

The background of the poster features a grayscale photograph of a building's exterior. It shows ornate wrought-iron scrollwork and a stone archway. Within the archway, a stone inscription is visible, which includes the text "SMITHSONIAN COLLEGE" and the year "1875".

FIRST YEAR EXPERIENCE 2021

MARCH 1 - APRIL 11

First Year Experience 2021

The First-Year Experience Program provides opportunities for you to better get to know Smith and yourself through events and happenings. We aim to ease the transition to college life by helping you find the support you need to adjust to life at Smith whether you are on campus or remote and to make connections with classmates, faculty and staff. Events also help you foster friendships with students from other houses. We aim to make your first year enriching and fun, promoting your overall success at Smith.

Events with * are in-person. Events with *Residential Life* are for on-campus students only.

Links to virtual events can be found through logging in with Smith credentials to the Smith Social Network (SSN): socialnetwork.smith.edu/organization/fye



First Year Experience 2021

WEEK 1: MARCH 1 - 7

MONDAY, MAR. 1

10:00 am -
11:00 am

Vinyasa Yoga

Get Fit Smith

Vinyasa yoga is all about flow. We will integrate flexibility, strength, meditation, and breath-work, creating a sequence of poses always adjustable for beginners and advanced yogis. Come with your mat, a good playlist, and your favorite blanket.

MONDAY, MAR. 1

12:10 pm -
1:00 pm

Design Thinking Initiative Safety Training - virtual

Design Thinking Initiative

Learn everything you need to know to make an independent equipment use appointment at the Design Thinking Initiative Makerspace. This REMOTE training is for Smith community members with access to campus who wish to use the makerspace IN-PERSON.

MONDAY, MAR. 1

12:15 pm -
1:15 pm

Trans 101

Office for Equity and Inclusion

As part of our Disclosure event series, come chat with Toby Davis from the Office for Equity and Inclusion (OEI)! Questions, half-formed thoughts, and lunchtime snacks are especially welcome!

MONDAY, MAR. 1

7:00 pm -
8:00 pm

Black Futures at Smith

Multicultural Affairs

Join Kimberly Drew '12, Thelma Golden '87, Jenna Wortham and Amanda Williams, the Smith College Museum of Art's inaugural artist-in-residence, for a conversation about Drew and Wortham's recently released volume: *Black Futures*. The conversation will orbit around themes of art as a producer of and safeguard for Black futurity and the importance of preserving Black culture in the contemporary moment. Event held via Zoom.

MONDAY, MAR. 1

7:00 pm -
8:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

TUESDAY, MAR. 2

12:30 pm -
2:00 pm

FYE Find Your Fit Match-up Drop-in

Office of Student Engagement

Find Your Fit- a matching program designed to help get to know you and connect you with involvement opportunities based on your interests. Drop-in to speak with an OSE staff member and get connected to involvement opportunities based on your interest!

TUESDAY, MAR. 2

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

WEDNESDAY, MAR. 3

4:00 pm -
4:30 pm

LIIT (Low-Intensity Interval Training)

Get Fit Smith

Lower Intensity Interval training is a combination of strength training and HIIT! We will be doing isolation exercises to target and strengthen specific muscles with classic pilates and bodyweight exercises. The key is going slow and controlled. We will be doing the moves in 1-minute intervals with either 30, 40, or 45 seconds of work and 30, 20, or 15 seconds of rest. Feel free to choose the interval that works for you and treat it as a suggestion. The workout will have modifications but won't involve any high-impact moves or jumping. No equipment necessary - yoga mat recommended. Apartment-friendly, knee-friendly, and great if you want to work on overall strength and increase flexibility!

WEDNESDAY, MAR. 3

4:30 pm -
5:30 pm

Join our Hive! Ways to Get Involved in Environment & Sustainability

CEEDS

Interested in finding classes that relate to the environment and sustainability? Or, maybe what majors and minors might allow you to best combine your interests in social justice and the environment or art and the environment? Maybe you want to know more about the environmental concentration and internship opportunities at national environmental agencies. Drop in anytime to this info session and chat with Joanne Benkley, Assistant Director of CEEDS and the Environmental Science and Policy Program

WEDNESDAY, MAR. 3

5:00 pm -
6:00 pm

Yin Yoga

Get Fit Smith

Yin Yoga is a more passive style of yoga. It incorporates principles of traditional Chinese medicine to target specific meridians. Asanas (poses) are held for longer periods of time (2-10 minutes). Yin yoga increases flexibility by targeting the connective tissue and soothes the nervous system. It is helpful for anyone looking to move energy through the body, relax, or complement a more active exercise routine. Come with your comfiest sweater and a mat or small towel.

WEDNESDAY, MAR. 3

7:30 pm -
8:00 pm

Zoom-In Strength

Get Fit Smith

ZOOM in Strength is a mixture of upper, lower, and core training combined with plyometrics, with a goal of improving athletic movement. The only equipment needed is a weighted backpack, a bath towel, and 2 cans (like canned green beans or something). A mat will be helpful at times.

