



FITNESS MINI-COURSES Spring 2012



www/ase.tufts.edu/physed

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Phone (617) 627-3782
or
(617) 627-3232

Classes start week of **February 6th**
and meet weekly for 10 weeks.
Non-credit fitness & recreation classes for
Tufts community: students, staff & faculty.
Classes taught by experienced, qualified
instructors.



REGISTRATION

Registration forms & fees **MUST** be
Received by February 3rd.

TUFTS
UNIVERSITY

Mail or hand deliver to:

Branwen Smith-King,
Athletics Department, Halligan Gym
Tufts University, Medford, 02155
Cash or Checks only payable to:
"Trustees of Tufts University"

Classes fill up quickly-register early!



MINI-COURSES SPRING 2012

Classes begin February 6th

CARDIO, STRENGTH & PILATES

Pilates with a touch of cardio & strength work.

Monday 6:00-7:00pm
Jackson Gym
Instructor Sharon Graves
Fee \$55

PILATES & PILOXING

Blending and muscle sculpting from pilates with the strengthening and cardio of boxing. High energy and fun of dance into a complete workout.

Thursday 4:00-5:00pm
Jackson Gym
Instructor Sharon Graves
Fee \$55

SPINNING (2 classes)

Monday 12:00-1:00pm
Gantcher Center
Instructor Tina McDavitt
Fee \$55

Wednesday 7:15-8:15am
Gantcher Center
Instructor Kate Sweeney
Fee \$55

STRONG WOMEN'S PROGRAM

Exercise program designed for women by one of Tufts University's Strength Coaches, Marten Vandervelde

Tuesday & Thursday 5:15-6:15pm
Chase Gym
Instructor Marten Vandervelde
Fee \$100

TAI CHI & CHI-GONG

Tai Chi blends meditative mental training with martial art conditioning to relax & revitalize the body & mind.

Tuesday 4:30-5:30pm
Jackson Gym
Instructor Neil Cohn
Fee \$55

YOGA (5 classes)

Power Yoga for Graduate Students

Monday 12:00-1:00pm
Jackson Gym
Instructor Elliott McEldowney
Fee \$45

Flow Yoga

Tuesday 5:30-6:30pm
Jackson Gym
Instructor: Zan Barry
Fee \$55

Power Yoga

Wednesday 12:00-1:00pm
Jackson Gym
Instructor Elliott McEldowney
Fee \$55

Ashtanga Flow Yoga

Thursday 5:30-6:30pm
Jackson Gym
Instructor Benita Hussain
Fee \$55

Iyengar Yoga (Intermediate)

Friday 12:00-1:00pm
Chase Gym
Instructor Brenda Santora
Fee \$55

ZUMBA

Wednesday 6:00-7:00pm
Jackson Gym
Instructor Tea Ward
Fee \$55