

Schedule of Events for February

- **February 2, Wednesday, 6:35pm** Cindi Carlson will discuss back issues and the benefits of a **healthy back**. Then you will learn aspects, other than your Phys-Ed workout, that will help to insure a healthy spine. *Phys-Ed U. credits=4* **Registration deadline: Monday, January 31**
- **February 8, Thursday, 7pm** Cooking tips & tasting a scrumptious, heart-healthy **Valentine's Dinner** is Chef Dawn Keenan's goal for this evening. Why spend a \$150 on a meal and baby-sitting when you can have a gourmet, candlelit meal for under \$25. Class will be 1.5-2 hrs. long. Sign-up quickly for the introductory price of **\$30. Class limited to 16 people.** *Phys-Ed U. credits=6*

Registration deadline: Thursday, February 3

- **February 15, Tuesday, 7:15pm** By setting up a well thought out **training plan** you will be able to achieve your goals with less risk of injury, less wasted time and better race performance. Dr. Ted Geddis will help you setup your plan and get you ready for your season. *Phys-Ed U. credits=4*
Registration deadline: Sunday, February 13
- **February 15, Tuesday, 6:00pm** Paul Ramee, Head Golf Pro from Bull's Bridge Country Club will be demonstrating the benefits of our **Full Swing Golf Simulator** as well as giving you some insight into golf techniques. *Phys-Ed U. credits=4* **Registration deadline: Sunday, February 13**
- **February 17, Thursday, 7pm** Anita & Ray will show you the excitement of **Latin & Ballroom Dancing** in this introductory evening. Be prepared to sweat and have fun! No partner necessary. *Phys-Ed U. credits=4* **Registration deadline: Tuesday, February 15**
- **February 19, Saturday, 10am** Dr. Ted Geddis will lecture on the science of **proper nutrition** for the endurance athlete. The right nutrition provides a host of benefits from enhanced workout performance to reduced injury risk. *Phys-Ed U. credits=4*

Registration deadline: Thursday, February 17

- **February 22, Tuesday, 7:30pm** Gail Henderson will discuss the **Dynamic Shoulder**. She will talk about common injuries and exercises to contribute to shoulder health. She will have a question and answer segment to the lecture. *Phys-Ed U. credits=4* **Registration deadline: Sunday, February 20**
- **February 23, Wednesday, 5:15pm** Ever wonder what those blue cylindrical rolls are on the stretching mat? Our GM, Eric Corson will explain the benefits and uses of **foam rolling** to increase flexibility, reduce injury, and increase your performance in everyday activities as well as your workouts! *Phys-Ed U. credits=3*
Registration deadline: Monday, February 21
- **February 24, Thursday, 6pm** Alexandra Chalif, MS & MP will talk about **hypnotherapy and guided imagery** as a means to effect positive changes in the body. She will perform a demonstration and have a question and answer segment to her workshop. *Phys-Ed U. credits=4*
Registration deadline: Tuesday, February 22
- **February 28, Monday 10:00am** Ever wonder what those blue cylindrical rolls are on the stretching mat? Our GM, Eric Corson will explain the benefits and uses of **foam rolling** to increase flexibility, reduce injury, and increase your performance in everyday activities as well as your workouts! *Phys-Ed U. credits=3*
Registration deadline: Friday, February 25

