



## FITNESS MINI-COURSES SPRING 2019

These 10 Week Classes Start the Week of January 28th

**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](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 4pm

### **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

### **Pilates** 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

### **Strong Women** with – Katie De Brabanter

*Circuit exercises with hand weights, balance & abdominal drills to increase bone density.*

**Location** – Tisch Sports Ctr MPR

**When** – Tuesday &/or Thursdays 5:30pm

### **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 – Karin Wiedemann

*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 stationery bikes with popular music with energy to develop the cardio system.*

**Location** – Tisch Sports Ctr MPR

**When** - Friday 7:15am

### **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** - Thursday 12pm

### **DanceFit** with – Daniella DiDiego

*Full-body blend of dance-inspired movements to build strength and flexibility. This class uses light weights, floor work and traditional ballet fundamentals to provide low-impact workouts suitable to ALL abilities!*

**Location** – Tisch Sports Ctr MPR

**When** – Monday 6:30-7pm

**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.**