THURSDAY, MAR. 4

1:00 pm -
3:00 pm

Snowshoeing with Paul*

CEEDS

Get outside, strap on some snowshoes, and "float" on snow*! You'll have a chance to get outside and meet and hang out with other cool students and staff from CEEDS. Meet at the Boat House. Limited to 15 participants, sign-up required. To sign up, use this link: <https://tinyurl.com/CEEDSSnowshoeing> This is part of the First Year Experience (FYE) program.

(No snow? We'll take a walk instead and check out the signs of the seasons in New England).

THURSDAY, MAR. 4

4:30 pm -
6:00 pm

Class is Never Dismissed

Office of Equity and Inclusion

Davey Shlasko is a Smith alum from a mixed-class background who developed and facilitates Cross-Class Dialogue Circles. In this interactive talk, Davey will explore some of the many weird, uncomfortable, semi-invisible ways that differences in class status show up among students, staff and faculty at Smith - in our interactions and relationships, in our emotional lives, in our approaches to social change, and more. Of course, class is deeply entangled with race, and we'll also discuss how this intersection can play out differently at Smith than in other contexts.

THURSDAY, MAR. 4

5:00 p m -
6:00 p m

Vinyasa Flow Yoga

Get Fit Smith

This invigorating class will leave you feeling energized yet refreshed. This class will challenge you as you move with your breath and explore postures. This is suitable for advanced beginners. Please log in a few minutes early so the class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket, towel, or pillow are excellent props for this class.

THURSDAY, MAR. 4

5:00 p m -
6:00 p m

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

FRI. MAR. 5 - SAT. MAR. 7

10:00 am -
6:00 pm

Spring Bulb Show

Botanic Garden

Feeling those pandemic winter blahs? Come feast your senses IN REAL LIFE with a visit to the Smith College Bulb Show! Please sign into the Smith Social Network with your Smith credentials. Once you have done that you can select the time and date of the bulb show you would like to RSVP for. Individuals or groups of up to 5 students can register. Off-Campus students in the testing protocol can participate if we are in Green operating mode. This opportunity is available to SMITH STUDENTS ONLY. Questions? Contact Gaby Immerman at gimmerma@smith.edu.

FRIDAY, MAR. 5

7:00 am -
7:30 am

Awesome Abs

Get Fit Smith

Fuel your Friday with this awesome abs class. Learn how to activate and strengthen your core. These exercises also help to build better posture (important for sitting at your computer for long stretches of time). A mat is recommended. At times we will use lightweight or similar household items (can, filled water bottle, etc.)

FRIDAY, MAR. 5

12:00 pm

Meeting for all '24 & '25J's with Class Dean—Jane Stangl, Dean of the First Year Class

Class Deans

Join Dean Stangl at noon for a greeting, check-in, updates and a Q & A session on first year (Class of '24) and new first year (Class of '25J) students academic cycle for the spring semester.

FRIDAY, MAR. 5

2:00 pm -
3:30 pm

Crocheting Coral: Community Art Series

CEEDS

Crochet a coral figure that will become part of the Tang Teaching Museum's major community art project Radical Fiber: Threads Connecting Art and Science. Virtual sessions, led by various campus groups, will be held on March 5, 12, 19, and 26th from 2 - 3:30 PM EST and can be joined via the Zoom link. Don't know how to crochet? We will have experienced crocheters on *every call* who can teach you! email capenannex@smith.edu if you need more at any point throughout the semester.

SATURDAY, MAR. 6

11:00 am -
11:30 am

Cardio Dance

Get Fit Smith

Cardio Dance is a high impact workout to African and Latin music! Come break a sweat while also learning some new dance moves. The classes are typically easy to follow so no vocal guidance is provided, just moving to some good music! No dance experience is necessary and modifications are provided!

SUNDAY, MAR. 7

12:00 pm -
1:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

SUNDAY, MAR. 7

12:00 pm -
2:00 pm

FYE Outdoor Ice Skating

Outdoor Adventure Program

Hey First Years! Join the Outdoor Adventure Program for an afternoon of fun at our first-ever outdoor ice skating rink 12-2pm on Sunday, 3/7! Click the signup link for more details.

<https://www.signupgenius.com/go/FYEICESKATING>

SUNDAY, MAR. 7

5:00 pm -
6:00 pm

Hatha Yoga

Get Fit Smith

Hatha yoga is a branch of yoga that takes shape in a physical practice. In this class, we will build strength and stability, but also find room for space in our bodies and minds. Brief meditation included. Beginners are welcome! Please log in a few minutes early so class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket/towel, or pillow are excellent props for this class.

First Year Experience 2021

WEEK 2: MARCH 8 - 14

MONDAY, MAR. 8

10:00 am - Vinyasa Yoga
11:00 am

Get Fit Smith

Vinyasa yoga is all about flow. We will integrate flexibility, strength, meditation, and breath-work, creating a sequence of poses always adjustable for beginners and advanced yogis. Come with your mat, a good playlist, and your favorite blanket.

