



Zumba:

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Originally created by Alberto “Beto” Perez in Columbia, Zumba® is a Latin inspired dance fitness class that combines interval training sessions with fast and slow rhythms to sculpt and tone your body while burning fat. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in every calorie-burning, body-energizing class. This class is perfect for all fitness levels and no dance experience is necessary!

So, join Dawn George, certified dance and Zumba instructor, as she leads you through the latest in fitness fun. What are you waiting for? Ditch the workout...join the party!

Who: Any employee who wants to get into shape and have lots of fun while they do it!

When: Tuesdays and Thursdays for 16 weeks starting Tuesday, January 11, 2011 and ending Thursday, April 28, 2011 from 12-12:45PM.

Cost: \$128 for 32 classes or 10 classes for \$50.

How: Please email hr@babson.edu to sign up.

Yogilates:

The perfect blend of Pilates and hatha yoga, this class will help you develop lean muscles along with core strength. This low-impact class consists of mat and floor exercises with a goal of bringing greater awareness and developing the body in a more balanced way.

Who: Any employee who wants to get into shape!

When: TBD

Cost: \$32 for 8 classes. We will only run this class if we have at least 15 people.

How: Please email hr@babson.edu to sign up.

Be Well: Spring into Shape Fitness Challenge – Team:

The team Fitness Challenge is a team of four employees who work together to exercise in order to accumulate the most points. Points are accumulated based on the type of exercise and the amount of time each team member exercises. They compete against other teams of four and can exercise either on or off campus. Each team member will be responsible for submitting their points to HR each week (points are submitted on SharePoint). Team members do not have to exercise together, though they can. Teams should motivate each other to stay on target so that they can win the most points. Team names are encouraged!

Who: Any Babson employee looking for a challenge! This program is geared towards employees that like to do a variety of different exercises but may need some extra motivation to stay on track.

When: Monday, February 7, 2011 through Sunday, May 1, 2011.

Cost: \$5 per person so that we get together to celebrate your accomplishment at the end of the 12 weeks! Please note, if you sign up for more than one challenge you will not need to pay another \$5 – you only pay once for any or all of the challenges.

How: Please email hr@babson.edu to sign up. More information will be sent once you sign up for the challenge. *If you want to be part of the team challenge but do not have 4 people, please email us and we would be happy to try to get you on a team of other individuals!*

Be Well: Spring into Shape Fitness Challenge – Individual:

The individual challenge requires an individual employee to exercise in order to accumulate the most points and win the challenge. Points are accumulated based on the type of exercise and the amount of time each individual exercises. They will compete against other individuals and can exercise either on or off campus. Each individual is responsible for submitting their points to HR each week (points are submitted on SharePoint).

Who: Any Babson employee looking for a challenge! This program is geared towards employees that like to do a variety of different exercises but are self-motivated.

When: Monday, February 7, 2011 through Sunday, May 1, 2011

Cost: \$5 per person so that we get together to celebrate your accomplishment at the end of the 12 weeks! Please note, if you sign up for more than one challenge you will not need to pay another \$5 – you only pay once for any or all of the challenges.

How: Please email hr@babson.edu to sign up. More information will be sent once you sign up for the challenge.

Be Well Spring Walking Challenge:

The Walking Challenge is a walking program sponsored by Blue Cross Blue Shield designed to boost employees' activity levels. You can walk during lunch, on breaks, and before or after work. During the 12-week **WalkingWorks®** Challenge, employees will take part in a friendly competition to determine who can walk the farthest. During the competition, you will track your daily time spent walking and at the end of the week, you will total the walking time and record it online. Throughout the program, you will receive tips and suggestions about healthy eating, stretching, strength training, and the benefits of physical activity. Prizes will be awarded to the individual who wins the challenge! Read more about this challenge by visiting www.walkingworks.com.

Who: Any Babson employee looking for a challenge but who wants to focus just on walking. This program is also appropriate for someone just getting back into working out and may need to start slowly with a low-impact exercise program.

When: Monday, February 7, 2011 through Sunday, May 1, 2011

Cost: \$5 per person so that we get together to celebrate your accomplishment at the end of the 12 weeks! Please note, if you sign up for more than one challenge you will not need to pay another \$5 – you only pay once for any or all of the challenges.

How: Please email hr@babson.edu to sign up. More information will be sent once you sign up for the challenge.

Weight Watchers:

This is the perfect way to get ready for the holidays or to just boost your overall confidence. Weight Watchers meetings teach you how to stick to healthy living and have a healthier relationship with food. The program director is skilled in reaching out to people to help participants achieve their healthy lifestyle goals. Ask others that you know have participated to see what it is like. As part of this program you will receive recipes and inspirational emails to help keep you on track. This program runs once a week for 12 weeks.

Who: Any Babson employee looking to lose weight in a healthy and productive way.

When: TBD pending we reach the 15 person minimum.

Cost: \$156 per person. This program cannot run unless we have a minimum of 15 people sign up. *Please note that Blue Cross insurance holders may be eligible for a \$150 credit for enrolling in Weight Watchers. This credit is available once per calendar year.*

How: If you are interested in joining Weight Watchers please email hr@babson.edu

Please note that anyone participating in any of the Be Well@Babson programs must sign a waiver before beginning any program or activity. Classes may fill up and are assigned on a first come, first serve basis. All of the Be Well@Babson programs are limited to Babson staff and faculty only and there are no exceptions that can be made.