FITNESS MINI-COURSES Fall 2018

These 10 Week Classes Start Week of September 24th

**Fee:** $100.00 for 10 week course ($10/class)


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**Power Yoga** with – Elliott McEldowney  
*Class combines heat, breath and movement for an energizing & intense experience.*  
**Location** – Jackson Gym  
**When** – Mondays OR Wednesdays 12pm

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**Vinyasa Yoga** with – Shelanda Irish  
*Yoga poses and sequences synchronized together with the breath.*  
**Location** – Tisch Sports Ctr MPR  
**When** – Monday 4:15pm

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**Zumba** with – Daniella DiDiego  
*Exercise through dance movements with vibrant and energetic music for an energizing experience*  
**Location** – Tisch Sports Ctr MPR  
**When** – Mondays 5:30pm or Wednesdays 6pm

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**Yoga/Pilates** with – Sharon Graves  
*Pilates exercises infused with Yoga poses and practices*  
**Location** – Jackson Gym  
**When** – Mondays 6pm

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**Power Yoga** with – Elliott McEldowney  
*Class combines heat, breath and movement for an energizing & intense experience.*  
**Location** – Tisch Sports Ctr MPR  
**When** - Tuesday 7:30am

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**Spin & Strength** with – Amy Piantedosi  
*Spinning on stationery bikes with popular music with energy to develop the cardio system.*  
**Location** – Tisch Sports Ctr MPR  
**When** - Tuesday 12pm

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**Spinning** with – Katie Mulroy  
*Spinning with popular music with energy to develop the cardio system.*  
**Location** – Tisch Sports Ctr MPR  
**When** – Wednesdays OR Thursdays 7:15am

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**Flow Yoga** with – Pam Gaither  
*Class combining clear alignment instruction with strength, flexibility, flow, and breathing techniques for a well-balanced whole-body experience.*  
**Location** – Tisch Sports Ctr MPR  
**When** - Wednesday 12pm

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

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

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**Spin and Barre** with – Amy Piantedosi  
*Combining Spin class with a Barre class for an entirely new way to focus on your fitness*  
**Location** – Tisch Sports Ctr MPR  
**When** - Friday 12pm

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**Strong Women** with – Mary Jablow  
*Circuit exercises with hand weights, balance & abdominal drills to increase bone density.*  
**Location** – Tisch Sports Ctr MPR  
**When** – Tuesdays &/or Thursdays 5:30pm

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*Employees enrolled in Tufts Health Plan are eligible for a fitness reimbursement (up to $150) by taking up to 24 group fitness classes within a 12-week period.*