

OLDER ADULT FITNESS PROGRAMS

MAINTAIN AND IMPROVE YOUR PHYSICAL STRENGTH AND FITNESS
Join the Student Recreation Center or Participate in Specially Focused Classes and Activities



A PARTNERSHIP
WITH THE
BGSU OPTIMAL
AGING INSTITUTE



STARTING
IS EASY



Student Recreation Center Membership

- Stop by the SRC Welcome Desk with your SilverSneakers® card or personal ID number.
- Register for a complimentary SRC facility membership and older adult fitness classes.
- Purchase a parking pass (if needed): \$30 Annual
- Tour the facility and start exercising at no extra cost!
- Complimentary equipment orientations are also available.

Facility Amenities

- Two pools: lap swimming and warm water leisure pool
- Indoor track at the Perry Field House
- Court to play Pickleball and other activities
- Weight/strength area with selectorized machines and free weights Wide variety of cardio machines
- Stretching area | Racquetball courts
- Hot Tub and Sauna



www.bgsu.edu/recwell

For More Information
Karyn Smith, Health Educator
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BGSU | DIVISION OF STUDENT AFFAIRS
Recreation
and Wellness
BOWLING GREEN STATE UNIVERSITY

OLDER ADULT FITNESS SCHEDULE

SPRING 2018: 8-WEEK FITNESS CLASSES

Session 1: January 8 - March 2 (No Classes 1/15, MLK Jr. Day) | Session 2: March 12 - April 28

Time and Day	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:30 AM	Aqua Power w/Corey	Aqua Groove w/Callie	Aqua Power w/Corey	Aqua Groove w/Callie	Open Swim <small>No charge to SRC or SS Members</small>
9 - 10 AM	WET w/Adrienne	Strength Training w/Karyn & Adrienne	WET w/Callie	Strength Training w/Karyn & Adrienne	Gentle Yoga w/Hayley
10:30 - 11:30 AM	Dance Fitness w/Adrienne		Dance Fitness w/Adrienne		
Fees per 8-Week Class Session		SilverSneakers Member	SRC Member	Non-SRC Member	
Aqua Power		No Charge	\$10	\$50	
Aqua Groove		No Charge	\$10	\$50	
Water Exercise Training (WET)		No Charge	\$10	\$50	
Strength Training: Exercise for Bone Health		No Charge	\$10	\$50	
Dance Fitness		No Charge	\$10	\$50	
Gentle Yoga		No Charge	\$5	\$25	

Aqua classes held in Andrews Pool. All other classes held in the SRC Classroom.

SRC Members: Register for a 2nd fitness class, within the same session, for only \$5.

Registration Instructions: Register at the Student Recreation Center Welcome Desk prior to class start date and complete Participant Form and Physician Consent Form. All classes limited to 25 participants. Purchase a parking pass if needed: \$30 Annual. Complete class descriptions available on the website.

Open Walking at the Perry Field House: January 8 - April 28 (Drop-in Only)

Time	Days	SilverSneakers Member	SRC Member	Non-SRC
6:30 AM - 12:30 PM	Monday - Fridays	No Charge	No Charge	\$5/week or \$50/semester

Hours are subject to change and vary during the University break periods and holidays, and special events.

Call to confirm availability: 419.372.9900

Pickleball at the Student Recreation Center MAC Gym (Drop-in Only)

Time	Days	SilverSneakers Member	SRC Member	Non-SRC
8:00 - 10:00 AM	Monday - Fridays	No Charge	No Charge	\$5 per day

Paddles and Balls are available for checkout at the Welcome Desk

Free Equipment Orientations

Learn how to safely use the cardio equipment, strength machines, or perform basic free weight and stretching exercises with a certified personal trainer. Contact Karyn Smith, Health Educator, at karync@bgsu.edu to schedule a session.