



## Jumpin' for Joy June

Try jumping into something new that makes you happy – a summer class, a vacation, a different route to work or a new way of thinking about an old situation. By the end of June, we'll be half way through 2010. This might be a good time to revisit the personal goals you set in January and see how you're doing. So hop, skip, and jump for joy through June. Stay active, stay hydrated, and stay cool.

### Summer Classes

Try out that tuition waiver. Session B starts June 7. For some helpful information on the tuition waiver, visit <http://hr.gmu.edu/worklife/waivers.php>. For the scoop on summer sessions visit <http://summer.gmu.edu>. If you've never used your waiver, you'll want to give yourself some time to get things in place; you have to complete an application to Mason to get started.

### Summer Fitness Opportunities: Fairfax

Mason Recreation offers state-of-the-art facilities that support a wide range of activities for the university community. Summer fitness memberships include access to the Aquatic & Fitness Center (AFC) and the RAC (Recreation & Athletic Complex) and are available to both university-affiliated and non-affiliated individuals. Please visit [recsports.gmu.edu](http://recsports.gmu.edu) or call 703-993-3939 for more information. NOTE: Skyline is closed for the summer.

There are several types of opportunities available:

- Mason Faculty/Staff Memberships: Staff or Faculty may purchase monthly membership for \$25/month or a full year membership for \$250. Eligible faculty/staff may also take advantage of payroll deduction.
- Summer Break Mason Student Pass: Students taking at least one credit hour will have access May 16 – August 15. For Mason students not enrolled in classes the fee is \$30. To add an adult to a student account for the summer it is \$90.
- Is your college student home for the summer? With validation of a current College ID (from any College / University), a visiting student can now take advantage of the College Break Summer Pass giving them access until August 31. Cost: \$90 for the summer and a general parking pass for \$15.
- Summer Fitness Classes – May 17 to July 30  
Yoga/Pilates - \$35 Student and \$55 Non-Student, Group Exercise – Free, and Indoor Cycling – Free! Current membership or purchase of a daily guest pass required to participate in classes. \*No classes on May 31 and July 5.

Email [gcurtis2@gmu.edu](mailto:gcurtis2@gmu.edu) for an electronic copy of the Summer Fitness Class Schedule and Class Descriptions.

### **Summer Socials: Fairfax, June and July**

The Office of Student Activities cordially invites faculty and staff to join the fun at Summer Socials throughout June and July. Free food and fun activities! For dates, times, and locations, see the [Summer Social Schedule](#).

### **“Stay”-cations**

Metro DC is a fabulous place to visit, even if you live here! Check out some local, low cost stay-cation ideas at [low cost vacations](#). Or check out "[Top Five "Staycation" Ideas for the D.C. Area](#)" in the Spring 2010 issue of *Mason Spirit*.

### **International Association of Administrative Professionals Meeting, Fairfax-6/9, 11:30-12:30**

It's a joyful thing to meet with one's professional colleagues. If you're an administrative professional, jump over to the next IAAP meeting. Register at <http://hr.gmu.edu/training> (click on the "Courses" tab).

### **Life Planning Seminar, June “Age Well with Yoga”: Fairfax, 6/17, 12:00-1:00**

A wise person once said, "first you get stiff; then you get old." Nothing can keep you young forever, but yoga can help you age well by reducing stress and building body strength and flexibility. Join Mason's Julia Morelli in her role as a yoga instructor for "Age Well With Yoga". During this session, you will practice some yoga basics and find out why yoga is a terrific way to help you stay fit. Come as you are and wear comfortable clothes. Register at <http://hr.gmu.edu/training> (click on the "Courses" tab). To see the Summer Seminar Series Schedule, please visit the [Life Planning/Eldercare website](#).

### **Reminder - All Month/All Campuses: Jump into Raise the Rate**

Share your savings ideas for a chance to win! TIAA-CREF, one of Mason's retirement vendors, is holding a contest to encourage ideas that will increase the U.S. savings rate to 10% in two years. There are some exciting prizes for you including a grand prize of \$50,000, a People's Choice award of \$15,000 and nine finalists at \$1000 each. And there is an opportunity for Mason -- a \$25,000 endowment that goes to the college/university that submits the most ideas. The final due date for submissions is July 20 but you may want to get jumping now! Go to <http://raisetheratecontest.org>, take a spin through the rules and submit your ideas.

### **Reminder - All Month/All Campuses: Every Calorie Counts**

Jump start your knowledge on how to maintain a healthy weight. Bring "Every Calorie Counts" to your department. To learn more about the session, please visit <http://commonhealth.virginia.gov>. To schedule it for your department, please contact Lori Ann Roth at 3.2621 or via email at [lroth@gmu.edu](mailto:lroth@gmu.edu).

### **Incorporate Wellness Days into Your Daily Routine**

<http://wellnessbymason.gmu.edu/docs/Theweek.pdf>



**Wellness by Mason**

**Live Well, Age Well; No Matter Your Age**

<http://wellnessbymason.gmu.edu>