MONDAY, MAR. 8

7:00 pm - Gentle Yoga
8:00 pm

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

TUESDAY, MAR. 9

5:00 pm - Smith Insanity
6:00 pm

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

TUESDAY, MAR. 9

6:00 pm -
7:00 pm

Mwangi Reads Spring Launch

Multicultural Affairs

"Books by us and made for us!" Join the Smith College Office of Multicultural Affairs for the Spring 2021 launch of the Mwangi Reads program as we explore ethnic and multicultural literature in a casual community space. Smithies will hear favorite selections from Smith faculty and staff, THEN get the chance to submit recommendations for future featured authors of color to explore!

WEDNESDAY, MAR. 10

4:00 pm -
4:30 pm

LIIT (Low-Intensity Interval Training)

Get Fit Smith

Lower Intensity Interval training is a combination of strength training and HIIT! We will be doing isolation exercises to target and strengthen specific muscles with classic pilates and bodyweight exercises. The key is going slow and controlled. We will be doing the moves in 1-minute intervals with either 30, 40, or 45 seconds of work and 30, 20, or 15 seconds of rest. Feel free to choose the interval that works for you and treat it as a suggestion. The workout will have modifications but won't involve any high-impact moves or jumping. No equipment necessary - yoga mat recommended. Apartment-friendly, knee-friendly, and great if you want to work on overall strength and increase flexibility!

WEDNESDAY, MAR. 10

4:40 pm -
6:00 pm

Staying Motivated and Moving Your Team/Project Forward

Wurtele Center

Part of Leadership Enrichment Series. As the year progresses it is easy to lose momentum even when there are still deadlines to meet and projects to finish. We will help you and your team think through ways to stay engaged and motivated through those lulls.

WEDNESDAY, MAR. 10

5:00 pm -
6:00 pm

Yin Yoga

Get Fit Smith

Yin Yoga is a more passive style of yoga. It incorporates principles of traditional Chinese medicine to target specific meridians. Asanas (poses) are held for longer periods of time (2-10 minutes). Yin yoga increases flexibility by targeting the connective tissue and soothes the nervous system. It is helpful for anyone looking to move energy through the body, relax, or complement a more active exercise routine. Come with your comfiest sweater and a mat or small towel.

WEDNESDAY, MAR. 10

7:30 pm -
8:00 pm

Zoom-In Strength

Get Fit Smith

ZOOM in Strength is a mixture of upper, lower, and core training combined with plyometrics, with a goal of improving athletic movement. The only equipment needed is a weighted backpack, a bath towel, and 2 cans (like canned green beans or something). A mat will be helpful at times.

THURSDAY, MAR. 11

8:30 am -
10 am

Birding with Dano*

CEEDS

Learn to identify birds on this casual walk around Paradise Pond and the Mill River with Dano Weisbord, Executive Director of Sustainability. No previous bird knowledge necessary! Please wear comfortable walking shoes, and be ready for spring mud. Space limited, sign up required. To sign up email ceeds@smith.edu. You will meet at Chapin Lawn.

THURSDAY, MAR. 11

2:00 pm -
4:00 pm

Snowshoeing with Paul*

CEEDS

Get outside, strap on some snowshoes, and "float" on snow*! You'll have a chance to get outside and meet and hang out with other cool students and staff from CEEDS. Meet at the Boat House. Limited to 15 participants, sign-up required. To sign up, use this link: <https://tinyurl.com/CEEDSSnowshoeing>

(No snow? We'll take a walk instead and check out the signs of the seasons in New England).

THURSDAY, MAR. 11

5:00 pm -
6:00 pm

Vinyasa Flow Yoga

Get Fit Smith

This invigorating class will leave you feeling energized yet refreshed. This class will challenge you as you move with your breath and explore postures. This is suitable for advanced beginners. Please log in a few minutes early so the class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket, towel, or pillow are excellent props for this class.

THURSDAY, MAR. 11

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

FRI. MAR. 12- SAT. MAR. 14

10:00 am -
6:00 pm

Spring Bulb Show

Botanic Garden

Feeling those pandemic winter blahs? Come feast your senses IN REAL LIFE with a visit to the Smith College Bulb Show! Please sign into the Smith Social Network with your Smith credentials. Once you have done that you can select the time and date of the bulb show you would like to RSVP for. Individuals or groups of up to 5 students can register. Off-Campus students in the testing protocol can participate if we are in Green operating mode. This opportunity is available to SMITH STUDENTS ONLY. Questions? Contact Gaby Immerman at gimmerma@smith.edu.

FRIDAY, MAR. 12TH

7:00 am -
8:00 am

Tea Around the World with Dean Ohotnicky

Dean of Students

Meet the Dean of Students, some special guests, and your fellow Smithies from around the world for tea and conversation. Offered at various times during the day to meet the needs of the various timezones around the world. **Remote students only.**

FRIDAY, MAR. 12

7:00 am -
7:30 am

Awesome Abs

Get Fit Smith

Fuel your Friday with this awesome abs class. Learn how to activate and strengthen your core. These exercises also help to build better posture (important for sitting at your computer for long stretches of time). A mat is recommended. At times we will use lightweight or similar household items (can, filled water bottle, etc.)

