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

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 Foltz
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.