Monday - Aligned Flow Yoga, 5:30-6:30 PM

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.

Tuesday - Pilates, 12:00-12:45 PM

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.

Wednesday - Small Group Training, 12:15-1:00 PM

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.

Thursday - Vinyasa Flow Yoga, 12:00-12:45 PM

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.

Friday - Power Yoga, 12:30-1:30 PM

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.

Class Information

All classes will be located in The Matchbox, 3rd Fl., except Small Group Training (The Matchbox, 1st Fl.). All participants must bring their Swarthmore College OneCard to each class. Class participation is free and available for all current Swarthmore College students, faculty, staff, and affiliates.

For more information, head to the website:

www.swarthmoreathletics.com/groupexercise