Join ANYTIME - WELLCATS is FREE! To become a member, Texas State employees must:

1. Register @ https://tim.txstate.edu/hhptotalwellness/. (Registration is complete when a reference number appears.)
2. Submit a Personal Health & Wellness Appraisal & General Release/Waiver to Carolyn Swearingen, Dept. of Health & Human Performance, JOW A208C.

Already a Member?

- You do NOT need to re-register online, but you are required to complete a Personal Health & Wellness Appraisal each year. (*This is essential for program evaluation.*)

Registered WELLCATS members:

- Receive personal current health status information based on your updated Personal Health & Wellness Appraisal.
- Are informed about events and a variety of wellness topics via newsletters, Facebook posts (TotalWellnessSM and WellCats Nutrition), and our website.
- Can participate in any and all WellCats services. For services listed below that require a sign-up, members will need to contact Josh Arguelles at worklife@txstate.edu or 245-1268.

Health Behavior Change Support

Health Behavior Change Coaching: If you struggle to prioritize healthy behaviors (especially eating healthfully and exercising consistently), then consider attending coaching sessions. To get started, attend one of our introductory group sessions. Thereafter, you will meet 1-on-1 with a national board certified health and wellness coach and health and fitness professional to learn how to be more motivated, manage time, develop good habits, and improve your confidence in living a healthy lifestyle. **Sign-up is required** for 1-on-1 coaching.

Physical Activity

**Fitness Testing:** If you would like to know more about your current health status, establish a personal exercise program, and/or track your progress, sign up for health-related physical fitness testing. **Sign-up is required.**

**WellCats Group Training:** A variety of classes are offered throughout the day at many sites (Alkek, ASC, Avery, JCK, Jowers, LBJ, Nursing, and SRC) to meet the different interests and fitness levels of our members.

**Open Swim & Aqua Group Classes @ Aqua Sports Center:** M & W 12-1 PM, T & TH 5-6 PM (ending May 2019).

**Racquetball @ Jowers Center:** M-F, 12-1 PM.

**WellCats Walk:** An instructor led, self-paced walking program designed for all levels of fitness, sedentary to very active.

**Student Recreation Center:** Gain access to 8 basketball/volleyball courts, weight room, cardio area, indoor track, 6 racquetball courts, multipurpose studios, and natatorium with these offers: Fall ’18 & Spring ’19 - $4 Fridays & FREE Fridays, Summer ’19 (May 17 – Aug 23).

**Subsidized Student Recreation Center membership:** The first 100 registered WellCats members can receive an SRC subsidy of $25 by (1) contacting Josh Arguelles at worklife@txstate.edu and asking for a confirmation e-mail verifying WellCats registration; and (2) taking the email to the SRC front desk and registering for their SRC membership. Payroll deduction deadline for Spring ’19 is Feb. 8th and June 12th for Summer ’19. If applying online for an SRC Membership make sure to mention you are a registered WellCats member and would like to apply for the subsidy in the additional comments box. **Sign Up and verification of WellCats membership is required.**

**Total Wellness – San Marcos Group Exercise membership discount:** As a WellCats member, Total Wellness offers $15 off the price of a group exercise membership. Classes are held at the San Marcos Activity Center and free childcare is offered to all members. Go to http://www.totalwellness-sanmarcos.com for complete schedule and details.

Nutrition

**ProActive Nutrition (PAN) -** These hands-on cooking sessions focus on whole foods, healthful takes on popular dishes, and exploration of new ideas! Whether you’re seasoned in the kitchen or brand new, we have something that everyone can enjoy making! Come cook and also learn a little bit every month about what makes these recipes so good for you! Hard copies and e-versions of recipes will be provided. Don’t worry, we’ll do the dishes! Classes are held in FCS 187. **Individual sign-up is required.**
Additionally, PAN cooking sessions are available with advance reservation by departments or offices who would like to utilize them as a team building alternative to regular staff meetings! Bring your team and enjoy time cooking and sharing a meal together and learn some healthy tidbits to take back to the office with you! Reservations are first come, first served and due to popularity all sessions are booked until Fall 2019, so stay tuned!!

