Free Exercise Classes for Staff and Faculty
Brought to you by Staff Council and Human Resources.

Mondays – Focus on Strength

These classes are **energizing** and **uplifting**. They are designed to blend your own hidden strengths with the art of self defense, dance, and boxing. Tae-Bo takes your body to your next level of physical and mental fitness. It covers all fitness components. Increased strength and power, muscular endurance, cardio fitness, flexibility and agility are the results of this high powered training session. It burns fat like no other workout known and your body will feel like never before. Combine all that with powerful music and you have the recipe for the most challenging workout you could ever possibly imagine. The Total Body Workout Class works your arms, legs, waist, inner thighs, outer thighs, stomach and buttocks. Weights are welcome to increase intensity, but not mandatory.

Challenge yourself and see how powerful you can be!

Tuesdays – Focus on Cardio

This class is designed to condition your heart and lungs, reduce and control body fat, reduce fatigue, increase your energy level and stamina, and improve your mood by reducing anxiety and depression.

Wednesdays – Pattye’s Potpourri

Variety is the spice of life! Join Pattye for any of the number of classes that she teaches. (see website schedule)

Be it the dancing in Zumba, flexing in Yoga, or endurance of Kickboxing – you will always find a challenge here.

Thursdays – Focus on Flexibility

This class focuses on improving flexibility, strength, and balance for the total body. We will go through a series of movements engaging your body and mind. This program will leave you feeling refreshed and alert with a feeling of physical and mental well-being.

All Classes are from 5:15 to 6:00 pm at Whitfield hall.
(143 N Craig Street - Building 29 (grid A2) on the map at the back of the Faculty/Staff Directory)

We suggest you arrive dressed to exercise.

An exercise mat, bottle for water, towel, and hand weights are recommended.

You must present a completed Registration and Release Form from the Staff Faculty Fitness website: http://www.andrew.cmu.edu/org/StaffFacultyFitness before you are permitted to exercise with the class.

About the Instructors:

**Leslie Rhodes**

Leslie is a highly-motivated individual who has over 20 years of experience as an exercise instructor. She has taught at CCAC - North Campus and several other locations, including the Sharpsburg Lynden Gym, Shaler Middle and High School, and Hans Elementary School in Hampton. She also ran exercise programs for the Northland Sports Training Center, Cheer On Cheer, Dance Academy, and several other organizations in the Pittsburgh Area. She has participated in training for the Aerobic Championships, has done personal training, and is certified/trained in First Aid and CPR.

**Pattye Stragar**

Pattye has a bachelor's degree in physical education, a minor in coaching and secondary education, and a master's degree in physical education. Prior to coming to Carnegie Mellon, Pattye was the women's gymnastics coach, synchronized swimming advisor, cheerleading advisor, women's intramural director, taught physical education classes and private lessons in golf and tennis at Northwestern University.

Now she is the Assistant Director of Fitness and Operations Manager at the University Center and teaches physical education classes including fitness fusion, aqua at both ends, adult swimming, beginning tennis and beginning golf.

Since 2003, Pattye has been certified in Zumba, jump stretch, group step, health & fitness for the 21st century, spinning, profile designs and heart rate games, sports nutrition, yoga fundamentals, group strength, kick boxing, aquatic exercise, personal training, deep water exercise, and CPR/AED for the professional rescuer.

http://www.andrew.cmu.edu/org/StaffFacultyFitness

To find out about other programs provided by Human Resources please visit: http://www.cmu.edu/hr/benefits/healthy_living/fitness.html