

TUFTS

UNIVERSITY

FITNESS MINI-COURSES SUMMER 2018

(These 6-Week Classes Begin the Week of June 4th)

Sign Up Now!! https://secure.touchnet.net/C21525_ustores/web/classic/store_main.jsp?STOREID=28

Zumba With – Daniella Diego

Exercise through dance movements with vibrant and energetic music for an energizing experience

Location – Tisch Sports Center, Multi-Purpose Room (**Mondays 5:30-6:30pm**)

Power Yoga With – Elliott McEldowney

Class combines heat, breath and movement for an energizing & intense experience

Location – Jackson Gym (**Tuesdays 7:30-8:30am**)

Flow Yoga With – Pam Gaither

A class combining clear alignment instruction with strength, flexibility, flow, and breathing techniques for a well-balanced whole-body experience

Location – Tisch Sports Center, Multi-Purpose Room (**Wednesdays 12:00-1:00pm**)

**No class on July 4th*

Strong Women With – Alaina Woo

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

Location – Tisch Sports Center, Multi-Purpose Room (**Tuesdays and/or Thursdays 5:30-6:30pm**)

Total Workout With – Sharon Graves

Core infused strength, cardio and flexibility in this multi-level class for all

Location – Tisch Sports Center, Multi-Purpose Room (**Wednesdays 5:30-6:30pm**)

**No class on July 4th*

Wednesday Morning Spinning With – Katie Mulroy

Spinning on stationary bikes with popular music and energy to develop the cardio system

Location – Tisch Sports Center, Multi-Purpose Room (**Wednesdays 7:15-8:15am**)

**No class on July 4th*

Friday Morning Spinning With – Sara Folta

Spinning on stationary bikes with popular music and energy to develop the cardio system

Location – Tisch Sports Center, Multi-Purpose Room (**Fridays 7:00-8:00am**)



Questions??? Email: Alexis.Mastronardi@tufts.edu