FRIDAY, MAR. 12TH

12:00 pm -
1:00 pm

Tea Around the World with Dean Ohotnicky

Dean of Students

Meet the Dean of Students, some special guests, and your fellow Smithies from around the world for tea and conversation. Offered at various times during the day to meet the needs of the various timezones around the world. **Remote students only.**

FRIDAY, MAR. 12TH

2:00 pm -
3:30 pm

Crocheting Coral: Community Art Series

CEEDS

Crochet a coral figure that will become part of the Tang Teaching Museum's major community art project Radical Fiber: Threads Connecting Art and Science. Virtual sessions, led by various campus groups, will be held on March 5, 12, 19, and 26th from 2 - 3:30 PM EST and can be joined via the Zoom link. Don't know how to crochet? We will have experienced crocheters on *every call* who can teach you! email capenannex@smith.edu if you need more at any point throughout the semester.

FRIDAY, MAR. 12TH

5:00 pm -
6:00 pm

Tea Around the World with Dean Ohotnicky

Dean of Students

Meet the Dean of Students, some special guests, and your fellow Smithies from around the world for tea and conversation. Offered at various times during the day to meet the needs of the various timezones around the world. **Remote students only.**

SATURDAY, MAR. 13

11:00 am -
11:30 am

Cardio Dance

Get Fit Smith

Cardio Dance is a high impact workout to African and Latin music! Come break a sweat while also learning some new dance moves. The classes are typically easy to follow so no vocal guidance is provided, just moving to some good music! No dance experience is necessary and modifications are provided!

SUNDAY, MAR. 14

12:00 pm -
1:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

SUNDAY, MAR. 14

5:00 pm -
6:00 pm

Hatha Yoga

Get Fit Smith

Hatha yoga is a branch of yoga that takes shape in a physical practice. In this class, we will build strength and stability, but also find room for space in our bodies and minds. Brief meditation included. Beginners are welcome! Please log in a few minutes early so class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket/towel, or pillow are excellent props for this class.

SUNDAY, MAR. 14

7:00 pm

House Community Conversation: Creating an Inclusive Community

Residential Life

Articulate their various social identities as they create a Social Identity Wheel. Set a personal inclusion commitment for the semester in their house. **Please check with your house leadership about the exact start time and for the link to join.**

First Year Experience 2021

WEEK 3: MARCH 15-21

MONDAY, MAR. 15

10:00 am -
11:00 am

Vinyasa Yoga

Get Fit Smith

Vinyasa yoga is all about flow. We will integrate flexibility, strength, meditation, and breath-work, creating a sequence of poses always adjustable for beginners and advanced yogis. Come with your mat, a good playlist, and your favorite blanket.

MONDAY, MAR. 15

7:00 pm -
8:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

TUESDAY, MAR. 16

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

WEDNESDAY, MAR. 17

4:00 pm -
4:30 pm

LIIT (Low-Intensity Interval Training)

Get Fit Smith

Lower Intensity Interval training is a combination of strength training and HIIT! We will be doing isolation exercises to target and strengthen specific muscles with classic pilates and bodyweight exercises. The key is going slow and controlled. We will be doing the moves in 1-minute intervals with either 30, 40, or 45 seconds of work and 30, 20, or 15 seconds of rest. Feel free to choose the interval that works for you and treat it as a suggestion. The workout will have modifications but won't involve any high-impact moves or jumping. No equipment necessary - yoga mat recommended. Apartment-friendly, knee-friendly, and great if you want to work on overall strength and increase flexibility!

WEDNESDAY, MAR. 17

5:00 pm -
6:00 pm

Yin Yoga

Get Fit Smith

Yin Yoga is a more passive style of yoga. It incorporates principles of traditional Chinese medicine to target specific meridians. Asanas (poses) are held for longer periods of time (2-10 minutes). Yin yoga increases flexibility by targeting the connective tissue and soothes the nervous system. It is helpful for anyone looking to move energy through the body, relax, or complement a more active exercise routine. Come with your comfiest sweater and a mat or small towel.

WEDNESDAY, MAR. 17

7:30 pm -
8:00 pm

Zoom-In Strength

Get Fit Smith

ZOOM in Strength is a mixture of upper, lower, and core training combined with plyometrics, with a goal of improving athletic movement. The only equipment needed is a weighted backpack, a bath towel, and 2 cans (like canned green beans or something). A mat will be helpful at times.

THURSDAY, MAR. 18

3:00 pm -
5:00 pm

Snowshoeing with Paul*

CEEDS

Get outside, strap on some snowshoes, and "float" on snow*! You'll have a chance to get outside and meet and hang out with other cool students and staff from CEEDS. Meet at the Boat House. Limited to 15 participants, sign-up required. To sign up, use this link: <https://tinyurl.com/CEEDSSnowshoeing> This is part of the First Year Experience (FYE) program.

(No snow? We'll take a walk instead and check out the signs of the seasons in New England).

