

Thanks for reaching out to SWELL. Unfortunately, we have capped SWELL at 200 students. That is our maximum capacity. **The good news is you can come and try our class one time for free** and get on the waiting list. You can become a full-time member when there is an opening. If spots open, we will contact you when your turn comes up.

Please email back the information listed below.

garydonaldwittman@gmail.com

Name	Birth Date	Emergency	Phone	Email	Phone	Address
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We are expecting some turnover in September to put people on the waiting list into the class.

Welcome to the wellness class taught by Gary Wittman adjunct professor at the University of Dubuque. This is a safe exercise program with students ranging from 55 to 93 years of age. Students in this class tend to get younger as they develop flexibility, muscle tone and endurance. You also will have the opportunity to learn meditation and relaxation imagery to help you sleep. Tai Chi is used to improve your inner organ health and reduce stress.

Bring an exercise mat to sit on and some hand weights/dumbbells usually 2-5 pounds. If you are very strong you can use 5-to-10-pound weights. All weight exercises are 2 sets of 20 repetitions with deep breaths between, a total of 40 repetitions within 1 minute with each exercise. You can modify exercises as we go. For instance, some of the members only do 10 to 15 repetitions with the weights and some lift at a slower pace. We stretch specific muscles related to that lift after the completion of both sets. During adverse weather if your shoes are not clean have another pair of shoes to change into when entering the building to exercise.

Come to the Chlapaty Rec & Wellness Center building 29, a map is attached. We exercise Monday, Wednesday, and Friday. You can walk from 8:00 to 8:30am; exercises start at 8:30am and continue to around 9:30am. At the completion of exercise, you can walk from 9:30 to 10:00am. You do not have to walk if you don't want to, but it is suggested to walk a minimum 15 minutes.

Starting June 1st, if the weather is nice we go outside on the football field. If the weather is too hot or raining, we go back into the Chlapaty Rec & Wellness Center building 29 for that day. You will know by the clamp on the door on the southwest corner of the building.

If Dubuque Public Schools are closed because of bad weather, we will not have SWELL class.

Attached

1. Map for on street and on campus parking

