Fit/Well Mission Statement

To improve, optimize, or assist in maintaining the health and fitness levels of every individual that comes into contact with the organization.

Fitness & Aquatic Fall/Spring Hours

Fitness Center

Monday – Thursday  6:00am - 11:00pm
Friday                  6:00am - 7:00pm
Saturday                11:00am - 7:00pm
Sunday                   11:00am - 11:00pm

Aquatics

Monday – Thursday  11:00am - 2:00pm
                  4:00pm - 8:30pm
Friday                  11:00am - 2:00pm
                  4:00pm - 6:00pm
Saturday                12:00pm - 5:30pm
Sunday                   2:00pm - 5:30pm

Contact Us

Campus Recreation- DSC
Room 109D
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Official Fit/Well website:
http://ualr.edu/campuslife/recreation/home/fitwell-program/

Programs available to all students, faculty, staff, and other members of the Donaghey Student Center.

“Challenge Yourself to Improve Your Health”

UALR DSC Fit/Well
2801 S. University Avenue
Little Rock, AR 72204-1099
501.569.3228

Fall 2015
What is Biggest Loser Boot Camp?

The Biggest Loser Boot Camp is a competition-based program designed to help motivate overweight individuals to lose weight. The competition consists of boot camp classes, exercise challenges and weigh-ins.

Boot Camp Challenge Eligibility:

1. Must be a UALR student, faculty/staff or a current member of the Fitness & Aquatics Center.
2. Must be a minimum of 24 lbs. overweight according to the Body Mass Index Chart.
3. If any health issues exist, you must get clearance from your physician to start this workout program.
4. Must be able to attend a minimum of 3 classes a week.
5. Pay sign up fee of $25. Non-refundable. Credit Card, Cash or Check.

Boot Camp Challenge Rules:

(If any of these rules are broken you may continue in the challenge but you will not be eligible for any grand prizes.)

1. Not allowed to miss more than 3 classes during the eight week challenge.
2. Not allowed to miss more than one class in any given week during the challenge.
3. Not allowed to miss any of the weigh-ins.

Note: If you are more than 15 minutes late for a class or leave more than 15 minutes early this will count as a missed class.

Exceptions: If you break one of the rules the only way to be eligible for prizes again is to make up the classes you missed by attendin gextra classes.

Boot Camp Challenge Outline:

1. The Boot Camp Challenge will begin on August 31st and end on October 11th. This is a total of eight weeks of classes.
2. There will be a minimum of 9 Boot Camp classes offered each week. Contestants must attend a minimum of two Boot Camp classes a week and one other cardio class or a third boot camp class. This is a total of 3 classes a week and 24 classes over the eight week period.
3. There will be bi-weekly exercise challenges for the contestants to participate in. Prizes will be awarded to winners.
4. There will be weekly weigh-ins. Prizes will be awarded to the biggest loser of each weigh in and the person with the overall biggest percentage of weight and largest overall body fat percentage lost at the end of the twelve week challenge will be the grand prize winner.
5. Contestants will be given diet guidelines to follow.

Boot Camp Challenge Classes

The Fit/Well classes that may be attended to count toward the third class requirement for the challenge are:

Boot Camp - High intensity strength and cardio exercises designed to challenge your strength and endurance while blasting away calories.

H.I.I.T. - High Intensity Interval Training Don't let the name scare you! High Intensity refers to the amount of effort expanded. Interval training involves alternating segments of work and recovery.

INTENSITY: Intensity is a mixed-pace, mixed-impact cardio class guaranteed to help you burn maximum calories!

Kick Butt! – A high intensity class that combines aerobics, boxing, and martial arts to improve endurance, coordination, and strength.

Kick Fusion - Blast away calories and build muscle with this unique mixture of kick boxing and strength and conditioning.

POUND!- A full-body cardio jam session, combining light resistance with constant simulated drumming. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique!

Step Aerobics - A combination of exercises that incorporate step aerobics, yoga, and pilates, and is guaranteed to burn some major calories.

Zumba - Combining various international moves and music, Zumba targets all major muscle groups while adding flair to any workout!

Zumba Hip-Hop Fusion- In this Zumba®-inspired class, Latin dance meets hip-hop and line dance!