BRYN MAWR COLLEGE FIT CLUB
CLASS DESCRIPTIONS

**Badminton:** Join a regular group of enthusiastic players for a friendly match! No experience necessary. All levels welcome.
   Location: Schwartz Gym

**Basketball:** Jump in for some fast-paced play and some serious sweat!
   Location: Schwartz Gym

**Indoor Cycling/Cycle 45:** Performed on a specifically designed stationary bicycle, each participant has the ability to control his or her level of resistance, speed and power. This class builds cardiovascular endurance and lower body strength, and is a great workout for all fitness levels.
   Location: Multi-Purpose Room, Schwartz

**Rowing:** This class will teach you proper form and technique on the Erg, and will challenge your endurance, speed and strength to improve your rowing performance. Build your cardiovascular system with a great sweat in this class!
   Location: Multi-Purpose Room, Schwartz

**Swimming:** Hone your technique and perfect your skills in the water with this advanced Swimming class. Great for triathletes and lap swimmers, this class is not meant as a “begin to swim” course.
   Location: Schwartz Pool

**Yoga:** All of our Yoga classes focus on breath and posture, and are appropriate for all levels and experience. Vinyasa, “to place in a special way,” is the fusion of breath and movement to flow from one posture to the next. The practice will connect your body, mind, and spirit, and build strength, flexibility, and focus. All classes provide variations on poses to meet individual needs and personal physiology. Blocks, blankets, straps, and mats are all available – participants are welcome to bring their own mats if they prefer.
   Location: Multi-Purpose Room, Schwartz