



Employee Fitness and Wellness Program

PROGRAM GUIDELINES 2011-2012

Welcome to the Ohlone Employee Fitness and Wellness Program. Our objective is to provide the faculty and staff of Ohlone College an opportunity to fully take advantage of the excellent programs and classes we offer. Whether you are interested in beginning an exercise program, or are looking to modify and/or enhance your current fitness program, the Fitness Center instructors will help you achieve your goals.

To utilize the Fitness Center in Fremont and/or the Fitness Lab in Newark you will need to:

1. **Enroll** in the Employee Fitness and Wellness program and **Contribute** a minimum of \$5 per month to the Ohlone College Employee Fitness and Wellness Program. Please see Chris Warden or visit www.ohlone.edu/instr/exercisescience/employeewellness for the registration form.
2. Complete the **Fitness Center Orientation** held during Flex Week. (Note: If you enroll in PE343 on the Fremont Campus or PE344 / PE342 on the Newark campus, you will satisfy this requirement.)
3. Complete **an Exercise Health Questionnaire**. If desired, complete a Fitness Assessment.

TO USE THE FREMONT FITNESS CENTER

You may drop in any time during open hours. An instructor is available to answer questions and help you with your program during open hours of operation after the first two weeks of the semester. If you already have a workout, have limited time, or want to workout between classes in Fremont, this may work best for you.

Hours of Operation

Mon/Wed/Fri	8:00 am – 2:00 pm	&	4:00 – 6:00 (M W only)
Tues/Thurs	9:00 am – 1:00 pm	&	4:00 – 7:00 pm
Saturday	closed		

Abbreviated Finals Week Schedule

TO USE THE NEWARK FITNESS LAB

The Newark Center does not maintain open hours for drop in for students. Classes are taught according to the scheduled time and are instructor-directed. Since space and equipment are limited, students are given priority on all equipment and cardio machines during their classes. Classes are generally full for the first 8 weeks of the semester so you are encouraged to plan your workout accordingly to avoid class times. A class schedule is conveniently posted on our webpage at www.ohlone.edu/go/wellness. Please make sure to check the schedule when considering your workout time.

Hours of Operation: Open Hours

Monday/Wednesday: 10:00 – 11:45 am; 1:00 – 3:00 pm; 4:15 – 9:00 pm

Tuesday/Thursday: 6:00 – 11:00 am; 1:30 – 3:45 pm; 6:00 – 7:00 pm

Friday – Sunday: Open all day / no conflicting classes

Additional Notes:

- Students are given **first priority** on all machines and weights. If you are coming in to work out during a scheduled class, please make sure that you yield to the students.
- It is highly recommended that you **always work out with a partner**. At the very least, **check in and check out** with a co-worker or Campus Security.
- **Newark Center Participants:** Please be aware of our mind-body classes. When **Yoga, Pilates** and **Tai Chi** classes are in session in the studio, please refrain from using the treadmills, summit trainer, or elliptical trainers. Please keep your conversations to a minimum and avoid clanging the weights. We are trying to create a soothing and meditative experience for the students next door. You may work out without noise restrictions during Indoor Cycle, Body Sculpting and Guts and Butts. (There are no noise restrictions in Fremont.)
- Access to the Fitness Center/Lab is available by asking Campus Security or a PE faculty member.
- If you forget how to use the equipment, please **ASK**. The Fitness Center/ Lab is our educational laboratory, much like a Chemistry or Nursing Lab. We cannot afford to have equipment out of service due to user error or ignorance. Likewise, if you forget how to do an exercise or have a question about the appropriateness of an exercise for you, please **ASK**. There is a **zero injury policy!**

ATTENDING OTHER PHYSICAL EDUCATION CLASSES

To join Physical Education classes such as Kickboxing (Fremont only), Pilates (Fremont only), Yoga, Swimming* (Fremont only), Guts and Butts, Step Aerobics (Fremont only) and Body Sculpting you must first:

- ① **Enroll** in the Ohlone Employee Fitness and Wellness Program;
- ② **Contribute** a minimum of \$5 per month to the Ohlone College Employee Wellness and Fitness Program; and
- ③ **Contact** the instructor prior to attending to make sure that there is space and equipment for you.

Please keep in mind that some classes are progressive and are **not suitable** for drop in (such as Yoga, Yoga and Meditation, Pilates, Tai Chi, and Indoor Cycling.) Please check with the instructor if you have taken the course before and would like to drop in.

*Lap swimming is available **only** when an instructor is on deck.

ADDITIONAL BENEFITS FOR EMPLOYEE FITNESS AND WELLNESS PROGRAM MEMBERS

Your membership in the Ohlone Employee Fitness and Wellness Program (OEFWP) affords you much more than just a workout or use of the Fitness Center/Lab. As a member of the OEFWP, you may participate in **Educational Seminars** (nutrition, health, running, cooking, etc.), and **informational demonstrations, workshops, and special training / workout sessions**. Each semester there will be an incentive program designed to motivate you to move. Your OEFWP membership is your ticket to success.

You will also be able to participate in our **Preventive Care Series** of Wellness Screenings including blood pressure, cholesterol, gait, body composition and more.

And finally, there will be **Special Events** into which you will be given priority registration.

Thank you for following these guidelines and helping to keep this program viable for semesters to come. We look forward to helping you meet your health and fitness goals this semester.

Please feel free to contact us with any questions.

Yours in Health,

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