



April 2021

Recreation and Fitness Center (RFC) Newsletter

Contact the [Recreation and Fitness Center team](#) for assistance with any of these offerings.

Live Virtual Classes – ZOOM

Join us this month for LIVE virtual classes through Zoom; no registration is necessary. View the [class schedule](#) each week for the new class links* and formats. We can't wait to "see" you!

- **LIVE Yoga Flow** – Mondays | 11:15am – 12:00pm
- **LIVE Cardio Rotational Class** – Tuesdays | 11:15am – 12:00pm
- **LIVE Body Sculpt** – Wednesdays | 12:15 – 1:00pm
- **LIVE Yoga Stretch** – Thursdays | 12:15 – 1:00pm
- **LIVE 1-Minute Interval Training** – Fridays | 11:15am – 12:00p

***NOTE:** The password for all zoom classes is: **rfc**.

Group Fitness/Yoga – Class Archives

Never miss another workout; everything you need to keep your fitness goals on track is right at your fingertips. Visit the [RFC video gallery](#) to view/take your favorite classes again and again!

Virtual Participation Disclaimer

As with any exercise or movement-based program, participation in physical activity has inherent risks and may result in injury. Participants are encouraged to stop if they experience pain, injury or other symptoms of distress, and should seek appropriate medical advice or care as needed. Participants should not begin any physical activity program without consulting a health care professional first and should always follow the advice of their health care professional before participating in any activities of a physical nature.

Aquatics

Aquatic Personal Training

Spring and summer are just around the corner.

Be sure you are ready to “dive right in” when the RFC and/or your neighborhood pool re-opens. Maximize your pre-season training with the help of one of our RFC Trainers. You can specifically request to meet with someone to work on aquatic dryland activities or if you currently have access to a pool, a trainer can help you with your swim workouts and give you additional exercise suggestions. Interested? Register via the QuickStart Training Program today.

Fitness

AMRAP Workouts

Tuesdays, April 6 – 27 | Online | Register by Friday, April 2

What is an AMRAP workout you might ask? It is a workout where you try to accomplish As Many Rounds As Possible within a pre-determined time. Each Tuesday morning for the month of April you will receive an email with your workouts to complete. These will be total body workouts that will have optional use of dumbbells. Register today to take your workout to the next level!

National Walking Day Challenge

Thursday, April 7 | All day | Anywhere | RSVP by Tuesday, April 5

Calling all SAS Walkers – we are challenging you to help us meet a company goal of walking 1000 minutes in one day! Join us on Thursday, April 7 to walk it out in honor of National Walking Day. This challenge is open to walkers of all paces; every minute will help us meet our goal. And be sure to take selfies and pictures along your route to show us how much fun you had during your walk. A link will be sent out on April 6 that you will use to log your minutes and submit pics of your journey. Register today to celebrate your love of walking!

Healthy Neck, Shoulders, Back and Hips

May 3 – 24 | Weekly Videos | Register by Wednesday, April 28

Register today to receive two short complementary videos each week. One will focus on yoga-based stretches to create space and openness and the other will include exercises to strengthen a particular area of the body. The videos are designed to follow as short breaks throughout your day to relieve tension in areas that commonly get tight and tired from sitting. No previous experience or expensive equipment is needed.

National Pilates Month Series

Tuesdays, May 4 – 25* (12:30 – 1:00pm) | Fridays, May 7 – 28* (8:00 – 8:30am) | “Live” on Zom

Celebrate National Pilates Month this May with one or both of our 4-week series. Tuesdays will be mat Pilates classes and Fridays will be a Pilates/Yoga fusion. A mat or cushioned surface is recommended for both series and our Tuesday series will also incorporate some equipment each week. This equipment is optional to use and classes can be done without it.

*Register no later than Friday, April 30 to join us for the “Live/virtual” classes and/or to receive the recorded links to both classes on the following Mondays to practice at your convenience.

Ballet Cardio Sculpt

Thursdays, May 6 – 20 | 11:05 – 11:35am | “Live” on Zoom | Register by Wednesday, May 5

Calling all dancers, wanna-be dancers and those who just like to move! Channel your inner ballerina and train like one. Join us for an amazing ballet inspired workout that is low impact, elevates the heart rate and sculpts the entire body! No equipment needed for this class; ballet shoes are optional.

*Register today to join us for the “Live/virtual” class on Thursdays and/or to receive the recorded link on Fridays to follow at your convenience.

Global Employee Health & Fitness Month – Virtual 5K & 21-mile Challenge

May 15 – 23 | Individual or Work Team Challenge | Register by May 14

Celebrate Global Employee Health and Fitness month with the RFC’s Annual GEHFM 5K or the 2021 21-mile challenge; anywhere, anytime during the week of May 15. Even better – encourage your co-workers to take care of their health and join you for the GEHFM 5K Work Team Challenge (work teams only please). Register today to join in on this annual celebration!

National Run Day Challenge

Wednesday, June 2 | All day | Anywhere | RSVP by May 30

Calling all SAS runners! Wednesday, June 2 is National Run Day and we want you to run your heart out! This year we're celebrating the magic of running by challenging our SAS runners of all paces to help us meet a company goal of running 600 miles in one day. For every 1/2 mile you run, you will earn 1 point. The more points you earn, the higher you place on the leaderboard that will be posted on Yammer Endurance. Commit to the challenge today!

