

## Living Well Fact Sheet (Fall 22)

- Programs
  - Living Well Center
  - Group Exercise
  - Personal Training
  - Small Group Training
  - Series (Dance/Martial Arts)
    - Martial Arts includes FREE Safety Courses
  - Fit For Life
  - Nutrition Services
  - Custom Wellness Classes
- Facilities
  - Studio A
  - Studio B
  - Studio C
  - Studio D
  - Studio E
  - The Rig
  - Olympic Platforms
  - Rec Pool
  - Upper University Credit Union Center
  - Pavilion Fitness Studio
  - Zoom (nutrition consultations)
- Facility Enhancement Projects
  - Reface Living Well Center (in-progress)
  - Studio Reorganization
  - Studio Refinishing – Floors and Painting
  - Studio D mat replacement
  - Added height rod to Studio E
- Hours
  - Living Well Center – 34 hours a week
  - Group Exercise – 25 hours a week
  - Dance/MA – 28 hours a week
  - Small Group Training – 12 hours a week
- Career Staff – 3
  - Assistant Director
  - Coordinator
  - Coordinator
- Student Staff – 44
  - Trainers
  - Instructors
  - Living Well Center Attendants
  - Personal Trainers

- Nutrition Interns
- Certifications – *not all employees hold every certification*
  - ALL Staff CPR/AED/First Aid Certified
  - All Pro Staff CPR Instructor Certified
  - American Council on Exercise (ACE) Group Fitness Instructor
  - ACE Personal Trainer
  - FMS Level 1 & 2
  - Zumba
  - TRX Suspension Training
  - Schwinn Indoor Cycling
  - Stages Indoor Cycling
  - Corrective Exercise Specialist
  - Yoga Certifications (500, 300, 150, Acro Yoga, etc.)
  - Black belt or equivalent in respective martial arts formats
  - USAW – Olympic Lifting
  - Trigger Point Myofascial Release