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, crossover lunges, etc.

### Fitness Classes

<table>
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<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Sunday</td>
<td><strong>Fit Fun</strong> 9a.m.</td>
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| Monday  | * Boot Camp • 12:00-12:45 p.m. • SRB Patio
  ** Yoga for Core • 12:00-1:00 p.m. • River Campus (Interfaith)
  ** Yoga • 12:00-1:00 p.m. • AAC Auditorium
  ** Yoga • 12:00-1:00 p.m. • Brooks Landing
  ** Yoga • 12:30-1:00 p.m. • Farmers Market
  ** Power Pump • 5:15-6:15 p.m. • URMC Fitness Center
  ** Zumba • 5:30-6:30 p.m. • O’Brien Dance Studio |
| Tuesday | * Boot Camp • 11:30-12:30 p.m. • URMC Fitness Center
  ** Yoga • 12:00-12:45 p.m. • College Town
  ** Yoga • 12:00-1:00 p.m. • Farmers Market
  ** Pilates • 12:00-1:00 p.m. • MAG
  ** Yoga • 12:00-12:30 p.m. • River Campus (Interfaith)
  ** Yoga • 12:15-1:00 p.m. • Rochester Tech Park
  ** WERQ • 5:15-6:05 p.m. • URMC Fitness Center |
| Wednesday | ** General Stretching • 12:00-1:00 p.m. • MAG
  ** Yoga • 12:00-1:00 p.m. • 135 Corporate Woods
  ** Yoga • 12:00-1:00 p.m. • River Campus (Interfaith)
  ** Targeted Stretching • 12:30-1:00 p.m. • MAG
  ** Yoga • 4:45-5:45 p.m. • Brighton Business Center
  * Zumba • 5:30-6:30 p.m. • URMC Fitness Center |
| Thursday | ** Yoga • 11:00-12:00 p.m. • Mt. Hope Family Center
  ** Yoga • 11:00-12:00 p.m. • Farmers Market
  * Turbokick • 5:15-6:15 p.m. • URMC Fitness Center |
| Friday  | * Yoga • 11:00-12:00 p.m. • Mt. Hope Family Center
  ** Yoga • 11:00-12:00 p.m. • Farmers Market
  * Pilates • 12:30-1:25 p.m. • URMC Fitness Center |

More Information: rochester.edu/well-u
Register for an event: totalrewards.rochester.edu