Recreation & Leisure

DIY Kid's Spring Craft Kit

\$3.50 per kit | Supplies are limited | Register by Friday, April 2

- [3D Frog on a Lily Pad craft kit](#)
- [Ladybug Crinkle Tissue Paper Craft Kit](#)
- [Beaded Butterfly & Daisy Charm Bracelet Kit](#)
- [Flower Bouquet Craft Kit](#)

Spring has sprung! Keep your child entertained with these fun spring-themed crafts that you can make at home together. Kits will be mailed out through interoffice mail and USPS beginning Monday, March 15; reserve yours today.

Sketching in Paris

Tuesday, April 20 | 5:30 – 6:30pm | \$15 per person | Register by Friday, April 16

Join local artist Luis Torres via Zoom for a one-hour, live art class! Join local artist, Luis Torres, via Zoom for an evening in Paris and sketch with your favorite mediums, inspired by the beautiful sights. With amazing photo references, we will fill our sketchbook as we look at drawing techniques, lines, perspective, color and much more. All skill levels are welcome.

Off-Campus Hike at Umstead State Park

Wednesday, May 5 | 5:00 – 6:30pm | 3 miles | Register by Wednesday, May 5

Outdoor recreation has been shown to improve the mind, body and soul. And let's face it, it's been a long year. Meet up with some of your colleagues for a hike to reconnect with not only them, but with the outdoors. Don't think of this as just a hike, but more of a mental and physical recharge a great way

to spring forward after a long winter. Be prepared to make some new friends, discuss some engaging questions, and come out refreshed and re-energized.

Wellness

Earth Month Podcast Series

Mondays, April 5 – 26 | Online | Register by Friday, April 2

Register to receive a podcast link each Monday morning throughout the month of April in celebration of Earth month. Topics will vary but each week will highlight the ways in which we can all contribute to making small daily changes that result in positive global impacts. Register today to start making a difference.

10-Minute Tai Chi Timeouts

Thursdays, April 8 – 29 | Videos | Register by Thursday, April 29

Take a 10-minute timeout to practice simple, relaxing Tai Chi movements. Just a few minutes a day/week can help support a healthy immune system and enhances stress resilience. Register today to receive a new Tai Chi video each week in April to explore.

Sleep, Health and Well-Being: The “Sleep Set”

Tuesdays, May 11 & 18 | 12:00 – 1:00pm | Register by Fridays, May 7 & 14 , respectively

Sleep is an essential component to maintaining overall health and wellness. Inadequate sleep time and lack of quality sleep puts us in a vulnerable situation. When the body can't recover during our slumber, it may lead to health conditions that aren't favorable and it may accelerate the aging process. Since we spend almost a third of our lifetimes in bed, getting deep and restful sleep is important. Join us for this seminar set and learn why we sleep, the importance of rest on filing memories and flushing away toxins, how to reset our circadian rhythm and the impact that poor sleep has on immunity, stress levels and more. During this two-part “sleep set”, the first seminar will look at the research regarding sleep, why our bodies need quality sleep and barriers to obtaining a good night's sleep. We'll discuss implications of blue light, light pollution, electromagnetic fields and technology and their impact on sleep. In the second seminar of the set, it's all about lifestyle. You'll learn how to create a nightly ritual, sacred space and how thermoregulation impact sleep stages. We'll look at ways to reset your circadian

rhythm and natural cortisol rhythm and we'll dive into alternative therapies that can assist you in finding your bliss and well-being. You don't want to miss either one as we'll be weaving research, tips and methods throughout.

The Skill of Self-Confidence

Tuesday, May 4 | Online | Register by Monday, May 3

In this 14-minute powerful TED Talk, prepare to be inspired as you listen to a simple message regarding self-confidence and why it is the most important skill you can attain in life. Register to receive the link to listen in at your leisure.

How Walking Improves Our Brain and Mental Health

Tuesday, May 25 | Online | Register by Monday, May 24

In this bite-size podcast, Neuroscientist/Professor Shane O'Mara explains how the many benefits of walking go beyond the physical and can be a superpower for our mood, overall health and well-being. Register to receive the link to listen in at your leisure.

Get Grounded – Earth Day Slow Flow

Thursday, April 22 | Video | Register by Wednesday, April 21

During spring, there's no better time to connect to the earth. Steady, rooted poses are a great way to bring grounding to this season of growth. Reconnect with your breath and find balance in this gentle slow flow practice. Register today to receive this special video link to practice at your leisure.

Yoga for Mood

Tuesday, May 4* | 8:30 – 9:00am | "Live" on Zoom | Register by Wednesday, April 28

Join us for a special yoga practice in honor of Mental Health Awareness Month. Enhance your mood and tune into nourishing sensations of body, mind and spirit, with this "Live" 30-minute class. This practice is also designed to increase circulation and cultivate breath awareness.

*Register today to join us for the "Live/virtual" class on May 3 and/or to receive the recorded link after the class to practice at your convenience.

Yoga for Athletes

Wednesdays, May 5 – 26* | 11:00 – 11:30am | “Live” on Zoom | Register by Friday, April 30

Want a yoga offering that focuses on gentle stretches and recovery? Yoga for Athletes is for everyone, not just athletes. During each class, we will move through a well-rounded sequence that incorporates grounding, core work, stretching and lengthening common tight areas.

*Register today to join us for the “Live/virtual” class on Wednesdays and/or receive the recorded link on Thursdays to practice at your convenience.

Little Life Hacks – Blog Series

Join us this year as we bring you the Little Life Hacks series the 3rd Wednesday of each month. [March's blog](#) was about the benefits of contrast hydrotherapy. Future articles will dive into the mouth taping for better sleep oxygenation, how Pulsed Electromagnetic Field (PEMF) works and home remedies to combat dizziness and nurture aching muscles. Don't miss out!