<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
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<tbody>
<tr>
<td>Monday</td>
<td>12:05-12:50pm</td>
<td>Step Aerobics</td>
<td>MU1</td>
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<tr>
<td></td>
<td></td>
<td>Power Yoga</td>
<td>MU2</td>
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<tr>
<td>Tuesday</td>
<td>6:45-7:30am</td>
<td>Total Fitness</td>
<td>FC</td>
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<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>FH</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>12:05-12:50pm</td>
<td>Tai Chi</td>
<td>MU2</td>
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<td></td>
<td>Sweat &amp; Surrender Yoga</td>
<td>MU3</td>
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<tr>
<td>Friday</td>
<td>12:05-12:50pm</td>
<td>Foam Roller Yoga</td>
<td>MU2</td>
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<tr>
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<td></td>
<td>Boot Camp</td>
<td>FH</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

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

**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!

**Foam Roller Yoga – Sue**
Using a foam roller to remove the stored up density and toxins in the tissues and specifically the fascia. Adding gentle yoga movements for extended periods of time with props to assist in helping you hold poses longer. Giving you all the benefits of deep passive stretching and healthy tissue foam rolling. Please bring a foam roller, blocks, and a strap.

**Total Fitness – Sue**
Toning your entire body once a week! Learn ways to burn muscle and burn fat. Meeting in the fitness center through the winter months!

**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.

**Gentle Restorative 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 promise to enhance our everyday activities. Please wear loose, comfortable clothing.
**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!

**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).

**Power Yoga - Sue**
Energetic, vigorous practice that blends sweat and flexibility in a class that thoroughly tones the body. We will add different equipment to challenge your body. Weights, balls, and bands will be used.

**Step Aerobics - Ngozi**
An intermediate level class that combines cardio and strength, this class will consist of simple movements on, over and around a step!