

# WELLNESS and FITNESS SERVICES

Wellness and Fitness Services provides healthy lifestyle strategies and wellness education to the Carlow community through special events, classes, workshops, and seminars. We offer individualized exercise programs by fitness professionals to students, faculty, and staff that improve fitness levels and promote cardiovascular health.

## THE FOLLOWING PROGRAMS ARE OFFERED BY THE OFFICE OF WELLNESS AND FITNESS SERVICES:

- + Personal Exercise Programs
- + Nutrition Consultations
- + Therapeutic Massage
- + Stress Management
- + Koru Mindfulness
- + Safe and Healthy Relationships
- + Gender-Based Violence Prevention
- + Non-Credit Fitness Classes
  - Beginner Cross Circuit
  - Intro to Personal Fitness
  - Yoga
  - Zumba
  - Tai Chi
- + Accredited Fitness Classes
  - Weight Training/Advanced Weight Training
  - Yoga
  - Self Defense for Women

*Some classes will be held virtually while in-person classes will be held in the Aerobics Studio.*

## WELLNESS AND FITNESS SERVICES STAFF

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Erin Tunney, PhD  
Director of Gender-Based Violence Prevention  
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Certified Fitness Instructors, Exercise Physiologist, Registered Dietician, Massage Therapist, and Student Fitness Center Attendants

*Work-study and student worker opportunities are available in the fitness center and office.*

*Email [jmgaul@carlow.edu](mailto:jmgaul@carlow.edu) to express interest.*





# ST. JOSEPH FITNESS CENTER

Carlow University's Fitness Center is located in St. Joseph Hall. Fitness Center users are required to register online by completing a Physical Activity Readiness Questionnaire (PAR-Q) and General Waiver. This registration process can be accessed on the Wellness and Fitness Services page on myCarlow. Always check with your physician before starting a new exercise program.

## **HOURS (subject to change)**

Monday-Thursday 6 a.m.-10 p.m.

Friday 6 a.m.-6 p.m.

Saturday-Sunday 10 a.m.-4 p.m.

New safety and cleaning protocols will be in place for usage. Modified facility hours and other updates will be posted on myCarlow.

## **FREE WEIGHTS**

Weights are available in plates, dumbbells, and kettle bells. Plates range from between 2.5-45 lbs. Dumbbells are available from 3-60lbs. Multiple benches and a new squat rack as well!

## **MACHINES**

The following machines are available for your use primarily in the McGinley Cardio Wellness Center (Mezzanine, 2nd Floor):

- + Treadmills
- + Elliptical Cross Trainers
- + Octane Ellipticals
- + Concept II Rower
- + Octane Lateral X

For these Life Fitness and Hammer Strength exercise machines, you may add your own weight plates:

- + Leg press
- + Leg curl
- + Hip and glute
- + Lat pulldown
- + Seated row
- + Chest press
- + Shoulder press
- + Back extension
- + Incline press
- + Fly
- + Smith machine