar of Events**

Pick Up Your BIB Rewards Card

- **Labor Day**

- **EAP Supervisor Series Topic #1**
  - 12-1 p.m.
  - Health Bites
  - 12-1 p.m.

- **Become a Runner Info Session**
  - 12-1 p.m.

- **Become a Runner Info Session**
  - 5:30-6:30 p.m.
  - Rochester Running Company

- **Injury Prevention for Running**
  - 12-12:45 p.m.
  - Helen Wood Hall

### October 2019

- **Yoga** • 11:00-12:00pm • Mt. Hope Family Center
- **Yoga** • 12:00-1:00pm • URMC Fitness Center
- **Pilates** • 12:30-1:25pm • URMC Fitness Center

**More Information:** rochester.edu/well-u

**Register for an event:** totalrewards.rochester.edu