

Muscle Toning and Conditioning at Homewood

For JHU Faculty and Staff

Toning Class:

Tuesday/Thursday
12:15pm-1:00pm

Session Date:

July 10 –
September 20, 2018

Location:

(see room schedule)

Cost for Session:

\$15 for one class per week
\$25 for two classes per week

Notes:

Bring a yoga mat
and hand weights and
wear comfortable clothing



JOHNS HOPKINS
UNIVERSITY

Muscle Toning & Conditioning

Muscle Toning and Conditioning will strengthen, condition, tone, and define your muscles. It is a 45 minute workout that concentrates on every major muscle group in the body. One should expect cardio intervals to sometimes be intermingled between strength exercises. This class is ideal for beginners to experienced exercisers.

Register Online

Register online by going to the wellness section of the [Benefits website](#)

Email: wellnessprograms@jhu.edu
with questions



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Tuesday	7/10/2018	Mattin 101
Thursday	7/12/2018	Clark Hall – Room 110
Tuesday	7/17/2018	Mattin 101
Thursday	7/19/2018	Clark Hall – Room 110
Tuesday	7/24/2018	Mattin 101
Thursday	7/26/2018	Clark Hall – Room 110
Tuesday	7/31/2018	Mattin 101
Thursday	8/2/2018	Clark Hall – Room 110
Tuesday	8/7/2018	Mattin 101
Thursday	8/9/2018	Clark Hall – Room 110
Tuesday	8/14/2018	Mattin 101
Thursday	8/16/2018	Clark Hall – Room 110
Tuesday	8/21/2018	Mattin 101
Thursday	8/23/2018	Clark Hall – Room 110
Tuesday	8/28/2018	Outside - Behind Hodson Hall
Thursday	8/30 /2018	Clark Hall – Room 110
Tuesday	9/4/2018	Outside - Behind Hodson Hall
Thursday	9/6/2018	Outside - Behind Hodson Hall
Tuesday	9/11 /2018	Outside - Behind Hodson Hall
Thursday	9/13/2018	Outside - Behind Hodson Hall
Tuesday	9/18/2018	Outside - Behind Hodson Hall
Thursday	9/20/2018	Outside - Behind Hodson Hall

Note: Read the following page as it contains pertinent information regarding the outdoor classes.

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Guidelines for Outdoor Summer Session

- 1) Outside classes will be held on **green (good)** and **yellow (moderate)** days. Any class scheduled on a day that is code **orange** or **red** and beyond ***will be cancelled***. Participants are to check the code each day by using the link below and enter in the 21218 zip code. The air quality is located in the ***middle*** of the page: https://www.airnow.gov/index.cfm?action=airnow.local_city&zipcode=21218&submit=Go.
- 2) We will be ***unable*** to reschedule any classes for this session due to the current renovations. Refunds ***will not*** be issued for any classes that are cancelled, as we do not have any control over what the weather will be.
- 3) We ask that all participants read the following information and warning signs listed below regarding the signs/symptoms of heat exhaustion and heat stroke to be aware of your own body as well as those around you. Monitoring for signs of heat exhaustion and heat stroke is critical.
Signs of heat exhaustion include - cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, and weakness exhaustion.
Signs of heat stroke include - hot, red skin, which may be dry or moist; changes in consciousness; vomiting and high body temperature.
Other hot weather tips include - Stay hydrated by drinking plenty of fluids but avoid drinks with caffeine. Avoid extreme temperature changes. Wear loose-fitting, lightweight, light-colored clothing. Use a buddy system when working in excessive heat.



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