



## Important Contact Information for Cornell Fitness Centers Members

### RECREATIONAL SERVICES

Main CFC Office - 305 Helen Newman Hall	254-2824
CFC Information Hotline	254-5CFC
Helen Newman Fitness Center	254-6728
Teagle Hall Fitness Center	255-5532
Schoellkopf Hall Fitness Center	255-4713
Fitness West ('28 & '26)	253-1849
Appel Commons	255-0204

Helen Newman Hall Bowling Center 255-4200

Faculty/Staff Wellness Program 255-5133

Open Recreation (HNH pool and gymnasium hours) 255-4261

Intramural Sports 255-2315

### ATHLETICS AND PHYSICAL EDUCATION

Main Line 255-5220

Physical Education 255-4286

Outdoor Education 255-6415

### OTHER NUMBERS OF INTEREST

Club Sports (Student Activities) 255-4169

Training/Medical Services 255-4237

Gannett Health Center 255-5155



# Cornell Fitness Centers

## Program Guide

Summer 2003

*“to provide safe, effective, efficient  
and enjoyable exercise programs  
for our patrons”*

Make the most of your CFC membership with:

A comprehensive schedule of all facility hours

Fitness class schedules for the summer

Conference Pass information

Telephone numbers for CFC, Recreational Services,  
Athletics and Physical Education, and other campus services

This information is also available on the web at  
[www.CornellBigRed.com](http://www.CornellBigRed.com)

**CFC/WELLNESS Fitness Class Schedule**  
**Summer 2003 (May 18 - August 22)**

**A valid Cornell ID and a class participation wristband are required to enter classes. Schedule is subject to change.**

DAY	TIME	CLASS*	SIZE LIMIT	LOCATION
Sat/ Sun	NO CLASSES			
Mon/ Wed	6:30 - 7:30am(Mon)	Step	32	HNH DS
	6:30 - 7:30am(Wed)	Step Interval	32	HNH DS
	7:00 - 7:45am	Water Aerobics	28	HNH Pool
	11:00 - 12:00pm(Mon)	Pilates - Mat Work	52	Teagle MPR
	11:00 - 12:00pm(Wed)	Yoga Svaroopa	52	Teagle MPR
	12:10 - 1:10pm	Tae Kwon Do (Beg/Int)	30	Barton Hall
	12:15 - 1:00pm(Mon)	Baby Boomer Yoga	52	Teagle MPR
	12:15 - 1:00pm(Wed)	Yoga Svaroopa	52	Teagle MPR
	12:15 - 1:00pm(Mon)	Jazzercise	no limit	Field House
	12:15 - 1:00pm(Wed)	Cardio Combo	no limit	Field House
	4:20 - 5:20pm	Pilates -Mat Work	40	HNH DS
5:30 - 6:30pm	Spinning*	17	HNH DS	
5:30 - 6:30pm(Wed)	Kripalu DansKinetics® *	25	HNH Classroom	
Tue/ Thu	6:30 - 7:30am	Spinning	17	HNH DS
	7:00 - 8:00am	Yoga Sivananda	52	Teagle MPR
	10:10 - 10:55am*	Ripples	28	HNH Pool
	12:10 - 1:00pm	Tai Chi	15	Teagle CR
	12:10 - 1:10pm(Tue)	Tae Kwon Do (Beg/Int)	30	see Notes below*
	12:10 - 1:10pm(Thur)	Tae Kwon Do (Int/Adv)	30	see Notes below*
	12:15 - 1:00pm(Tue)	Step 'N' Sculpt	no limit	Field House
	12:15 - 1:00pm(Thur)	Knockout Workout	no limit	Field House
	12:15 - 1:00pm	Yoga Basics	52	Teagle MPR
	12:20 - 1:10pm	Water Aerobics	28	HNH Pool
	4:15 - 5:30pm	Tai Chi	40	HNH Classroom
	5:30 - 6:30pm(Tue)	Step	32	HNH DS
	5:30 - 6:30pm(Thur)	Knockout Workout	32	HNH DS
	5:40 - 7:10pm(Tue)	Yoga Kripalu	40	HNH Classroom
5:40 - 7:10pm(Thur)	Yoga Vigorous Flow	40	HNH Classroom	
Fri	6:30 - 7:30am	Step	32	HNH DS
	11:00 - 12:00pm	Pilates - Mat Work	52	Teagle MPR
	12:15 - 1:00pm	Yoga Kripalu	52	Teagle MPR
	12:15 - 1:00pm	Jazzercise	no limit	Field House

