

**Tentative 3 - COURSE: Health-Related Fitness, BLOCK: Forest Winter, 2012**  
**COURSE OVERVIEW CHART**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>am</b>	-Fit For Life -UF Chart -Thrive	9:30-10:30 -Power Calisthenics- Women (T)  10:30-11:30 -Elastic Bands @ Art Building (T)	9:30-10:30 -run / walk test (K) -T.B.W. Weights (T)  10:30-11:30 Power Calisthenics-men (T) - Indian Clubs (K)	9:30-10:30 -run/walk test (K) - Body Pump @ Art Building (T)  10:30-11:30 -Pilates (T) -Indian Clubs (K)	9:30-10:30  Tae-Bo (T)  10:30-11:30 -Horotherapy-men (T)	9:30-10:30 -Greek Dance (T) -Rock Climbing (K)  10:30-11:30 -Horotherapy-women (T) - Rock Climbing (K)
<b>pm</b>	-Goal Setting Workshop -Time Management	-Stages of Change -Life-Style Choices -Meaningful Activity -Sleep	-Functional Anatomy -Physiology of Fitness -Athletic Injuries	-Transcendence / Peak Experience in Movement -Nutrition Body Composition (Weight Loss / Gain)	-Addictive Behaviors	Weekend
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>am</b>	9:30-10:30 Fun Aerobics@ Rec Center (T) -Parkour @ Rec Center (K) 10:30-11:30 -Pilates @ Art Building (T)	9:30-10:30 -Parkour @ Rec Center (K) -Body Pump @ Rec Center (T)  10:30-11:30 -Elastic bands (T)	Residence Course	Residence Course	Residence Course	-Long Weekend
<b>pm</b>	-Health and Fitness Requirements -Behavioral Rasayana -Caraka / Sushruta -Maharishi on Athletics	-Presentations	Residence Course	Residence Course	-Long Weekend	-Long Weekend

Unless noted all classes will be at the MUM Recreation and Fitness Center Instructors: (T)=Tania Kalamara (K)=Ken Daley