

# Wellness Week 2017

Activity Based Instruction (athletic wear required)

T.R.U.E. Fit- G110; Monday P. 5-7; Wednesday P. 1-4.

The Resourceful Use of Exercise- provides people with the education and understanding on how to live a healthier lifestyle. By incorporating athletic movements, and information for healthy living TRUE Fit makes exercise accessible and effective without the reliance of a personal trainer or a gym membership.

Tommy Schneider

[Tommy@truefitteam.com](mailto:Tommy@truefitteam.com)

Truefitteam.com

Facebook.com/truefitteam

Twitter and Instagram: @TRUEFitTeam

Going for Greatness (G4G)- G110; Tuesday P. 1,5, and 7.

This will be a hands-on workshop themed "performance training." G4G will be discussing the importance of avoiding repetitive body movement and students will go through flexibility, coordination and strength exercises to develop a feel and get a better understanding of information that will be presented. Participants will enhance their knowledge in variety of exercises, education on a healthy way of life and injury prevention. **Best for athletes or those interested in athletic performance.**

Rob Wienski

(630) 699-0391

503 West Third Street

Elmhurst, IL 60126

[www.going4greatness.net](http://www.going4greatness.net)

Bollywood- G14; Thursday P. 1-2

Come experience the intricate and expressive styles of Bollywood Dance. Enjoy the music, the movement, and a unique cultural experience.

Katie Kritek and Laura Deutsch

[kritekk@newtrier.k12.il.us](mailto:kritekk@newtrier.k12.il.us) and [deutschl@newtrier.k12.il.us](mailto:deutschl@newtrier.k12.il.us)

(847) 784-7749 and (847) 784-6557

Pilates- G16 Friday P. 4 and Wrestling Room Wednesday P. 4 and 7

Based on the principles of Master teacher, Joseph Pilates, this class will focus on strengthening the core muscles while also toning and lengthening the entire body. Prepare for a physical challenge that will leave you feeling invigorated and strong.

Julie Mantice: Wilmette Park District

[jmantice@wilpark.org](mailto:jmantice@wilpark.org)

(847) 256-6100

## Dailey Method- G16; Wednesday P. 4 and 7

The Dailey Method is a full body, low impact workout that is a great way to strengthen and tone your body and can be a compliment to athletes and their sport. We are very excited to announce that we are launching a new class for high school and college students that will be a combination of traditional Dailey Method exercises and heart rate lifters. Stay tuned for the official date this summer!

[northshore@thedaileymethod.com](mailto:northshore@thedaileymethod.com)  
847.920-5260

## Yoga- G16; Wednesday P. 9

This strenuous class is modeled after an abridged 90 minute primary series Ashtanga yoga class. The class will have 11 sun salutes plus at least 12 other yoga poses that strengthen and stretch your whole body. Wear loose fitting clothes, socks, bring a yoga matt, and leave all talking and giggles at the door so you will be prepared to sweat in a nice, quiet and relaxing atmosphere.

Larry Stoegbauer  
[stoegbal@newtrier.k12.il.us](mailto:stoegbal@newtrier.k12.il.us)  
(847) 784-6558

## Cricket- G110; Friday P. 2, 8, and 9

Hear about the history of cricket and its peculiar language before learning the basic skills of the game. You will have the opportunity to bowl at stumps and bat at the crease.

Andy Milne  
[milnea@newtrier.k12.il.us](mailto:milnea@newtrier.k12.il.us)  
(847) 784-6587

## Brazilian Jiu Jitsu- Wrestling Room; Monday P 3 and Thursday P. 1 and 5

Come learn the history, philosophy and movements behind one of the world's most effective martial arts. Brazilian jiu jitsu not only helps world class MMA fighters dominate the UFC but it also helps bring balance to your mind, body and spirit. In this seminar, students will learn and practice some of the fundamental techniques.

Darrin Jeziorski  
784-7692  
[jeziorsd@nth.net](mailto:jeziorsd@nth.net)

## Krav Maga- Wrestling Room Friday P. 6

Krav Maga "contact combat" (Hebrew) is an aggressive self-defense system that focuses on real world situations and attacks. It was developed for and is used by the Israeli Defense Forces (IDF). This system combines techniques from various martial arts, boxing and wrestling to end an attack and "Get Home Safe". **Female Participants Only Please**

Kelly Breiner: [breinerk@newtrier.k12.il.us](mailto:breinerk@newtrier.k12.il.us)  
John Miller: [millerj@newtrier.k12.il.us](mailto:millerj@newtrier.k12.il.us)

CorePower Yoga- G14 Monday P.1, Tuesday P.2 and 3, Thursday P. 2;  
G16 Wednesday P.3, and Thursday P. 4

We believe in working every muscle and every emotion. Our classes, our instructors and our network of over 160 yoga studios nationwide welcome you when you're ready for a yoga fitness experience like no other.

