



MINI-COURSES Fall 2009

FREE PREVIEW WEEK OPEN TO ALL TUFTS COMMUNITY!

September 21st - 25th

Monday September 21st

PILATES

Instructor: Sharon Graves

5:50pm

Jackson Gym

Tuesday September 22nd

POWER YOGA

Instructor: Elliott McEldowney

12:00pm

Jackson Gym

TAI CHI & CHI-GONG

Instructor: Neil Cohn

4:30pm

Jackson Gym

STRONG WOMEN

Instructor: Marten Vandervelded

5:30

Gantcher

FLOW YOGA

Instructor: Zan Barry

5:30

Jackson Gym

Wednesday September 23rd

CARDIO, STRENGTH & PILATES

Instructor: Sharon Graves

5:50pm

Jackson Gym

Thursday September 24th

YOGA FOR EVERYONE

Instructor: Jennifer Phillips

12:00pm

Jackson Gym

Friday September 25th

IYENGAR YOGA

Instructor: Brenda Santora

12:00pm

Chase Gym

KRAV MAGA

Instructor: Gershon Ben Keren

4:00pm

Jackson Gym

***NO EXPERIENCE REQUIRED & NO NEED TO REGISTER, JUST SHOW UP & EXERCISE!
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