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