

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.

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

Cost: \$100

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

Cost: \$150

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**

Cost: \$150

Cardio & Strength: Tuesdays & Thursdays from 12:10 to 12:50 in ESS Fitness Studio A30. Rosalie leads movement and resistance training class taught to upbeat music. Participants will increase their calorie burning capacity, cardiovascular endurance, overall muscular strength while reducing overall stress. All fitness levels are welcome.

Cost: \$100

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.

Cost: \$100

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.

Cost: \$100

Spring Archery: Tuesday or Thursday 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 Tuesday or Thursday. Due to limited enrollment, a confirmation email will be sent to you confirming your registration. This class meets after Spring Break!

Cost: \$25

-----CUT HERE -----CUT HERE-----CUT HERE-----CUT HERE-----CUT HERE-----

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 Strength w: *Rosalie*
- ☐ Mon/Wed Pilates Mat Train w: *Jean*
- ☐ Mon/Wed/Fri Continuing Yoga w: *Lisa*
- ☐ Tue/Thur Archery w: *Lynn*

- ☐ Mon/Wed/Fri Intro to Yoga w: *Paul*
- ☐ Mon/Wed Conditioning w: *Joan*
- ☐ Tue/Thur Tai Chi w: *Richard*

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

Name: _____
Email: _____

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