FITNESS MINI-COURSES SUMMER 2019
These 6 Week Classes Start the Week of June 3rd
Fee: $60.00 for 6 week course ($10/class)
Sign Up Now!! [Link]  

**Power Yoga** with – Elliott McEldowney
*Class combines heat, breath and movement for an energizing & intense experience.*
**Location** – Tisch Sports Ctr MPR  
**When** – Tuesdays 7:30-8:30am

**Bike & 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** - Tuesdays 12-1pm

**Zumba** with – Daniella DiDiego
*Exercise through dance movements with vibrant and energetic music for an energizing experience*
**Location** – Tisch Sports Ctr MPR  
**When** – Wednesdays 5-6pm  
**Note – this will start the week of June 10th**

**Spinning** with – Katie Mulroy
*Spinning with popular music with energy to develop the cardio system.*  
**Location** – Tisch Sports Ctr MPR  
**When** – Thursdays 7:15-8:15am

**Flow Yoga** with – Pam Gaither
*Alignment-based poses that strengthen, stretch, and rejuvenate the body and mind.*  
**Location** – Tisch Sports Ctr MPR  
**When** - Thursdays 12-1pm

**Total Workout** with – Sharon Graves
*Core power, cardio, strength and flexibility in a multi-level class for all.*  
**Location** – Jackson Gym  
**When** – Wednesdays 5:30-6:30pm

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