**LOCATION CODES:**

HNH:	Helen Newman Hall
DS :	Dance Studio
HNH Classroom:	Classes held downstairs (1st floor-basement)
Fieldhouse:	Classes held in the multi-purpose room
TMPR:	Classes held in the multi-purpose room (1st floor)
Teagle CR:	Classes held in the upstairs classroom (2nd floor)
Barton Hall:	Classes held in the large activity space

**A valid Cornell ID is required to enter classes.**  
**Schedule is subject to change.**

**Be sure to check the Program Notes at the right for upcoming changes!**

**CFC/WELLNESS Fitness Class**  
**Program Notes**

**PROGRAM NOTES**

- \* NEW CLASS! Kripalu Dance Kinetics will be held on Wednesdays from 5:45-6:45pm during May 21-August 6.
- \* There will be no classes offered on Saturdays or Sundays during the summer.
- \* The use of water bottles and hand towels are mandatory in all Spinning classes.
- \* Tae Kwon Do summer classes meet outdoors on the grassy area adjacent to the baseball diamond at the corner of Hoy and Campus Roads (weather permitting). The Tue/Thu 12:10pm class rain location is the HNH DS.
- \* There will be no classes offered on May 26 in observance of Memorial Day.
- \* There will be no 10:10am Ripples classes offered during the week of June 30-July 4th.
- \* There will be no classes offered on July 4 in observance of Independence Day.
- \* The Ramin Room and Newman Arena will not be available for use on June 5 and June 6. The 12:15pm classes held in the Field House will be held outside, weather permitting or will be canceled.
- \* The 12:10pm Tae Kwon Do (Beg/Int) will meet in the Grummen Squash Courts on July 30th and Aug 18th. Barton Hall will not be available for use on those days.
- \* The class time for Ripples will change to 9:00-9:45am from July 8 through August 21st.
- \* There will be no classes held from August 23-August 31 due to facility maintenance schedules.
- \* There will be no classes offered on Monday, September 1st in observance of Labor Day.
- \* The regularly scheduled fitness classes will resume on Tuesday, September 2nd.
- \* Join our Group Fitness email list! To subscribe, log on to our website listed below.
- \* Get your fitness related questions answered! Direct your questions to [fitness@cornell.edu](mailto:fitness@cornell.edu)
- \* Interested in becoming a fitness or Spinning instructor? Check out the Physical Education Course offering list for Aerobic Instructor Training and/or Spinning Instructor Training Courses.

**PARTICIPATION POLICY - YOU NEED A WRISTBAND TO ENTER CLASSES!**

The growth of the Group Fitness Program necessitates the need to limit the number of participants in fitness classes for member safety. Please note the size limits listed by each class below. You must use your Cornell ID to check in at the HNH Issue Room, AC,Schoellkopf, & Teagle Fitness Centers, and the Cascadilla lounge to gain entry into a fitness class. All classes are on a first come, first serve basis and you may check in up to 30 minutes prior to the class start. Members who arrive after the size limit has been reached will not be allowed to participate in class. It is advised to arrive early!



**SPINNING®**  
*The Ultimate Ride For Body And Mind*

**IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE CALL**  
**254-6717 OR 255-3886.**

**For the latest updates, or to subscribe to the CFC/Wellness Fitness Class Mailing List, go to [www.CornellBigRed.com](http://www.CornellBigRed.com)**

## CFC/WELLNESS Fitness Class Class Descriptions

**Spinning:** An indoor stationary cycling class that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardiovascular fitness class is held in a fun environment with music that will move you! A great alternative to traditional group fitness classes.

**Knockout Workout:** You will see yourself jabbing, blocking, kicking, and sweating in this total body workout. This class combines boxing and kickboxing type movements with aerobic dance and interval training for a challenging change of pace.

**Step & Step 'N' Sculpt:** This class uses the step to increase intensity and give you an excellent workout. If done properly, step is very low impact, but increases the heart rate to give you a cardiovascular training effect. Step 'N' Sculpt includes a resistance training segment.

**Step Interval:** Step Interval alternates power step moves with upper and lower body strengthening exercises using light weights. This total body workout is followed by abdominal work and a stretch and relaxation segment. Appropriate for all fitness levels.