THURSDAY, MAR. 18

5:00 pm -
6:00 pm

Vinyasa Flow Yoga

Get Fit Smith

This invigorating class will leave you feeling energized yet refreshed. This class will challenge you as you move with your breath and explore postures. This is suitable for advanced beginners. Please log in a few minutes early so the class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket, towel, or pillow are excellent props for this class.

THURSDAY, MAR. 18

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

THURSDAY, MAR. 18

6:00 pm -
7:15 pm

The Edge of Each Other's Battles: The Vision of Audre Lorde

Multicultural Affairs

This powerful documentary is a moving tribute to legendary black lesbian feminist poet Audre Lorde, One of the most celebrated icons of feminism's second wave.

FRI. MAR. 19- SAT. MAR. 21

10:00 am -
6:00 pm

Spring Bulb Show

Botanic Garden

Feeling those pandemic winter blahs? Come feast your senses IN REAL LIFE with a visit to the Smith College Bulb Show! Please sign into the Smith Social Network with your Smith credentials. Once you have done that you can select the time and date of the bulb show you would like to RSVP for. Individuals or groups of up to 5 students can register. Off-Campus students in the testing protocol can participate if we are in Green operating mode. This opportunity is available to SMITH STUDENTS ONLY. Questions? Contact Gaby Immerman at gimmerma@smith.edu.

FRIDAY, MAR. 19

7:00 am -

7:30 am

Awesome Abs

Get Fit Smith

Fuel your Friday with this awesome abs class. Learn how to activate and strengthen your core. These exercises also help to build better posture (important for sitting at your computer for long stretches of time). A mat is recommended. At times we will use lightweight or similar household items (can, filled water bottle, etc.)

FRIDAY, MAR. 19

12:30 pm -

1:30 pm

Find Your Fit Flash Session: Don't Hibernate! How To Stay Active in Winter

Office of Student Engagement

OSE is bringing together campus partners to share their expertise on how to stay active in the winter. Each collaborator will host a 2 back-to-back 15 min flash sessions . You pick you top 2 topics, attend those sessions and hopefully, Find your fit!

FRIDAY, MAR. 19

2:00 pm -

3:30 pm

Crocheting Coral: Community Art Series

CEEDS

Crochet a coral figure that will become part of the Tang Teaching Museum's major community art project Radical Fiber: Threads Connecting Art and Science. Virtual sessions, led by various campus groups, will be held on March 5, 12, 19, and 26th from 2 - 3:30 PM EST and can be joined via the Zoom link. Don't know how to crochet? We will have experienced crocheters on *every call* who can teach you! email capenannex@smith.edu if you need more at any point throughout the semester.

SATURDAY, MAR. 20

11:00 am -

11:30 am

Cardio Dance

Get Fit Smith

Cardio Dance is a high impact workout to African and Latin music! Come break a sweat while also learning some new dance moves. The classes are typically easy to follow so no vocal guidance is provided, just moving to some good music! No dance experience is necessary and modifications are provided!

SUNDAY, MAR. 21

12:00 pm -

1:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

SUNDAY, MAR. 21

5:00 pm -

6:00 pm

Hatha Yoga

Get Fit Smith

Hatha yoga is a branch of yoga that takes shape in a physical practice. In this class, we will build strength and stability, but also find room for space in our bodies and minds. Brief meditation included. Beginners are welcome! Please log in a few minutes early so class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket/towel, or pillow are excellent props for this class.

First Year Experience 2021

WEEK 4: MARCH 22-28

MONDAY, MAR. 22

10:00 am -
11:00 am

Vinyasa Yoga

Get Fit Smith

Vinyasa yoga is all about flow. We will integrate flexibility, strength, meditation, and breath-work, creating a sequence of poses always adjustable for beginners and advanced yogis. Come with your mat, a good playlist, and your favorite blanket.

MONDAY, MAR. 22

7:00 pm -
8:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

TUESDAY, MAR. 23

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

WEDNESDAY, MAR. 24

4:00 pm -
4:30 pm

LIIT (Low-Intensity Interval Training)

Get Fit Smith

Lower Intensity Interval training is a combination of strength training and HIIT! We will be doing isolation exercises to target and strengthen specific muscles with classic pilates and bodyweight exercises. The key is going slow and controlled. We will be doing the moves in 1-minute intervals with either 30, 40, or 45 seconds of work and 30, 20, or 15 seconds of rest. Feel free to choose the interval that works for you and treat it as a suggestion. The workout will have modifications but won't involve any high-impact moves or jumping. No equipment necessary - yoga mat recommended. Apartment-friendly, knee-friendly, and great if you want to work on overall strength and increase flexibility!

WEDNESDAY, MAR. 24

5:00 pm -
6:00 pm

Yin Yoga

Get Fit Smith

Yin Yoga is a more passive style of yoga. It incorporates principles of traditional Chinese medicine to target specific meridians. Asanas (poses) are held for longer periods of time (2-10 minutes). Yin yoga increases flexibility by targeting the connective tissue and soothes the nervous system. It is helpful for anyone looking to move energy through the body, relax, or complement a more active exercise routine. Come with your comfiest sweater and a mat or small towel.

