

Exercise & Sport Studies Fall 2009 Employee Fitness Program

The **Exercise & Sport Studies Department** Fitness Program is open to all Smith College one-card holders and their guest. **Registrations accepted on a first-come, first-served basis. Class sizes are limited, so sign-up early.** Classes that fail to meet minimum enrollment may be cancelled. Participants will be notified ONLY when they CAN NOT be registered. **Yoga mats are NO LONGER PROVIDED.**

Introduction to Yoga: This class is for students new to yoga or students with particular injuries or physical limitations. Basic postures will be taught with attention to alignment and position, giving everyone a taste of the challenges, benefits and joys of yoga. Mondays, Wednesdays & Fridays from 1:10 to 1:50 in the ESS Fitness Studio with Doug Raneri. **NOTE: Bring Your Own Yoga Mat** **Cost: \$90 for 40 classes**
Begins September 14 – ends December 18

Continuing Yoga: This class will build on the foundations of the basic postures, providing challenges and taking students deeper into the practice and benefits of yoga. It is recommended that students in this class have some previous experience of yoga. Mondays, Wednesdays & Fridays from 12:10 to 12:50 in the ESS Fitness Studio with Lisa Thompson. **NOTE: Bring Your Own Yoga Mat** **Cost: \$90 for 40 classes**
Begins September 14 – ends December 18

Aqua-Aerobics: Mondays & Wednesdays from 1:10 to 1:50 in the Dalton Pool. Craig Collins will lead a vigorous aerobics workout in the water. Appropriate for all fitness levels. **Cost: \$60.75 for 27 classes**
Begins September 14 – ends December 16

Aerobics & Conditioning: Tuesdays & Thursdays from 12:10 to 12:50 in ESS Fitness Studio. Rosalie Peri will include traditional aerobics, as well as circuit-style step and weight routines. All fitness levels. **Cost: \$60.75 for 27 classes**
Begins September 15 – ends December 17

Aerobics & Conditioning: Mondays & Wednesdays from 5:00pm to 5:50pm in ESS Fitness Studio. Joan Griswold uses low impact and basic step aerobic movements. **Cost: \$60.75 for 27 classes**
Begins September 14 – ends December 16

Besides the Exercise & Sport Studies Department undergraduate performance courses, other exercise & recreational opportunities are available through the Athletic Department. Please see their webpage for details.

(Please retain above for your information)

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Please sign me up for the following Fall 2009 activities (I have enclosed my check made payable to *Smith College*): **Please note: No class registration will be accepted without payment.** Classes failing to meet minimum enrollment may be cancelled, and your check will be returned to you.
PLEASE RETURN AS SOON AS POSSIBLE BEFORE September 4.

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| <input type="checkbox"/> Tue/Thur Aerobics with <i>Rosalie</i> \$60.75 | <input type="checkbox"/> Mon/Wed/Fri Introduction to Yoga with <i>Doug</i> \$90 |
| <input type="checkbox"/> Mon/Wed Aerobics with <i>Joan</i> \$60.75 | <input type="checkbox"/> Mon/Wed Aqua-Aerobics with <i>Craig</i> \$60.75 |
| <input type="checkbox"/> Mon/Wed/Fri Continuing Yoga with <i>Lisa</i> \$90 | <input type="checkbox"/> Any two classes - \$10 off total |

Name: _____

Smith Connection: _____
(If you are not a Smith employee – write name of Smith sponsor here)

Campus Address: _____ Phone _____

Email Address: _____

Return Registration to: Exercise & Sport Studies, Ainsworth/Scott Gym