

FITNESS EQUIPMENT STATION for Classes at UCSC's Scotts Valley Center

funded by the Health Campus Network

The overall purpose of the project:

To make possible the offering of weekly drop-in group exercise classes to the UCSC employees at the Scotts Valley Center.

Project description:

This project supports the HCN by providing the necessary equipment and tools for facilitating drop-in group exercise classes (i.e. yoga, pilates, barre, etc.) to employees working too far away from the main UCSC campus to be able to participate in currently available programming. These classes address multiple dimensions of the HCN, including the Physical (via the physical activity of the classes), Social (via the group dynamic of the classes), Spiritual (via the meditative component of some classes), and Emotional (via the endorphins and improved self-esteem provided from exercise).

The expected outcomes of the project:

- 1) Increased physical health and well-being among the employees at the Scotts Valley Center,
- 2) Improved sense of community among the employees at the Scotts Valley Center,
- 3) Heightened emotional and spiritual well-being among employees at the Scotts Valley Center, and
- 4) Increased awareness of and engagement with the fitness programming and service available through our FitLife program.

Major milestones of the project:

- 1) Identify available storage space and A/V resources at Scotts Valley Center,
- 2) Determine fitness and A/V equipment purchase-needs according to available storage and A/V resources at SVC,
- 3) Purchase needed fitness and A/V equipment,
- 4) Hire/schedule/train staff to facilitate classes at SVC,
- 5) Install fitness and A/V equipment at SVC,
- 6) Begin offering weekly drop-in group exercise classes at SVC.



FITLIFE
Yoga at the SVC

SCOTT'S VALLEY CENTER, Room E-1101

Every Tuesday (9/25-12/18), 12:00p-12:55p

FitLife GX pass required. Yoga mats & props provided.
(space is limited to the first 20 attendees per class-session)

FitLife GX passes are available at campusrec.ucsc.edu or the OPERS Wellness Center.
Visit our website for info about our pass options, class descriptions, and instructor biographies.

FITLIFE [@ucscfitlife](https://ucscfitlife.com) fitlife.ucsc.edu



Making UC Santa Cruz a healthier place to live, work, and learn!

