



Ultimate Fitness

Spring 2012 Session I (January 16th – February 27th)

Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$25.00. Sorry, no public rate is available for this class since space is very limited.

NOTE: SPACE IS LIMITED!! Please fill out a SIRA Fitness Registration Packet in order to register for this program. Reg packets can be found on-line at - <http://www.southwestern.edu/offices/sira/fitness>. Participants may also pay for class on-line (with a Pirate Card) or turn in the appropriate fee (make checks payable to “Southwestern University”) to Derek Timourian in CJR 214 or 222.

Session Schedules and Formats:

Class is scheduled for Mondays and Wednesdays from 6:30-7:20pm for three weeks (Jan 16 – Feb 1) and then on Mondays only for the next four weeks (Feb 6 – Feb 27). A total of 10 classes will be offered.

Ultimate Fitness meets in the Aerobics Room of the Robertson Center, but will utilize other spaces in the building and around campus as the weather and facility schedules allow. Please come dressed to work hard with gym shoes and appropriate clothing.

Class Description

Ultimate Fitness will work through every aspect of physical conditioning. This class will feature agility training, core stability, functional training, speed and explosive movement training, balance training and more. We will utilize a variety of modalities in order to work through all areas of human movement and push the body towards its Ultimate Fitness level!

Instructor Qualifications

Cara Cunningham has earned a masters degree in Exercise Science and Health Promotion and is a certified personal trainer through the NASM (National Academy of Sports Medicine). Additionally, Cara is certified to teach a variety of group exercise classes (e.g. Pilates, spinning, core fitness) and holds American Red Cross certifications in CPR/AED.

Questions(?) Contact Derek Timourian at 863-1665 or timourid@southwestern.edu.