

# EXPLORING WELLNESS...

WORKSHOPS THAT CREATE A SAFE PLACE FOR LEARNING AND PARTICIPATION

## SEP 13 NOON FUNDAMENTALS OF KT TAPING (TAUGHT BY WHITNEY TRUSCOTT)

Accumulation under the skin of lymphatic fluids caused by injury or overuse may increase pressure on muscles and tissues which can cause significant discomfort or pain. KT tape is an elastic sports tape designed to relieve pain while supporting muscles, tendons, and ligaments by lifting the skin and decompressing the layer of fascia. Class is 1 hour in duration. Located in the massage room.

## SEP 22 8:30AM BREAKING DOWN HYDRO RUN (TAUGHT BY MELIS EDWARDS)

A one hour workshop looking at primary strokes in the Hydro Run method of deep water training. Specifically diving into the subtle micro-corrections which can be seen by the hydro coach and made by a participant. Class is 1 hour in duration. Located in the HFC Pool.

## OCT 10 NOON THE BANG-FOR-YOUR-BUCK KETTLEBELL (TAUGHT BY CALLIE YOUNG)

The kettlebell can be intimidating to someone who is not familiar with how they work. Yet, the functional movements that you perform with a kettlebell resemble movements that you perform every day. Kettlebells provide an effective way to build strength, stamina, endurance, and flexibility and are a must-do in the smart training program. Class is 1 hour in duration. Located at the Fitness Staff Counter.

## OCT 19 NOON BREAKING DOWN TRX (TAUGHT BY WHITNEY HINSHAW)

Learn tips and tricks to help the TRX suspension trainer be easier to use and to maximize the effectiveness of TRX exercises and workouts. This workshop is excellent for those attending GX classes such as GX-30, Boot Camp and TRX Circuit, and also for those doing TRX workouts on their own. Class is 1 hour in duration. Located in Studio 1.

## NOV 02 NOON YOGA WITH FOAM ROLLING (TAUGHT BY ASHLEY MARTENS)

Explore how foam rolling and yoga asana postures can complement and inform each other in a therapeutic and restorative experience. This combination results in myofascial release, muscle tension relief, and a deep sense of relaxation. Class is 1 hour in duration. Located in Studio 3.

## NOV 14 NOON HIIT: WHAT'S NOT TO LOVE (TAUGHT BY JAKE SCHULTE)

High-intensity interval training (HIIT) uses a system of intervals that alternates between high intensity workouts and short rest periods. These challenging workouts offer a way to quicker results in building endurance, boosting metabolism, burning calories and fat in shorter workout periods. You can adapt any cardio workout to interval training. Class is 1 hour in duration. Located at the Fitness Staff Counter.

REGISTER ONLINE AT [MONTANA.EDU/GETFIT](https://montana.edu/getfit) | \$5/PER CLASS