### Wesleyan Adult Fitness

**Discover Wellness**

**Summer 2019 Schedule**

**July 8th – August 29th**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:05-12:50pm</td>
<td>Boot Camp</td>
<td>OT/FC</td>
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<tr>
<td>Tuesday</td>
<td>6:45-7:30am</td>
<td>Total Fitness</td>
<td>OT/FC</td>
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<tr>
<td></td>
<td>12:05-12:50pm</td>
<td>Vinyasa Yoga</td>
<td>MU2/3</td>
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<tr>
<td>Wednesday</td>
<td>12:05-12:50pm</td>
<td>HIIT</td>
<td>MU1</td>
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<td></td>
<td></td>
<td>Gentle Restorative Yoga</td>
<td>MU3</td>
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<tr>
<td>Thursday</td>
<td>6:45-7:30am</td>
<td>Intro to Strength Training</td>
<td>FC</td>
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<tr>
<td></td>
<td>12:05-12:50pm</td>
<td>Tai Chi</td>
<td>MU2</td>
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<tr>
<td></td>
<td></td>
<td>Sweat &amp; Surrender Yoga</td>
<td>MU3</td>
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Classes in Freeman Athletic Center

- **MU1** = Multi-Use Room #1
- **MU2** = Multi-Use Room #2
- **MU3** = Multi-Use Room #3

OT = Outdoor Track

FC = Fitness Center

FH = Field House

**There will be no class the following days:**

- Total Fitness: 7/30
- Intro to Strength Training: 8/1
- Tai Chi: 7/18, 8/1, 8/8, 8/15, 8/22, 8/29

Questions? Contact Scott Bushey sbushey@wesleyan.edu
Class Descriptions

**Intro to Strength Training – Sue**

Muscular fitness is a key component of a fitness training program. Strength training increases bone strength, muscular fitness, and helps you manage or lose weight; improving your ability to do everyday activities. Include strength training of all the major muscle groups into your fitness routine!

**Gentle Yoga - Laurie**

A gentle, slow-paced class suitable to beginners to increase mobility and flexibility. Each class will end with a restorative posture for deep relaxation that will replenish your energy and restore balance to your entire being leaving you feeling refreshed and renewed.

**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 promises to enhance our everyday activities. Please wear loose, comfortable clothing.

**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).

**Total Fitness – Sue**

Toning your entire body! Learn ways to burn muscle and burn fat. Meeting at the outdoor track through the summer months, weather permitting!

**Boot Camp – Ngozi**

Each class begins with stretching and a cardiovascular warm-up. Your workout will include a variety of exercises meant to challenge you in a way that you would likely not challenge yourself independently. This might include push-ups, burpees, squats, lunges, and various forms of plyometric and interval training. Since no two classes are ever the same, your body is constantly being challenged, maximizing results!

**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.

**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 Sticky 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!