WEDNESDAY, MAR. 24

7:30 pm -
8:00 pm

Zoom-In Strength

Get Fit Smith

ZOOM in Strength is a mixture of upper, lower, and core training combined with plyometrics, with a goal of improving athletic movement. The only equipment needed is a weighted backpack, a bath towel, and 2 cans (like canned green beans or something). A mat will be helpful at times.

THURSDAY, MAR. 25

1:00 pm -
3:00 pm

Snowshoeing with Paul*

CEEDS

Get outside, strap on some snowshoes, and "float" on snow*! You'll have a chance to get outside and meet and hang out with other cool students and staff from CEEDS. Meet at the Boat House. Limited to 15 participants, sign-up required. To sign up, use this link: <https://tinyurl.com/CEEDSSnowshoeing>

(No snow? We'll take a walk instead and check out the signs of the seasons in New England).

THURSDAY, MAR. 25

4:30 pm -
6:00 pm

Bike Ride to Look Park, Florence*

Athletics

Meet at Boathouse, bring your bike or borrow from Outdoor program. Helmets required. Group size limited to 8. Sign up: <https://www.signupgenius.com/go/20FOD4DA4AA23A31-oalocal>

THURSDAY, MAR. 25

5:00 pm -
6:00 pm

Vinyasa Flow Yoga

Get Fit Smith

This invigorating class will leave you feeling energized yet refreshed. This class will challenge you as you move with your breath and explore postures. This is suitable for advanced beginners. Please log in a few minutes early so the class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket, towel, or pillow are excellent props for this class.

THURSDAY, MAR. 25

5:00 pm -
6:00 pm

Smith Insanity.

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

FRIDAY, MAR. 26

7:00 am -
7:30 am

Awesome Abs

Get Fit Smith

Fuel your Friday with this awesome abs class. Learn how to activate and strengthen your core. These exercises also help to build better posture (important for sitting at your computer for long stretches of time). A mat is recommended. At times we will use lightweight or similar household items (can, filled water bottle, etc.)

FRIDAY, MAR. 26

2:00 pm -
3:30 pm

Crocheting Coral: Community Art Series

CEEDS

Crochet a coral figure that will become part of the Tang Teaching Museum's major community art project Radical Fiber: Threads Connecting Art and Science. Virtual sessions, led by various campus groups, will be held on March 5, 12, 19, and 26th from 2 - 3:30 PM EST and can be joined via the Zoom link. Don't know how to crochet? We will have experienced crocheters on *every call* who can teach you! email capenannex@smith.edu if you need more at any point throughout the semester.

SATURDAY, MAR. 27

11:00 am -
11:30 am

Cardio Dance

Get Fit Smith

Cardio Dance is a high impact workout to African and Latin music! Come break a sweat while also learning some new dance moves. The classes are typically easy to follow so no vocal guidance is provided, just moving to some good music! No dance experience is necessary and modifications are provided!

SUNDAY, MAR. 28

12:00 pm -
1:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

SUNDAY, MAR. 28

5:00 pm -
6:00 pm

Hatha Yoga

Get Fit Smith

Hatha yoga is a branch of yoga that takes shape in a physical practice. In this class, we will build strength and stability, but also find room for space in our bodies and minds. Brief meditation included. Beginners are welcome! Please log in a few minutes early so class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket/towel, or pillow are excellent props for this class.

SUNDAY, MAR. 28

7:00 pm

House Community Conversation: Open Forum

Residential Life

Practice gratitude for something in the house community. Identify possible solutions for what could be improved in the house community. **Please check with your house leadership for the exact start time and the link to join.**

First Year Experience 2021

WEEK 5: MARCH 29 - APRIL 4

MONDAY, MAR. 29

10:00 am -
11:00 am

Vinyasa Yoga

Get Fit Smith

Vinyasa yoga is all about flow. We will integrate flexibility, strength, meditation, and breath-work, creating a sequence of poses always adjustable for beginners and advanced yogis. Come with your mat, a good playlist, and your favorite blanket.

MONDAY, MAR. 29

7:00 pm -
8:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

TUESDAY, MAR. 30

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

TUESDAY, MAR. 30

5:00 PM -
6:00 PM

Mwangi Reads: BIPOC Sci-Fi and Digital Archiving

Multicultural Affairs

Explore Sci-Fi, Fantasy and other magical novels by Black, Indigenous, and other authors of color! A digital archiving activity grounded in the craft of Octavia Butler will conclude this event.

WEDNESDAY, MAR. 31

4:00 pm -
4:30 pm

LIIT (Low-Intensity Interval Training)

Get Fit Smith

Lower Intensity Interval training is a combination of strength training and HIIT! We will be doing isolation exercises to target and strengthen specific muscles with classic pilates and bodyweight exercises. The key is going slow and controlled. We will be doing the moves in 1-minute intervals with either 30, 40, or 45 seconds of work and 30, 20, or 15 seconds of rest. Feel free to choose the interval that works for you and treat it as a suggestion. The workout will have modifications but won't involve any high-impact moves or jumping. No equipment necessary - yoga mat recommended. Apartment-friendly, knee-friendly, and great if you want to work on overall strength and increase flexibility!

