The **ESS department** Fitness Program is open to all Smith College employee one-card holders. **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 CANNOT be registered.

Thanks Human Resources for your support of this important benefit program!

---

**Tai Chi:** Tuesdays & Thursdays from 12:10-12:50 pm in Ainsworth 151. Richard Cesario will lead a series of postures of Taiji are based on martial techniques that were the original method of practice hundreds of years ago. Taiji can help to relieve stress, lower blood pressure, increase blood circulation throughout the body, improve balance, and coordination. No Classes on 6/14 & 6/16.

**June 7 -July 21**

**Cost: $48 for 12 classes**

**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. No Class on 7/4 & 7/6. **NOTE:** Bring Your Own Yoga Mat

**June 6 – July 20**

**Cost: $48 for 12 classes**

**All Levels Yoga:** Mondays, Wednesdays from 12:10 to 12:50 in the ESS Fitness Studio A304 with instructors Lisa Thompson & Doug Raneri co-teaching. This class is open to everyone. Basic postures will be taught to all levels with attention to alignment and position, giving everyone an experience of the challenges and benefits of yoga. No class on 7/4. **NOTE:** Bring Your Own Yoga Mat

**June 6 – July 20**

**Cost: $52 for 13 classes**

**Cardio Blast:** Tuesdays & Thursdays from 12:10 to 12:50 in ESS Fitness Studio A304. Rosalie Peri will include cardio on Tuesday, as well as P-90X remix and 21 day fix combos (functional strength) on Thursdays. All fitness levels. No Class on July 5th & 7th.

**June 7 –July 21**

**Cost: $48 for 12 classes**

**Bootcamp Conditioning & HIIT:** Mondays & Wednesdays from 1:10-2:00 PM in ESS Fitness Studio A304. Joan will incorporate short bursts of high intensity interval training (HIIT) to keep your heart rate elevated. No Class on 7/4.

**June 6 – ends July 20**

**Cost: $52 for 13 classes**

(Please retain above for your information)

---

Please sign me up for the following summer 2016 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 June 1st**

- Tue/Thur Cardio Blast w: Rosalie
- Mon/Wed Pilates Mat Train w: Jean
- Mon/Wed Bootcamp w: Joan
- Mon/Wed/ Yoga w: Lisa & Doug
- Tue/ Thur Tai Chi w: Richard

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

Name:_________________________________________________________________________

Email Address: ________________________________________________________________

---

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