The Exercise & Sport Studies Department wants your new year to begin on a healthy note. The ESS Fitness Program is open to all Smith College employees and their immediate families. 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.

Registrations should be received before December 21, 2007.

**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: $110 for 55 classes  Begins January 7 - ends May 16

**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: $110 for 55 classes  Begins January 7 - ends May 16

**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: $77.50 for 31 classes  Begins January 28 – ends May 14

**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: $76 for 38 classes  Begins January 8 – ends May 15

**Aerobics & Conditioning**  Mondays & Wednesdays from 5:00pm to 5:50pm in ESS Fitness Studio. Joan Griswold uses low impact and basic step aerobic movements along with strength conditioning exercises. All fitness levels. Cost: $72 for 36 classes  Begins January 7 – ends May 14

Don't forget these other classes:
ESS undergraduate performance classes; contact Michelle Finley (mfinley@email.smith.edu)
Get Fit Smith and all other exercise & recreation opportunities, please check the Athletic Department webpage

(Please retain above for your information)

Please sign me up for the following Spring 2008 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 December 21.

- [ ] Tue/Thur  Aerobics with Rosalie $76
- [ ] Mon/Wed  Aerobics with Joan $72
- [ ] Tue/Thur Yoga with Melinda $76
- [ ] Mon/Wed/Fri  Introduction to Yoga with Doug $110
- [ ] Mon/Wed  Aqua-Aerobics with Craig $77.50
- [ ] Mon/Wed/Fri Continuing Yoga with Lisa $110
- [ ] Any two classes - $10 off total

Name:____________________________________________________________________________
SmithConnection:___________________________________________________________________
(CIf you are not a Smith employee – name of spouse/partner or parent)
Campus Address: _____________________________________________ Phone________________
Email Address: _____________________________________________

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