<table>
<thead>
<tr>
<th>Game Day</th>
<th>Your guests might never know it’s healthy.</th>
<th>F  Jan 25  12-1 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast for Dinner</td>
<td>Because why not?</td>
<td>F  Feb 22  12-1 PM</td>
</tr>
<tr>
<td>Mediterranean</td>
<td>Let’s see what it’s all about.</td>
<td>F  Mar 29  12-1 PM</td>
</tr>
<tr>
<td>Dinner Party</td>
<td>And everyone left wishing they had leftovers.</td>
<td>F  Apr 26  12-1 PM</td>
</tr>
<tr>
<td>Spring Harvest</td>
<td>Bountiful, Comforting, Satisfying.</td>
<td>F  May 17  12-1 PM</td>
</tr>
<tr>
<td>Luau</td>
<td>Pineapples, coconut and jackfruit, oh my!</td>
<td>F  June 28  12-1 PM</td>
</tr>
<tr>
<td>Summer Nights</td>
<td>Cool. Light. Refreshing. No Grease.</td>
<td>F  July 5  12-1 PM</td>
</tr>
<tr>
<td>Picnics</td>
<td>What’s in the basket?</td>
<td>F  July 26  12-1 PM</td>
</tr>
</tbody>
</table>

**Nutrition Consultation:** During this 1:1 session, a trained nutrition professional will assess your current diet and help you identify goals to improve your diet, overall health, and well-being. **Sign-up is required.**

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**Wellness Education Series**

**Join us in JCK 460 or Avery** - To register (or cancel), login to your SAP Portal and click on the Training and Development tab. Check out the sessions below:

- **Fad Diets** .......................................................... W  Jan 9  8:30-9:30 AM
- **Losing Weight, For Good** ...................................... W  Feb 13  8:30-9:30 AM
- **Supplements: Micronutrients, Phytochemicals, Adaptogens, Oh My!** .................................. W  Mar 13  8:30-9:30 AM
- **Nutrition 101** .................................................. W  April 10  8:30-9:30 AM
- **Intermittent Fasting** ........................................ W  May 8  8:30-9:30 AM
- **Exercise and Emotional Wellness** ........................... W  June 12  8:30-9:30 AM
- **Special Populations and Exercise** .......................... W  July 10  8:30-9:30 AM
- **Water Exercise: Benefits and How To Do It Right** .... W  Aug 14  8:30-9:30 AM

**Additional Information**

For more information, including updated wellness offerings, visit [http://www.hr.txstate.edu/worklife/wellcats.html](http://www.hr.txstate.edu/worklife/wellcats.html). For questions, contact Josh Arguelles at worklife@txstate.edu or 245-1268.

**Wellness Time:** With supervisor approval, employees are eligible for up to 30 minutes per day of paid release time to attend WellCats activities, including our Wellness Education Series coordinated through Professional Development. See [UPPS 04.04.32](http://www.hr.txstate.edu/worklife/wellcats.html).

**Feedback**

We, the WellCats leadership team, are committed to continuous improvement. Your input is important in helping us continue to shape the program in a way that meets your needs and interests. We would love to hear what is working and how we can do better. Send your feedback and suggestions to us at worklife@txstate.edu.

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WellCats services are provided by Total Wellness (Department of Health & Human Performance), Department of Physical Therapy, Nutrition & Foods (School of Family & Consumer Sciences), Department of Communication Studies, Worklife (Human Resources), & the Student Recreation Center.
WellCats Group Training Schedule

WellCats group classes are taught in a non-intimidating environment by highly skilled and enthusiastic instructors, committed to providing safe and effective workouts. Our instructors will provide you with proper guidance so that coordination and experience are not necessary and will demonstrate modifications so that you will be able to set your own intensity.