**Cardio Combo:** A little bit of this and a little bit of that will be used in this one unique class. You may experience any type of class we offer such as Step, Low Impact, or even Knockout Workout. A great way to add a little variety to your fitness program!

**Jazzercise & Jazzercise Step:** The Jazzercise floor class combines the total body conditioning benefits of aerobics with the fun of dance. Jazzercise Step uses the step to take you to a new level! Classes are taught by a certified Jazzercise instructor using the latest choreography by Jazzercise founder Judi Sheppard Missett.

**Water Aerobics:** Come splash with us! The combination of shallow and deep water exercise gives your body a total workout with little impact and joint stress. Workout intensity is moderate to vigorous and is appropriate for beginning to experienced exercisers. See you there!

**Ripples:** Gentle movement in shallow water is ideal for relieving joint pain or beginning a new exercise program. A great aerobic, muscular endurance, and joint flexibility session of low to moderate intensity.

**Tai Chi:** Explore this ancient Chinese system of movement that improves health, posture, mental focus, grace, agility, and stamina.

**Pilates - Mat Work:** Pilates mat work is a conditioning program designed to increase body awareness, improve alignment and breathing, and build endurance, flexibility, coordination, and strength through a highly focused flow of movements.

**Yoga Basics:** If you are new to yoga, this class is for you. The basic elements of yoga, such as alignment, breathing, concentration, and postures, will be taught with the novice in mind.

**Baby Boomer Yoga:** Stiff Joints? Ache? Stressed out? Do we have the class for you! Gentle and relaxing yoga is the perfect remedy for a body feeling a little wear and tear. A perfect way to newly experience yoga and de-stress your mind and body. All ages welcome.

**Yoga:** We currently offer four styles of yoga - Kripalu, Svaroopa, Sivananda, and Vigorous Flow. All classes consist of breathing exercises, yoga postures and deep relaxation. Vigorous Flow is not appropriate for beginners. For more information, visit the Wellness website at [www.cornell.edu/wellness](http://www.cornell.edu/wellness).

**Kripalu DansKinetics®:** COME DANCE! Discover the joy of being at home in your body. Reveal your grace and vitality with playful, soulful movement ranging from meditative yoga to wild exhilarating dancing.

**Tae Kwon Do:** Through this Korean martial art, you'll learn to kick, block, and punch while developing basic self-defense skills, balance, and coordination. Tuesday classes are beginner/intermediate. Thursday classes are advanced.

## CONFERENCE PASS

### CONFERENCE PASS MEMBERSHIP OPTIONS

If you are attending Cornell for a conference or a workshop, we have the option you want! Those individuals possessing a CU temporary ID card or a CU conference badge are eligible to purchase a Conference Pass. You must present the CU temporary ID card or CU conference badge to purchase a pass at 305 Helen Newman Hall. In some cases we will have staff at conference registrations to expedite the process.

You will be given a CONFERENCE PASS which **must** be presented each time you enter a Fitness Centers facility along **with a picture ID.**

**If you do not have your CONFERENCE PASS and a PICTURE ID, you will not be allowed to access the facilities.**

You must purchase your Conference Pass at your conference registration table during posted hours or at the CFC Office located at 305 Helen Newman Hall. These are the **ONLY** places to purchase a Conference Pass. The CFC office is open between 8am and 5pm Monday - Friday.

Your CFC membership (Conference Pass) entitles you access to all group fitness classes, five fitness centers, access to personal training sessions, nutrition counseling, and access to open recreation pool hours at Helen Newman Hall and Teagle Hall. (Check facility schedules for availability.)

### MEMBERSHIP COSTS

1 week	\$15
2 weeks	\$30
Summer	\$40
Per Visit (Day Pass)	\$5

Check or charge accepted for payment at 305 Helen Newman Hall. Check **only** at conference registration sites.

**MEMBERSHIPS ARE NON-REFUNDABLE.**

## Facility Hours

**CFC Regular Facility Hours** Regular summer hours are in effect beginning Tuesday, May 27 and end Thursday, August 21. \*See note below.

