# Wellness & Fitness Schedule

Stay fit this fall!

## WEEK @ A GLANCE  
**SEPT. 9 - DEC. 13**  
All Classes are drop-in!

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
</table>
| Mat Pilates (F/S)  
12:05pm - 12:55pm  
Conway/Hutton | Yoga Flow  
12:05pm - 12:55pm  
Conway/Terrill (Stamell) | PIYO  
7:30am - 8:15am  
Conway/Mowatt | Yoga Flow  
12:05pm - 12:55pm  
Conway/Merrill | Yoga - Friday Flow  
12:05pm - 12:55pm  
Conway/Kitchen |
| Aqua Zumba (F/S)  
12:05pm - 12:55pm  
Pool/Johnson | Zumba Fitness  
4:15pm - 5:15pm  
Cadigan/Mazor | Barre Cardio  
12:00pm - 1:00pm  
Alumni Gym/Paul | Yoga for Resilience & Strength (F/S)  
12:10pm - 1:00pm  
Conway/Kitchen |  |
|  | Zumba Fitness  
4:15pm - 5:15pm  
O’Connor/Gladu |  |  |  |
|  | Tai Chi/Qigong  
4:30pm - 5:30pm  
Cadigan/Mazor | YOGA Namaste Fitness  
4:15pm - 5:15pm  
Conway/Paradis |  | PIYO  
5:00pm - 6:00pm  
Conway/Mowatt |
|  |  |  |  |  |
|  |  |  |  |  |

- Lifetime Sports are listed on the website separately!
- Wellness Director: Chris Paradis  
cyparadis@amherst.edu  
ext. 8136
- Unless noted F/S (faculty/staff only), class are open to students, faculty & staff