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UB Recreation Newsletter

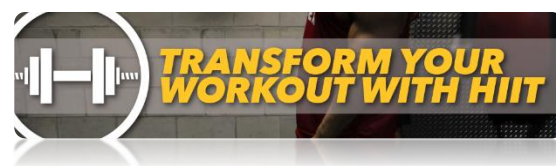
just exercise >>>

Interested in Adding Years to Your Life or Have More Energy?

Regular physical activity can prevent excess weight gain or help to maintain weight. A gym session or a walk can help to “blow off steam” after a stressful day. A study by Osei-Tuta et al. in 2005 revealed that 8 weeks of regular long bouts of walking enhanced feelings of vigor and reduced feelings of tension and anxiety compared to short bouts of intermittent walking or no exercise at all. Since the 1970’s, research has supported the use of yoga, another form of physical activity to help with stress, anxiety and depression. Buti Yoga, a new UBRec Group Fitness class, unveiling this fall, is a non-traditional yoga class that blends tribal dance music, primitive movement, polymeric exercises, and vinyasa style yoga. Buti means “a secret remedy or cure”. Buti Yoga is a cardio-intensive, core-strengthening class that enables acceptance, expression and self-love, important factors in self and body image.



Research also supports the connection between the mind and the body. Sleep deprivation can negatively affect mood, energy, focus and food cravings. Consistent exercise can help you fall asleep fast, better and deeper. Acute moderate intensity continuous exercise can improve cognitive function and short-term memory. High intensity interval training, otherwise known as HIIT, has also been shown to help improve performance and selective attention. (Alives et al. 2014)



Exercise can be fun and social. Small Group Training (SGT), similar to personal training is an affordable way to take advantage of a personal trainer’s knowledge while keeping the fun and competitiveness of a group dynamic. Working out in a group setting is advantageous to you and those around you. Belonging to a group, creating a tribe allows us to connect with others who share the same interests. In-group settings, relationships are established and can help foster support and adherence to an exercise program.



Recreation Services offers a widespread of ways for a person to reap the benefits of exercise, including Group Fitness and Small Group Training. To learn more about these offerings, please visit the Fitness section of the UB Recreation website.

Keep moving!

Jessica Nyrop, Associate Director for Fitness and Instruction

more this month >>>

Facility Closures & Updates

The month of August brings many things to UB, one of them being the start of fall semester classes for UB students. This also means that Recreation will resume **Regular Hours of Operation beginning Monday, August 26th**. Alumni Arena will see greater traffic during the first week of school than during the summer months, so please plan accordingly.

Also, the **Alumni Arena Pool will be closed from Sunday, August 11th through Saturday, August 24th** for maintenance. However, there will be increased Recreation Open Swim opportunities at Clark Hall, Monday – Friday from 3:15pm – 7:30pm during the weeks of August 12th through August 23rd.

New this semester: The Diving Platforms at Alumni Arena Pool will be open for recreational use on Saturdays from 2:00pm – 5:00pm and Sundays from 12:00pm – 3:00pm! Come enjoy a different kind of weekend fun.

ALUMNI ARENA CLOSURES AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Regular hours begin Monday, August 26th</i>				1	2	3
4	5	6	7	8	9	10
11 Alumni Arena Pool CLOSED	12 Alumni Arena Pool CLOSED	13 Alumni Arena Pool CLOSED	14 Alumni Arena Pool CLOSED	15 Alumni Arena Pool CLOSED	16 Alumni Arena Pool CLOSED	17 Alumni Arena Pool CLOSED
18 Alumni Arena Pool CLOSED	19 Alumni Arena Pool CLOSED	20 Alumni Arena Pool CLOSED	21 Alumni Arena Pool CLOSED	22 Alumni Arena Pool CLOSED	23 Alumni Arena Pool CLOSED	24 Alumni Arena Pool CLOSED
25 Alumni Arena Pool REOPENS 2:00 PM - 5:00 PM	26 Regular Semester Hours Resume 1st Day of Classes	27	28	29	30 Jogging Track CLOSED 8:00 AM - 1:00 PM 4:00 PM - 9:00 PM	31 Jogging Track CLOSED ALL DAY