## Fall 2019 Schedule
September 3rd-December 13th (No class November 25th-November 29th)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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| Zumba 12:05pm-12:50pm  
Fayerweather 108 | Total Fitness 6:45am-7:30am  
Outdoor Track Fitness Center | HIIT 12:05pm-12:50pm  
Multi-Use Room 1 | Tai Chi 12:05pm-12:50pm  
Multi-Use Room 2 | Boot Camp 12:05pm-12:50pm  
Bacon Field House |
| Power Yoga 12:05pm-12:50pm  
Multi-Use Room 2 | Vinyasa Yoga 12:05pm-12:50pm  
Multi-Use Room 2/3 | Gentle Restorative Yoga 12:05pm-12:50pm  
Multi-Use Room 3 | Sweat & Surrender Yoga 12:05pm-12:50pm  
Multi-Use Room 3 | Classes in Freeman Athletic Center |

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

**Zumba - Casey**
Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® Fitness classes are often called exercise in disguise.

**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 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!

**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.

**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.

**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.

**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).

**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.

**Total Fitness - Sue**
Toning your entire body! Learn ways to burn muscle and burn fat. Meeting at the outdoor track then moving to the fitness center as the weather gets cold.

**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!

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