WEDNESDAY, MAR. 31

5:00 pm -
6:00 pm

Yin Yoga

Get Fit Smith

Yin Yoga is a more passive style of yoga. It incorporates principles of traditional Chinese medicine to target specific meridians. Asanas (poses) are held for longer periods of time (2-10 minutes). Yin yoga increases flexibility by targeting the connective tissue and soothes the nervous system. It is helpful for anyone looking to move energy through the body, relax, or complement a more active exercise routine. Come with your comfiest sweater and a mat or small towel.

WEDNESDAY, MAR. 31

7:00 pm -
8:00 pm

Designing Collaborative Change: Q&A with Creative Reaction Lab

Wurtele Center

How might young people work collaboratively to create powerful change? The Design Thinking Initiative and the Wurtele Center for Leadership is hosting a Q&A event with members of the team at Creative Reaction Lab (CRXLAB), an organization whose mission is to educate, train, and challenge Black and Latinx youth to become leaders in designing healthy and racially equitable communities. Join us to learn about how CRXLAB empowers youth to work together to lead change.

WEDNESDAY, MAR. 31

7:30 pm -
8:00 pm

Zoom-In Strength

Get Fit Smith

ZOOM in Strength is a mixture of upper, lower, and core training combined with plyometrics, with a goal of improving athletic movement. The only equipment needed is a weighted backpack, a bath towel, and 2 cans (like canned green beans or something). A mat will be helpful at times.

THURSDAY, APR. 1

8:30 am -
10 am

Birding with Dano*

CEEDS

Learn to identify birds on this casual walk around Paradise Pond and the Mill River with Dano Weisbord, Executive Director of Sustainability. No previous bird knowledge necessary! Please wear comfortable walking shoes, and be ready for spring mud. Space limited, sign up required. To sign up email ceeds@smith.edu. You will meet at Chapin Lawn.

THURSDAY, APR. 1

2:00 p m -
4:00 p m

Snowshoeing with Paul*

CEEDS

Get outside, strap on some snowshoes, and "float" on snow*! You'll have a chance to get outside and meet and hang out with other cool students and staff from CEEDS. Meet at the Boat House. Limited to 15 participants, sign-up required. To sign up, use this link: <https://tinyurl.com/CEEDSSnowshoeing> This is part of the First Year Experience (FYE) program.

(No snow? We'll take a walk instead and check out the signs of the seasons in New England).

THURSDAY, APR. 1

5:00 p m -
6:00 p m

Vinyasa Flow Yoga

Get Fit Smith

This invigorating class will leave you feeling energized yet refreshed. This class will challenge you as you move with your breath and explore postures. This is suitable for advanced beginners. Please log in a few minutes early so the class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket, towel, or pillow are excellent props for this class.

THURSDAY, APR. 1

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

FRIDAY, APR. 2

7:00 am -
7:30 am

Awesome Abs

Get Fit Smith

Fuel your Friday with this awesome abs class. Learn how to activate and strengthen your core. These exercises also help to build better posture (important for sitting at your computer for long stretches of time). A mat is recommended. At times we will use lightweight or similar household items (can, filled water bottle, etc.)

FRIDAY, APR. 2

12:00 am -
12:30 am

Learning Specialist Info Session

Jacobson Center

Time is often said to be the #1 non-renewable resource. But there are some secret ways of finding some! Come to this talk and find out what they are.

SATURDAY, APR. 3

11:00 am -

11:30 am

Cardio Dance

Get Fit Smith

Cardio Dance is a high impact workout to African and Latin music! Come break a sweat while also learning some new dance moves. The classes are typically easy to follow so no vocal guidance is provided, just moving to some good music! No dance experience is necessary and modifications are provided!

SUNDAY, APR. 4

12:00 pm -

1:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

SUNDAY, APR. 4

5:00 pm -

6:00 pm

Hatha Yoga

Get Fit Smith

Hatha yoga is a branch of yoga that takes shape in a physical practice. In this class, we will build strength and stability, but also find room for space in our bodies and minds. Brief meditation included. Beginners are welcome! Please log in a few minutes early so class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket/towel, or pillow are excellent props for this class.

First Year Experience 2021

WEEK 6: APRIL 5 - 11

MONDAY, APR. 5

10:00 am -
11:00 am

Vinyasa Yoga

Get Fit Smith

Vinyasa yoga is all about flow. We will integrate flexibility, strength, meditation, and breath-work, creating a sequence of poses always adjustable for beginners and advanced yogis. Come with your mat, a good playlist, and your favorite blanket.

MONDAY, APR. 5

7:00 pm -
8:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

MONDAY, APR. 5

12:00 pm -
12:30 pm

Paper Writing Information Session

Jacobson Center

Need help writing a paper? Finding a tutor? Here's where to start!

