Group Exercise Schedule Class Descriptions Spring 2018

**Advanced Pilates**
Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. This class is designed for more experienced Pilates students and is also appropriate for those with yoga, martial arts, dance, or athletic training. All levels of ability and experience are welcome.

**Aligned Flow Yoga**
Everyone is welcome in this multi-level class that combines principles of alignment (Hatha Yoga) with a Vinyasa Flow practice. Greg teaches to those who take his class with respect to ability while he encourages each student to their capacity. This is a full spectrum class where every category of pose will be taught with the intention to Energize, Restore, and Expand one's mind and body. All levels of ability and experience are welcome.

**Body Toning**
This is a conventional toning class that strengthens and tones your body with dumbbells, resistance bands, stability balls, and other fitness equipment. It also includes some cardio to raise your heart rate. All levels of ability and experience are welcome.

**Pilates**
Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. This class will include modifications for each exercise to support and challenge all fitness levels. All levels of ability and experience are welcome.

**Power Yoga**
Emily will work with you to concentrate on alignment and fluidity from one pose to the next. The sequence is a total body workout that creates longer, leaner muscles and supports creating more flexibility, strength, and balance throughout the body, along with building focus and endurance. All levels of ability and experience are welcome.

**Small Group Training**
Do you struggle to figure out what workout to do in The Matchbox or are you in need of some extra motivation? If so, this class is for you. With a class size of 12 or less, receive that personal attention that will help you build muscle, burn fat, and improve your overall fitness through a total body workout. All levels of ability and experience are welcome.

**Stretch, Relax & Restore**
Discover more flexibility and ease in your body by stretching and using simple myofascial release exercises. We will use foam rollers, balls, and therabands to reduce tension and stress. As you increase flexibility, you will find more strength and balance in all parts of your life. This class is designed for everyone, so take a break in the middle of your day to increase energy and reconnect with yourself. All levels of ability and experience are welcome.

**SwatHIIT (Sunday)**
Swarthmore High-Intensity Interval Training (SwatHIIT) is a challenging and fun 45-minute total body workout that combines intense bursts of exercise, followed by short and less intense periods of rest and recovery. The class will use a combination of body weight movements, plyometrics, and weight training. All levels of ability and experience are welcome.

**SwatHIIT (Tuesday)**
An interval based class that uses the Tabata method involving 20 seconds of work and 10 seconds rest for 4 minutes of each round. Multiple rounds of Tabata plus a core round are sure to take your interval training to the next level. All levels of ability and experience are welcome.

**Vinyasa Flow Yoga**
The linking of movement and breath is used to create a ‘vinyasa flow.’ This is a well-balanced class offering a warm-up and building to sun salutations, balancing poses, and finishing with long-held floor poses. Vinyasa Flow cultivates balance, flexibility, strength, and endurance. The class sequences will offer modifications or challenges to suit each student. All levels of ability and experience are welcome.

**Zumba**
Zumba is a Latin-inspired, high energy, calorie torching, dance party of a workout! There are many dance styles incorporated into a Zumba class so there is something for everyone. All levels of ability and experience are welcome.

**Class Information**
All classes will be located in The Matchbox, 3rd Fl., except Small Group Training (Matchbox, 1st Fl.).
All participants must bring their Swarthmore College OneCard to each class.
All participants must complete the Athletics Facilities Waiver and PAR-Q prior to attending a class.
Class participation is free and available for all current Swarthmore College students, faculty, staff, and affiliates.