

Fun & Fitness Fall 2017

Fitness 101: Getting Started

Intimidated by the gym? Wondering where to start? Before you join a fitness center or buy yet another workout video or piece of equipment, let's talk. This four-week course will cover starting a fitness program in a safe, classroom environment, which will prepare you to walk through those gym doors and sign on the dotted line!

We will cover some the fitness center etiquette and an overview of cardio and strength machines and how they work. Don't want to join a gym? I'll give you some practical ideas of how you can take the first step to better health too. Finally, we will take a "field trip" to Misericordia's fitness center to see what it has to offer.

But wait, there's more! Upon completion of the four-week course, participants will receive a pass to use MU's fitness center free for the month of November.

About the Instructor: Mark DiPippa has a BS in Health and Physical Education and an MS in Educational Administration. Mark had a long career with the YMCA in Lock Haven, Berwick, Pittston, and Wilkes-Barre and has helped hundreds of people in the Wyoming Valley start their exercise programs through the years.

Dates & Times: Monday, October 9, 16, 23, & 30; 12:15 – 12:45 p.m.

Location: Anderson Sports & Health Center, Room 226

Instructor: Mark DiPippa

Cost: \$50.00 (\$35 for MU employees, students, alum, & seniors)

For additional information, please email funfitness@misericordia.edu or call 570-674-6289.

To register, complete the attached registration form and mail or fax to: Misericordia University, 301 Lake Street, Dallas, PA 18612, Attn: CACE; Fax: 570-674-6232. The form can also be emailed (as a scanned document) to funfitness@misericordia.edu.