**FITNESS MINI-COURSES FALL 2017**
These 10 Week Classes Start Week of September 18th
Sign Up Now!! [https://secure.touchnet.net/C21525_ustores/web/category.jsp?CATID=8](https://secure.touchnet.net/C21525_ustores/web/category.jsp?CATID=8)

**Zumba** With – Daniella Diego
Exercise through dance movements with vibrant and energetic music for an energizing experience.
Location – Tisch Sports Ctr MultiPurpose Rm.
Monday 530pm

**Yogalates** With – Sharon Graves
Pilates exercises infused with Yoga poses and practices
Location – Jackson Gym. **Monday 6pm**

**Power Yoga** With – Elliott McEldowney
Class combines heat, breath and movement for an energizing & intense experience.
Location – Jackson Gym. **Monday or Wednesday 12pm**

**Monday Madness** With – Ryne Glazier
A combination of intervals, body weight movements and cardiovascular exercise at various intensities
Location – Gantcher Center.
Monday 11am

**Vinyasa Yoga** With – Shelanda Irish
Yoga poses and sequences synchronized together with the breath.
Location – Tisch Sports Ctr MultiPurpose Rm.
Monday 415pm

**Power Yoga** With – Elliott McEldowney
Class combines heat, breath and movement for an energizing & intense experience.
Location – Tisch Sports Ctr MultiPurpose Rm.
Tuesday 730am

**Spinning** With – Amy Piantedosi
Spinning on stationery bikes with popular music with energy to develop the cardio system.
Location – Tisch Sports Ctr MultiPurpose Rm.
Tuesday 12pm

**Strong Women** With – Peter MacCarthy
Circuit exercises with hand weights, balance & abdominal drills to increase bone density.
Location – Tisch Sports Ctr MultiPurpose Rm.
Tuesday/Thursday 5pm

**Spinning** With – Katie Mulroy
Spinning with popular music with energy to develop the cardio system. Location – Tisch Sports Ctr MultiPurpose Rm. **Wednesday 715am**

**Flow Yoga** With – Pam Gaither
Yoga that includes body-oriented, moderate poses that strengthen, relaxes & heals the body.
Location – Tisch Sports Ctr MultiPurpose Rm.
Wednesday 12pm

**Total Workout** With – Sharon Graves
Core power, cardio, strength and flexibility in a multi-level class for all.
Location – Jackson Gym.
Wednesday 6pm

**Zumba** With – Rachael Mattull
Exercise through dance movements with vibrant and energetic music for an energizing experience.
Location – Tisch Sports Ctr MultiPurpose Rm.
Wednesday 630pm

**Spinning** With – Katie Mulroy
Spinning on stationery bikes with popular music with energy to develop the cardio system.
Location – Tisch Sports Ctr MultiPurpose Rm.
Thursday 715am

**Spinning** With – Sara Folta
Spinning on stationery bikes with popular music with energy to develop the cardio system.
Location – Tisch Sports Ctr MultiPurpose Rm.
Friday 7am

**Fun Friday Workout** With – Megan Gada
A combination of strength, cardio, coordination providing a great way to get in shape through playing in competitive games. Location – Tisch Sports Ctr MultiPurpose Rm.
Friday 10am

**BollyX** With – Tara Kola
Bollywood-based dance fitness for an intense, energizing, confidence building cardio workout
Location – Tisch Sports Ctr MultiPurpose Rm.
Friday 11am

**Bike and Barre** With – Jessica Mantenuto and Amy Piantedosi
Combining Spin class with a Barre class for an entirely new way to focus on your fitness
Location – Tisch Sports Ctr MultiPurpose Rm.
Friday 12pm

Questions or comments please contact
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