The Exercise & Sport Studies Department Fitness Program is open to all Smith College employee one-card holders.

Registration is accepted on a first-come, first-serve 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 CANNOT be registered.

There will be NO CLASSES during Fall Break & Thanksgiving Recess.

ESS will offer 1 make-up class due to inclement weather or teacher cancelation.

**Pilates Mat Training:** Mondays & Wednesdays from 12:10pm to 12:50pm in Ainsworth Studio 151. Jean Hoffman will lead a class based on the exercises of Joseph Pilates. These are designed to increase core strength, joint mobility and stability, as well as increase muscle tone and flexibility. The class will begin with the basics and progress gradually.

*NOTE: Bring Your Own Yoga Mat*

**Begins September 11th**- **ends December 13th**  
Cost: $95

**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 and benefits of yoga. Mondays, Wednesdays & Fridays from 1:10 to 1:50 in the ESS Fitness Studio A304 with Paul Menard.

*NOTE: Bring Your Own Yoga Mat*

**Begins September 11th**- **ends December 15th**  
Cost: $140

**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 A304 with Lisa Thompson.  

*NOTE: Bring Your Own Yoga Mat*

**Begins September 11th**- **ends December 15th**  
Cost: $140

**Cardio Blast:** Tuesdays & Thursdays from 12:10 to 12:50 in ESS Fitness Studio A304. Rosalie Peri leads her class through dynamic cardio drills, P-90X remix, functional & core strength; participants will leave the class feeling energized and strong. All fitness levels welcome.

**Begins September 12th** – **ends December 14th**  
Cost: $95

**HIIT Conditioning:** Mondays & Wednesdays from 4:30pm to 5:20pm in ESS Fitness Studio A304. Joan Griswold will combine functional training, cardio and endurance with short bursts of high intensity interval training to keep your heart rate elevated. All fitness levels.

**Begins September 12th** – **ends December 13th**  
Cost: $95

**Tai Chi:** Tuesday & Thursdays from 12:10-12:50 in Ainsworth 151. Richard Cesario will lead a series of postures of Taiji based martial techniques. Taiji can help relieve stress, lower blood pressure, increase blood circulation throughout the body, and improve balance and coordination. All fitness levels.

**Begins September 12th** – **ends December 15th**  
Cost: $95

Please make checks 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.

* □ Tue/Thur Cardio w: Rosalie  
  □ Mon/Wed Pilates Mat Train w: Jean  
  □ Mon/Wed/Fri Continuing Yoga w: Lisa

* □ Mon/Wed/Fri Intro to Yoga w: Paul  
  □ Mon/Wed HIIT w: Joan  
  □ Tue/Thur Tai Chi w: Richard

Please fill in COMPLETELY & CLEARLY: *(One Form per Person Please)*

Name: ________________________________

Phone_________________________ Email________________________________________

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