Spring 2017 Employee Fitness Program

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 on MLK day, January 16th

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 January 9th - ends May 3rd Cost: $99 for 33 classes

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 Doug Raneri.

NOTE: Bring Your Own Yoga Mat

Begins January 9th - ends May 5th Cost: $150 for 50 classes

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 January 9th - ends May 5th Cost: $150 for 50 classes

Cardio Blast/ P90X PUMP: 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, as well as functional & core strength exercises. Participants will leave the class feeling energized and strong. All fitness levels welcome.

Begins January 10th – ends May 4th Cost: $102 for 34 classes

HIIT Conditioning: Mondays & Wednesdays from 5:00pm to 5:50pm 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 January 9th – ends May 3rd Cost: $99 for 33 classes

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 January 10th – ends May 4th Cost: $102 for 34 classes

Archery: Monday OR Wednesday from 12:10-12:50 PM in the ITT. Using re-curve target bows and equipment, Lynn Oberbillig will introduce the basic technique of target archery emphasizing the care and use of equipment, range, stance, shooting, scoring and competition. Please indicate preference of Monday or Wednesday. Due to limited enrollment, a confirmation email will be sent to you confirming your registration.

Begins: March 27th-May 3rd Cost: $20 for 6 classes

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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/Fri Intro to Yoga w: Doug
☐ Mon/Wed Pilates Mat Train w: Jean ☐ Mon/Wed HIIT w: Joan
☐ Mon/Wed/Fri Continuing Yoga w: Lisa ☐ Tue/Thur Tai Chi w: Richard
☐ Mon Archery w: Lynn ☐ Wed Archery w: Lynn

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

Name:________________________________________________________

Email:________________________________________________________

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