FITNESS MINI-COURSES SPRING 2018

These 10 Week Classes Start Week of February 5th
Fee: $100.00 for 10 week course ($10/class)
Sign Up Now!! https://secure.touchnet.net/C21525_ustores/web/classic/store_main.jsp?STOREID=28

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

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

**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

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

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

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

**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

**Flow Yoga** with – Pam Gaither
Alignment-based poses that strengthen, stretch, and rejuvenate the body and mind.
**Location** – *Tisch Sports Ctr MPR*
**When** – Wednesday 12pm

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

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

**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

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.