Core Power Yoga  
[anna@level4yoga.com](mailto:anna@level4yoga.com)  
(303) 682-3005

Mobility Training- G110 Monday P. 1, G109 Monday P. 5, Main Gym  
Monday P. 7

Led by Northwestern strength coach Stephen Reich, this will be a hands-on workshop themed "mobility training." Students will go through mobility exercises to develop a better understanding of information that will be presented. **Best for athletes or those interested in athletic performance.**

Stephen Reich  
[stephen.reich@northwestern.edu](mailto:stephen.reich@northwestern.edu)

WERQ Cardio Fitness- Main Gym Tuesday P. 1, G16 Thursday P. 6 and 7  
**WERQ**® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

info@werqfitness.com  
[www.WERQfitness.com](http://www.WERQfitness.com)

Zumba- G12 Monday P. 2, G16 Monday P. 3 and Tuesday P. 6 and 7

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Wilmette Park District  
(847) 256-6100

Pound- G16 Monday P. 6 and 7 and Friday P. 5

**POUND**® is the alternative group **fitness** format inspired by drumming!

Wilmette Park District  
(847) 256-6100

Discussions/Presentations (athletic wear not recommended)

## Food and Mood- EPI; Thursday P. 2 and 3

We will be talking about food and mood and how they are closely intertwined. Your current mood can affect your food choices and patterns AND your food choices can affect your mood. **Discussion**

Ascend Consultation in Health Care  
666 Dundee Rd, Suite 1301  
Northbrook, IL 60062  
312-283-2650  
[www.ascendchc.com](http://www.ascendchc.com)

## Meditation- G16; Friday P. 9

The class will start out with some fun yoga poses, and breathing before we go to a progressive muscle relaxation exercise. Wear loose fitting clothes, socks, bring a yoga matt, and leave all talking and giggles at the door so you will be prepared to meditate in a nice, quiet and relaxing atmosphere.

Larry Stoegbauer  
[stoegbal@newtrier.k12.il.us](mailto:stoegbal@newtrier.k12.il.us)  
(847) 784-6558

## Competitive Fitness for Life – W336 Wednesday P. 3 and EPI Wednesday P. 5.

A panel of female NT staff will talk about their fitness journey from being a high school students to working women who continue to find fun, and competitive ways, of staying fit!

**Best for Female Students- Discussion**

Susie Thorngren: [thorngrs@nthsh.net](mailto:thorngrs@nthsh.net)  
Kristen Smith: [smithkr@nthsh.net](mailto:smithkr@nthsh.net)  
Peggy Stetsko: [stetskom@nthsh.net](mailto:stetskom@nthsh.net)  
Rachel Hess: [hessr@nthsh.net](mailto:hessr@nthsh.net)

## Meditation- G16 Monday P. 4 and Tuesday P. 4

IGGS student Allison Guenther will lead a meditation to enhance mindfulness and relaxation.

Allison Guenther

## Character by Design- EPI Wednesday P. 1; Thursday P. 5 and W336 Friday P. 9

**Discussion**

Jim Davis  
[jdavis@nthsh.net](mailto:jdavis@nthsh.net)

## Exercise and the Brain: A Year in Review- EPI Wednesday P. 8

### Discussion

Jim Davis  
[jdavis@nths.net](mailto:jdavis@nths.net)

## The Concussion Discussion- G13 Thursday P. 8

### Discussion

Jim Davis  
[jdavis@nths.net](mailto:jdavis@nths.net)

## Debunking Strength and Conditioning Myths- G13 Friday P. 9

### Discussion

Jim Davis  
[jdavis@nths.net](mailto:jdavis@nths.net)

## Exercise and Mindfulness- W336 Friday P. 8

### Discussion

Jim Davis  
[jdavis@nths.net](mailto:jdavis@nths.net)

## Mindfulness- G16 Monday P. 9

This will be a presentation on the value and need for mindfulness at New Trier. In addition there will be a few short opportunities to practice mindfulness.

Larry Stoegbauer  
[stoegbal@newtrier.k12.il.us](mailto:stoegbal@newtrier.k12.il.us)  
(847) 784-6558

## “Embracing Change”- W336 Thursday P. 8-9 and G13 Friday P. 6-7

Stop viewing change as good or bad, because all change nourishes your soul. Together we will take a look at how embracing and accepting change will allow you to direct our own life and redirect your path. Staying in your comfort zone is overrated. As a Certified Life Coach I believe in empowering people to find, understand, and use their own authentic voices. My greatest passion in life is working with teenagers, as I believe they are often misunderstood and yet have the most unique and wonderful eyes to life. Change is inevitable and learning to understand that nothing can grow without a little movement, can make our changes easier and even exciting.

Tyler Pritchard  
[tylerlifecoaching.com](http://tylerlifecoaching.com)  
[tylerpritchard12@gmail.com](mailto:tylerpritchard12@gmail.com)  
(847) 917-0079

## Healthy Rap Concert with Mr. Horne- W336; Friday P. 3

In this session Mr. Horne will perform some of his health raps to engage and motivate you to become a healthier person. We will learn through hip-hop and discuss the meaning behind the lyrics to various songs. Check out [www.youtube.com/ahorne23](http://www.youtube.com/ahorne23) to view all of Mr. Horne's Scholarly Raps about health.

Andy Horne  
[hornea@newtrier.12.il.us](mailto:hornea@newtrier.12.il.us)  
847-784-6629

Other activities offered- No Sign-Ups Necessary

## Wellness Fair- Trevian Commons Wednesday P. 4-6

The goal of the fair is to present the students with community resources that will help them maintain a healthy, social and emotional wellbeing. Our plan is to have each booth pass out flyers and other information about the services they offer. **Sign-Up not required**

## KW Leaders Activities- Main Gym Monday - Wednesday P. 5-6

*Monday- Dodgeball ----- Tuesday- 3pt Shooting Competition ----- Wednesday- Home Run Derby*  
**Sign-Up not required**

Scott Fricke: [fricke2@nth.s.net](mailto:fricke2@nth.s.net)  
Mike Napolean: [napoleom@nth.s.net](mailto:napoleom@nth.s.net)

## Trevian Strong Competition- Stage Gym; Wednesday P. 5-6

Show your Trevian Strength through a timed obstacle course. Be one of the top performers and receive a prize. **Sign-Up not required**

Pete Drevline  
[drevlinp@nth.s.net](mailto:drevlinp@nth.s.net)