## Know Your Numbers

### - Fitness -

- How long should my warm-up and cool-down be?
- How much weight should I be lifting?
- When should I increase the weight I’m lifting?
- How many sets should I do for each muscle group?
- What should my heart rate be while I’m working out?
- How many rest days do I need to take?

Find out the answers to all of these questions and more at Ready, Set, Train on January 22nd.

### Well-U Calendar

<table>
<thead>
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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>Well-U Fitness Classes Begin</td>
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<td>Pick Up Your BIB Rewards Card</td>
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<td>New Year’s Day</td>
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<td>Health Bites 12-1p.m. K307</td>
<td>Guided Relaxation 12:15-12:45p.m. Saunders Research Building</td>
<td>Live Cooking Demo 11:30a.m.-12:15p.m. Cafe 601</td>
<td>Immune &amp; Mood 12-12:45p.m. Helen Wood Hall</td>
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<td>What's My Healthy Number? 12-12:45p.m. URMC Natapow</td>
<td>Guided Relaxation 12:15-12:45p.m. Saunders Research Building</td>
<td>Live Cooking Demo 11:30a.m.-12:15p.m. Cafe 601</td>
<td>Immune &amp; Mood 12-12:45p.m. Helen Wood Hall</td>
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<td>Martin Luther King Jr. Day</td>
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<td>EAP Supervisor Series, Topic #1 12-1p.m. K207</td>
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<td>Take Your Personal Health Assessment</td>
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<td>Schedule Your Biometric Screening</td>
<td>Champion Breakfast 7:30-9a.m. College Town</td>
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### Monday

- **Boot Camp** • 12:00-12:50pm • SRB Patio
- **Yoga For Core** • 12:00-12:45pm • River Campus (Interfaith)
- **Yoga** • 12:00-1:00pm • AAC Auditorium
- **Zumba** • 5:00-5:45pm • O’Brian Dance Studio
- **Power Pump** • 5:15-6:15pm • URMC Fitness Center

### Tuesday

- **Pilates** • 12:00-1:00pm • MAG
- **Yoga** • 12:00-12:50pm • River Campus (Interfaith)
- **Yoga** • 12:00-1:00pm • ESM
- **Zumba** • 5:00-5:45pm • O’Brian Dance Studio
- **Power Pump** • 5:15-6:15pm • URMC Fitness Center

### Thursday

- **Yoga** • 12:00-12:50pm • ESM
- **Yoga** • 12:00-12:50pm • HWH • Evarts Lounge
- **Yoga** • 1:00-1:50pm • HWH • Evarts Lounge
- **TurboKick** • 5:15-6:15pm • URMC Fitness Center

### Friday

- **Yoga** • 11:00-12:00pm • Mt. Hope Family Center
- **Yoga** • 11:30-12:35pm • URMC Fitness Center
- **Pilates** • 12:30-1:35pm • URMC Fitness Center

### Wednesday

- **Yoga** • 12:00-12:45pm • RTP Bldg. 5
- **Boot Camp** • 12:00-12:50pm • SRB Patio
- **Yoga** • 12:00-1:00pm • MAG
- **Yoga** • 12:00-1:00pm • 60 Corporate Woods
- **Yoga** • 12:00-1:00pm • River Campus (Interfaith)
- **Yoga** • 4:30-5:30pm • Brighton Business Center
- **Zumba** • 5:30-6:30pm • URMC Fitness Center

*Enroll on the Well-U Enrollment Page
** Enroll on the Inward Office Enrollment Page
To enroll in a wellness program, go to rochester.edu/working/hr/wellness/enroll