TUESDAY, APR. 6

5:00 pm -
6:00 pm

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

WEDNESDAY, APR. 7

4:00 pm -
4:30 pm

LIIT (Low-Intensity Interval Training)

Get Fit Smith

Lower Intensity Interval training is a combination of strength training and HIIT! We will be doing isolation exercises to target and strengthen specific muscles with classic pilates and bodyweight exercises. The key is going slow and controlled. We will be doing the moves in 1-minute intervals with either 30, 40, or 45 seconds of work and 30, 20, or 15 seconds of rest. Feel free to choose the interval that works for you and treat it as a suggestion. The workout will have modifications but won't involve any high-impact moves or jumping. No equipment necessary - yoga mat recommended. Apartment-friendly, knee-friendly, and great if you want to work on overall strength and increase flexibility!

WEDNESDAY, APR. 7

5:00 p m -
6:00 p m

Yin Yoga

Get Fit Smith

Yin Yoga is a more passive style of yoga. It incorporates principles of traditional Chinese medicine to target specific meridians. Asanas (poses) are held for longer periods of time (2-10 minutes). Yin yoga increases flexibility by targeting the connective tissue and soothes the nervous system. It is helpful for anyone looking to move energy through the body, relax, or complement a more active exercise routine. Come with your comfiest sweater and a mat or small towel.

WEDNESDAY, APR. 7

7:30 p m -
8:00 p m

Zoom-In Strength

Get Fit Smith

ZOOM in Strength is a mixture of upper, lower, and core training combined with plyometrics, with a goal of improving athletic movement. The only equipment needed is a weighted backpack, a bath towel, and 2 cans (like canned green beans or something). A mat will be helpful at times.

THURSDAY, APR. 8

4:30 p m -
5:30 p m

Hike and Explore the Mill River XC Trails*

Athletics

Meet at Pond Boathouse. Group size of 12. Sign up here:

<https://www.signupgenius.com/go/20FOD4DA4AA23A31-oariver>

THURSDAY, APR. 8

5:00 p m -
6:00 p m

Vinyasa Flow Yoga

Get Fit Smith

This invigorating class will leave you feeling energized yet refreshed. This class will challenge you as you move with your breath and explore postures. This is suitable for advanced beginners. Please log in a few minutes early so the class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket, towel, or pillow are excellent props for this class.

THURSDAY, APR. 8

5:00 p m -
6:00 p m

Smith Insanity

Get Fit Smith

Insanity is a fun, high-energy class that can be tailored to any fitness level. The workouts consist of high-intensity interval training (HIIT) with a warmup, cool down, and stretching. The class will challenge you, but by using modifications offered by the instructor and listening to your body you will be able to create a workout that is just right for you! Special attention will be given to making sure the moves are dorm room and apartment friendly.

FRIDAY, APR. 9

7:00 a m -
7:30 a m

Awesome Abs

Get Fit Smith

Fuel your Friday with this awesome abs class. Learn how to activate and strengthen your core. These exercises also help to build better posture (important for sitting at your computer for long stretches of time). A mat is recommended. At times we will use lightweight or similar household items (can, filled water bottle, etc.)

FRIDAY, APR. 9

12:30 pm -
1:30 pm

Find Your Fit: Pick-2 Flash Session

OSE

OSE is bringing together campus partners to share their expertise. Each collaborator will host a 2 back-to-back 15 min flash sessions . You pick you top 2 topics, attend those sessions and hopefully, Find your fit!

FRIDAY, APR. 9

1:30 pm -
2:00 pm

Zotero: Making Citations Easier

Libraries

Smith libraries are happy to present a workshop on the citation management tool Zotero! Attend this 30-min virtual workshop to learn more about how to export citations, integrate Zotero with Google Docs, and more.

SATURDAY, APR. 10

11:00 am -
11:30 am

Cardio Dance

Get Fit Smith

Cardio Dance is a high impact workout to African and Latin music! Come break a sweat while also learning some new dance moves. The classes are typically easy to follow so no vocal guidance is provided, just moving to some good music! No dance experience is necessary and modifications are provided!

SUNDAY, APR. 11

12:00 pm -
1:00 pm

Gentle Yoga

Get Fit Smith

This class is a gentle flow that focuses on strengthening, stretching, relaxing, and breathing. Please bring a mat or a towel to practice on as well as a small pillow or folded blanket.

SUNDAY, APR. 11

5:00 pm -
6:00 pm

Hatha Yoga

Get Fit Smith

Hatha yoga is a branch of yoga that takes shape in a physical practice. In this class, we will build strength and stability, but also find room for space in our bodies and minds. Brief meditation included. Beginners are welcome! Please log in a few minutes early so class can start promptly. You can take practice on a yoga/exercise mat or even a towel. An extra blanket/towel, or pillow are excellent props for this class.

SUNDAY, APR. 11

7:00 pm

House Community Conversation: Mental Health

Residential Life

Practice referrals to Counseling Services Develop skills in self-soothing and centering. **Please check with your house leadership about the exact start time and for the link to join.**

Have more questions?
Email studentaffairs@smith.edu