*classes are held in San Marcos, unless indicated in table.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>6:30-7:15 AM</td>
<td><strong>Group Personal Training</strong>&lt;br&gt;Jowers Center&lt;br&gt;Gym 219</td>
<td><strong>Group Personal Training</strong>&lt;br&gt;Jowers Center&lt;br&gt;Gym 219</td>
<td><strong>Group Personal Training</strong>&lt;br&gt;Jowers Center&lt;br&gt;Gym 219</td>
<td><strong>Group Personal Training</strong>&lt;br&gt;Jowers Center&lt;br&gt;Gym 219</td>
<td><strong>Group Personal Training</strong>&lt;br&gt;Jowers Center&lt;br&gt;Gym 219</td>
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<tr>
<td>12:00-12:30 PM</td>
<td><strong>Non-Pretzel Yoga</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Gym 219</td>
<td><strong>Strength, Stretch, No-Sweat</strong>&lt;br&gt;LBJ 4-1.9</td>
<td><strong>Strength, Stretch, No-Sweat</strong>&lt;br&gt;LBJ 4-1.9</td>
<td><strong>Strength, Stretch, No-Sweat</strong>&lt;br&gt;LBJ 4-1.9</td>
<td><strong>Strength, Stretch, No-Sweat</strong>&lt;br&gt;LBJ 4-1.9</td>
</tr>
<tr>
<td>12:00-12:45 PM</td>
<td><strong>Step It UP!</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Gym 219</td>
<td><strong>Kickbox Bootcamp</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Gym 219</td>
<td><strong>Zumba® Toning</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Gym 219</td>
<td><strong>Group Personal Training</strong>&lt;br&gt;Jowers Center&lt;br&gt;Gym 219</td>
<td><strong>Beatz-Camp</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Gym 219</td>
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<td></td>
<td><strong>Yoga Flow</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;B105</td>
<td><strong>Yoga Flow</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;B105</td>
<td><strong>R&amp;R Yoga</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;B105</td>
<td><strong>Lifting 101</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Weight-room 118</td>
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<td></td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
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<tr>
<td>12:15-12:45 PM</td>
<td><strong>Meditation &amp; Deep Relaxation</strong>&lt;br&gt;LBJ 4-1.9</td>
<td></td>
<td><strong>Strength, Stretch, No-Sweat</strong>&lt;br&gt;Alkek 105/106</td>
<td><strong>Core Strengthening</strong>&lt;br&gt;Avery 368</td>
<td><strong>Core Strengthening</strong>&lt;br&gt;Avery 368</td>
</tr>
<tr>
<td>Round Rock</td>
<td><strong>Strength, Stretch, No-Sweat</strong>&lt;br&gt;Avery 368</td>
<td></td>
<td></td>
<td><strong>Core Strengthening</strong>&lt;br&gt;Avery 368</td>
<td><strong>Core Strengthening</strong>&lt;br&gt;Avery 368</td>
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<tr>
<td>Round Rock 12:15-12:45 PM</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td></td>
<td></td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
</tr>
<tr>
<td>5:15-6:00 PM</td>
<td><strong>Yoga Flow</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;B105</td>
<td><strong>Meditation &amp; Deep Relaxation</strong>&lt;br&gt;Jowers Center&lt;br&gt;B105</td>
<td></td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
<td><strong>Aqua Mix</strong>&lt;br&gt;Aqua Sports Center</td>
</tr>
<tr>
<td>5:30-6:15 PM</td>
<td><strong>Zumba® Toning</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;Gym 219</td>
<td></td>
<td></td>
<td><strong>R&amp;R Yoga</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;B105</td>
<td><strong>R&amp;R Yoga</strong>&lt;br&gt;<strong>Jowers Center</strong>&lt;br&gt;B105</td>
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Note the following class changes (schedules can change at any time based on demand):
- T Jan 29 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 1100)
- Th Jan 31 - Strength, Stretch, No Sweat (at Alkek 105/106) will meet in Alkek 118
- T Feb 12 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 920)
- T Feb 19 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 1100)
- T Feb 26 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 1100)
- T Feb 26 - Meditation and Deep Relaxation at LBJ will not meet
- T March 5 Meditation and Deep Relaxation will meet in LBJ 3-7.1
- M March 18 through F March 22 - classes will not meet (Spring Break)
- Th March 28 - Strength, Stretch, No Sweat (at Alkek 105/106) will meet in Alkek 118
- T April 2 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 1100)
- T April 9 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 1100)
- T April 25 - Strength, Stretch, No Sweat (at Alkek 105/106) will meet in Alkek 118
- Th May 16 & F May 17 - classes will not meet (Commencement), however open swim at ASC will be available
- M May 27 - classes will not meet (Memorial Day)
- Th July 4 - classes will not meet (Independence Day)
- T July 9 - Non-Pretzel Yoga (at JCK 1100) will meet in the Regents Room (JCK 1100)
- F Aug 9 - classes will not meet (Commencement)
Aqua Mix  This class incorporates full body exercises of varying intensity for a fun, fresh take on the aquatic classic.

Beatz-Camp  This combo class incorporates drum-based cardio, resistance, intervals, and mat work, all designed to improve your aerobic and muscular fitness.

Core Strengthening  is designed to work large muscle groups and deep core muscles with body weight exercises.  Please wear clothes that you can move in and bring water and a mat.

