



## *Ultimate Fitness* Spring II '08 (April 2<sup>nd</sup> - 30<sup>th</sup>)

### *Registration is already underway!*

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$25.00. The public rate that all applies to all other individuals is \$35.00.

**NOTE:** SPACE IS LIMITED!! Please fill out both a Fitness Program Registration Form and a PAR-Q Form in order to register for this program. Forms can be downloaded from the SIRA website (<http://www.southwestern.edu/student-life/sira>). All new participants must turn in completed registration forms with the appropriate fee (make checks payable to "Southwestern University") to either Derek Timourian in CJR 158A or to Julie Ortman in class.

### Session Schedules and Formats:

Class is scheduled for Mondays and Wednesdays from 5:15-6:15pm and Fridays from 7:00-8:00am. See schedule of class dates below for specific days when class will take place:

Monday Classes at 5:15pm – 4/14, 4/21, 4/28

Wednesday Classes at 5:15pm – 4/2, 4/9, 4/16, 4/23, 4/30

Friday Classes at 7:00am – 4/11

This class meets in the Walzel Gym. Come dressed to work hard with gym shoes and appropriate clothing.

### Class Description

Ultimate Fitness is not for those weak at heart! We will be working through every aspect of physical conditioning. This class will feature agility training, core stability, functional training, Olympic lifting for strength and power, 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

Julie Ortman has a B.S. in Physical Education and a M.A. in Sports Psychology and has been a multi-sport coach at every level since 1986. She has taught a variety of college courses within the Physical Education Department. Julie owned Custom Fitness – Personal Training for the last 10 years and is a Certified Personal Trainer through the NSCA (National Strength and Conditioning Association). Julie is currently personal training at LifeForce Fitness studio in Round Rock.

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