	<b>Helen Newman Hall (5/27/03 - 8/31/03)</b>	<b>Appel Commons (6/9/03 - 8/1/03)</b>	<b>Fitness West (6/23/03 - 8/1/03)</b>	<b>Teagle Hall (5/27/03 - 8/21/03)</b>
<b>Monday</b>	6am-8:30pm	5pm-9pm	4:30pm-8:30pm	7am-1:30pm & 4pm-6:45pm
<b>Tuesday</b>	6am-8:30pm	5pm-9pm	4:30pm-8:30pm	7am-1:30pm & 4pm-6:45pm
<b>Wednesday</b>	6am-8:30pm	5pm-9pm	4:30pm-8:30pm	7am-1:30pm & 4pm-6:45pm
<b>Thursday</b>	6am-8:30pm	5pm-9pm	4:30pm-8:30pm	7am-1:30pm & 4pm-6:45pm
<b>Friday</b>	6am-7:00pm	5pm-8pm	4:30pm-7pm	7am-1:30pm & 4pm-6:45pm
<b>Saturday</b>	10am-4:30pm	CLOSED	CLOSED	CLOSED
<b>Sunday</b>	12pm-4:30pm	CLOSED	CLOSED	CLOSED

**\*Appel Commons hours are effective June 9 - August 1, and Fitness West hours are effective June 23 - August 1.**

## FIVE FACILITY LOCATIONS

<b>NORTH CAMPUS</b>	Helen Newman Hall Appel Commons
<b>WEST CAMPUS</b>	Fitness West (Class of '26 & '28 Halls)
<b>CENTRAL CAMPUS</b>	Teagle Hall (2 floors)

The Cornell Fitness Centers is administered by a well-trained staff that includes professionals educated and certified in health and fitness. Floor staff can assist with basic equipment needs, and Group Fitness Instructors and Personal Trainers are nationally certified. We are ready to serve your needs from beginning to advanced training.

CFC stocks state-of-the-art equipment for your strength and cardiovascular training needs. Woodway treadmills, PreCor elliptical trainers and bikes, Cybex and Paramount selectorized weight equipment, and Samson and Paramount free and plate-loaded weight equipment are all part of the outstanding equipment offered. Offerings are consistent at each fitness center to make it easier for you to go to any location.

A wide variety of fitness and aerobic classes are offered. Unfold the Program Guide and open the opportunities that await.

## Facility Information

### Special Pre-Fall Schedule (August 22 - September 1)

Visit any one of the Cornell Fitness Centers this week during special pre-fall hours. Ask any of our staff for details on what's new at CFC, and pick up the new fall issue of the Program Guide to check out what's new for the 2003-04 school year. In fact, while you are there enjoy a great workout as you get ready for the busy weeks ahead. Check the Fall Guide regularly for scheduling changes (such as those at the beginning of the year and at exam times) and for the special events hosted by CFC throughout the year.

#### **CFC Pre-Fall Hours**

	<b>Fri (8/22)</b>	<b>Sat (8/23)</b>	<b>Sun (8/24)</b>	<b>Mon (8/25)</b>
Helen Newman	6am-7pm	10am-6pm	12pm-6pm	6am-8:30pm
Teagle Hall	7am-1:30pm & 4pm-7pm	CLOSED	CLOSED	7am-1:30pm & 4pm-7pm
Fitness West (28&26)	CLOSED	CLOSED	CLOSED	1pm-8pm
Appel Commons	CLOSED	CLOSED	CLOSED	11:30am-8pm
	<b>Tue (8/26)</b>	<b>Wed (8/27)</b>	<b>Thu (8/28) # see note</b>	<b>Fri (8/29)</b>
Helen Newman	6am-8:30pm	6am-8:30pm	6am-8:30pm	6am-8:30pm
Teagle Hall	7am-1:30pm & 4pm-7pm	7am-1:30pm & 4pm-7pm	7am-1:30pm & 4pm-6pm	7am-1:30pm & 4pm-7pm
Fitness West (28&26)	1pm-8pm	1pm-8pm	1pm-6pm	1pm-8pm
Appel Commons	11:30am-8pm	11:30am-8pm	11:30am-6pm	11:30am-8pm
	<b>Sat (8/30)</b>	<b>Sun (8/31)</b>	<b>Mon (9/1) (LABOR DAY)</b>	
Helen Newman	10am-8:30pm	12pm-8:30pm	6am-11:30pm	# Facilities close
Teagle Hall	12pm-4pm	12pm-4pm	7am-7pm	early for annual
Fitness West (28&26)	3pm-8pm	3pm-8pm	1pm-12am	CFC staff
Appel Commons	11:30am-8pm	11:30am-8pm	11:30am-10pm	training.

**Remember, when the temperature goes up, drink lots of water and moderate your exercise duration and intensity.**