Group Personal Training  Featuring cardiovascular & muscular strength & endurance, and a little extra one-on-one with the trainer, each class will challenge the group in a new and innovative way.

Kickbox Bootcamp  These martial arts-inspired strength, endurance, and interval drills torch calories while improving overall fitness.

Lifting 101  Learn the fundamentals of proper weight training while building your core strength and endurance.

Meditation and Deep Relaxation  This class is designed for those looking for ways to slow down their thoughts, increase awareness and reduce stress. Class will begin with slow, mindful movement to get blood flowing, taking you to the present moment and will end in stillness where we will practice cultivating awareness through observation.

Non-Pretzel Yoga  This class requires no prior yoga experience. This class utilizes easy-to-follow movements to help you focus on breathing, meditation, and relaxation. No special attire is necessary.

R&R Yoga (Restore & Rejuvenate)  This luxurious yoga practice flows slowly through gentle movements to calm, nourish, and rejuvenate the body.

Step It UP  One of the cornerstones of aerobic fitness, step aerobics is stronger than ever in this hip, modern combo of cardiovascular fitness and muscular strengthening.

Strength & Conditioning  Work to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly-varied, always challenging class.

Strength, Stretch, No Sweat  This 30-minute, low intensity class requires no special attire. We can guarantee that you will leave the class feeling refreshed and ready to take on the rest of your day!

WellCats Walk  An instructor led, self-paced walking program designed for all levels of fitness, from sedentary to very active.

Yoga Flow  Use breathe and movement to improve strength and flexibility soothe the soul and relax the mind.

Zumba ®  Workout in a party atmosphere that fuses hypnotic Latin and International rhythms with dance and aerobic elements to improve balance, coordination, agility, muscle tone, and keep the heart healthy.

Zumba Toning ®  A dance-based fitness party, but with extra emphasis on toning and sculpting the muscles by adding resistance using light dumbbells.
Campus Recreation Group Fitness Schedule

*Free classes for faculty/staff WellCats Members who have a valid SRC membership. Note, these classes are not limited to faculty/staff.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00 AM</td>
<td>HIIT 30 SRC, MPR B</td>
<td></td>
<td></td>
<td></td>
<td>Intro to Cycle SRC, Cycle Studio</td>
</tr>
<tr>
<td>11:15-11:45 AM</td>
<td></td>
<td>HIIT 30 SRC, MPR B</td>
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<tr>
<td>12:00-1:00 PM</td>
<td>Yoga in the Park Sewell Park</td>
<td></td>
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<td></td>
<td>Intro to Yoga SRC, MPR C</td>
</tr>
<tr>
<td>12:15-1:00 PM</td>
<td></td>
<td>Cardio Dance SRC, MPR C</td>
<td></td>
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<tr>
<td>1:00-1:45 PM</td>
<td>Rest &amp; Restore SRC, MPR C</td>
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</table>

Campus Recreation Fitness Class Descriptions

**Cardio Dance:** Cardio dance is an aerobic dance fitness workout with easy to follow moves and choreography! All fitness levels welcome.

**HIIT 30:** HIIT stands for High Intensity Interval Training. Get ready for a great cardiovascular workout that will also strengthen your muscles utilizing the step, BOSU, jump rope, medicine balls, TRX suspension trainer, and more. This 30-minute class is now held in MPR B and will incorporate timed work to rest intervals for a quick and efficient total body workout!

**Intro to Cycle:** Get back to basics and master your technique! Intro to Cycle is a great option if you are interested in “getting into” cycling or if you are in need of a refresher. From conquering basic drills to understanding the reasons behind them, this class will foster a positive learning environment and is a great workout for all levels.

**Intro to Yoga:** This class is great for yoga practitioners of all levels! Whether you have never stepped on a mat, or you have been practicing for years, this class will build a solid foundation for your yoga practice. Teaching key poses and placing emphasis on technique, this class will either polish up your poses or teach you how to build yours for the first time from the ground up.

**Rest & Restore:** Designed to relax your mind and body! The class will begin with a 10-15 minute guided meditation followed by a 30-35 minute power nap! Yoga mats will be provided. Participants are encouraged to bring their own pillow and blanket.

**Yoga In The Park:** Come join us out at Sewell Park for a relaxing Yoga class to enjoy the breeze and get some fresh air while working on your balance and flexibility! This class is designed for all levels and will take you through each phase of yoga-strength, balance, posture, and flexibility!