

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

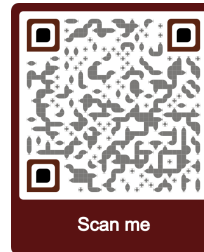
Contact Us

Campus Recreation
DSC Room 109D
Phone: 501.916.5974
RECREATION@ualr.edu

Naomi Fletcher
Coordinator of Fitness
Room 109D1B
Phone: 501.916.5979

E-mail: nffletcher@ualr.edu
Campus Recreation website:
<http://ualr.edu/campuslife/recreation>

OR



UALR DSC Fit/Well
2801 S. University Avenue
Little Rock, AR 72204-1099
501.916.5979



Programs available to all students, faculty, staff, students and other members of the UA-Little Rock Fitness Center.

“Challenge Yourself to Improve Your Health”

Fall 2021

What is UA-Little Rock-Fit Boot Camp?

The UA-Little Rock-Fit Boot Camp Challenge is a competition-based program designed to help motivate individuals to improve their health, improve their fitness level, and assist them with weight loss. The challenge consists of fitness classes, nutrition classes, exercise challenges and weigh-ins. There are two components- a Contest, and a Challenge.

Boot Camp Challenge Outline:

1. The Boot Camp Challenge will begin on October 11th and end on November 21st. This is a total of six weeks of classes.
2. There will be a minimum of 5 Boot Camp-styled, H.I.I.T., Intensity, and Strength classes offered each week. Contestants must attend a minimum of two Boot Camp-styled, H.I.I.T., Intensity, and Strength classes a week and one other approved cardio class or a third Boot Camp/H.I.I.T./Intensity/Strength class. This is a total of 3 classes a week and 18 classes over the six 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 for the largest weight loss of each weigh in. The person with the overall largest percentage of weight and overall body fat percentage lost at the end of the six week challenge will be the grand prize winner.
5. Contestants will be given nutrition guidelines to follow.

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 six 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 be considered a missed class.

Exceptions: If you break one of the rules, eligibility for prizes must be re-gained by making up the classes you missed by attending extra classes.

Boot Camp Contest 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. Not required for challenge only participants.
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 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 expended. 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!

Mixed Fit[®] - MixedFit[®] is the hottest new dance craze sweeping the nation. It is easy, repetitive, and super high-intensity.

Outdoor Fitness Experiences- Meet us at the steps between the DSC & SSC to exercise using the outdoor spaces on campus! Every class is a new adventure!

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, strength, yoga, Pilates- guaranteed to burn some major calories.

Strength & Conditioning - Overcome boring workouts with the help of a variety of tools in this muscle development class. You might use bands, bodyweight, dumbbells, or all three!

TBA: Depending upon the week, this class will be Zumba or POUND Rockout! Two great calorie-blasting classes!

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

Zumba[®]/ **Mixed Fit**[®] **Fusion**- Latin dance meets hip-hop and line dance!