<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>Zumba 12:05pm-12:50pm Casey</td>
<td>Total Fitness 6:45am-7:30am Sue</td>
<td>Gentle Restorative Yoga 12:05pm-12:50pm Laurie</td>
<td>Sweat &amp; Surrender Prerecorded Francesca</td>
<td>Total Fitness 6:45am-7:30am Sue</td>
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<td>HIIT 5:00pm-5:45pm Anastassia</td>
<td>Vinyasa Yoga Prerecorded Francesca</td>
<td>Barre 12:05pm-12:50pm Casey</td>
<td>Tai Chi 12:05pm-12:50pm Tom</td>
<td>Beginners Yoga 12:05pm-12:50pm Anastassia</td>
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<td>Boot Camp 5:00pm-5:45pm Ngozi</td>
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Classes offered virtually via Zoom
Follow us on Facebook - Wesleyan University Adult Fitness and Wellness Program
Questions? Contact the Wellness Team wellness@wesleyan.edu
**Class Descriptions**

**Zumba - Casey**
Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® Fitness classes are often called exercise in disguise.

**Vinyasa Yoga - Francesca**
In All Levels Vinyasa Yoga class you will practice a dynamic flow creating a union of mind, body and soul. You can expect to learn Traditional Sun Salutations, emphasis on proper alignment, creative movement from posture to posture, building strength, core engagement, balance and holding poses to help create or deepen flexibility and breath. Modifications are always given along with the option to challenge yourself further. In this class you are encouraged to choose your own pace and just go with the flow. A yoga mat is required. Any other yoga props, blocks and straps are recommended but optional. This is an all levels class so beginners are always welcome!

**Barre - Casey**
Barre is an all-levels workout that focuses on increasing strength, lengthening muscles, and improving posture. Barre combines elements from ballet, strength training, and pilates into a unique workout that tones muscles and increases balance. No equipment (or shoes!) necessary.

**Beginners Yoga - Anastassia**
It’s all about the basics in these slower moving classes that require you to hold each pose for a few breaths. Hatha classes are considered a gentler form of yoga. However, the Sanskrit term “hatha” actually refers to any yoga that teaches physical postures. It’s a practice of the body, a physical practice that balances these two energies.

**HIIT - Anastassia**
HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Even if you only 15 minutes to hop on you will more calories than any other workout! Be prepared to sweat! And give 150% in short bursts to maximize your time and effort!

**Sweat & Surrender Yoga - Francesca**
A quicker paced Vinyasa to get the body aligned and awakened for about 20 minutes. Then 20 minutes of restorative yin postures and complete relaxation (possibly essential oil assists at the end) to cool and calm the body and mind for a blissful savasana (final relaxation pose).

**Tai Chi - Tom**
Beginners and intermediate level Tai Chi participants will find this ancient mind/body art class to be relaxing and invigorating. Tom teaches an effective method to improve balance, agility and coordination in healthy and functional ways that promise to enhance our everyday activities. Please wear loose, comfortable clothing.

**Total Fitness - Sue**
A head to toe low impact workout that delivers maximum benefits for a total body workout. Please have weights, band, mat, ball, sturdy chair or whatever you can find. I will show modifications. We got this!

**Boot Camp - Ngozi**
A cardio and strength workout designed for ALL fitness levels. This class includes circuit training, cardio exercise, and body weight exercises for a complete workout! This 45 minute class is everything you need to get stronger and more fit! Class includes a warm-up and a stretching period. Bring your mats, water, and a smile! We are going to have fun!

**Gentle Restorative Yoga - Laurie**
This well-rounded yoga class focuses on alignment and anatomy for a safe yoga practice. It will address lower back, shoulders, neck and other vulnerable areas prone to injury.
Zoom Links

Zumba - https://wesleyan.zoom.us/j/92121556592

HIIT - https://wesleyan.zoom.us/j/93243366871

Total Fitness - https://wesleyan.zoom.us/j/982706301

Gentle Restorative Yoga - https://wesleyan.zoom.us/j/733113344

Barre - https://wesleyan.zoom.us/j/9974349483

Boot Camp - https://wesleyan.zoom.us/j/140939084

Tai Chi - https://wesleyan.zoom.us/j/783309585

Beginners Yoga - https://wesleyan.zoom.us/j/99609564817