YOGA WITH DESIREE, MONDAY FROM 12:15-1PM
With a foundation in the Power Vinyasa style, Desiree will emphasize fluid movement, or flow, as a way to provide the experience of a moving meditation. Added to the flow is breath linked to each movement and pose. All levels of ability and experience are welcome.

ZUMBA WITH DENISE, TUESDAY FROM 7:00-8:00AM
Denise delivers high energy aerobic dance moves to chart topping music and latin hits! This class incorporates dance movements to tone and sculpt the body. As long as you are moving your body, you are getting a workout! All levels of ability and experience are welcome.

SWATHIIT WITH NNENNA, TUESDAY FROM 4:45-5:15PM
Swarthmore High-Intensity Interval Training (SwatHIIT) is a challenging and fun 30-minute total body workout that combines intense bursts of exercise, followed by short and less intense periods of rest and recovery. The class will use a combination of body weight movements, plyometrics, and weight training. All levels of ability and experience are welcome.

BEGINNER PILATES WITH CATHY, WEDNESDAY FROM 12:15-1PM
Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. This class will include modifications for each exercise to support and challenge all fitness levels. All levels of ability and experience are welcome.

INTERMEDIATE PILATES WITH CATHY, WEDNESDAY FROM 1:15-2:15PM
Pilates is a progressive system of exercises designed to stretch, strengthen, and balance both mind and body. Benefits include increased core strength, better posture and balance skills, more physical and mental energy, and improved sports performance. For more experienced Pilates students. This class could also be appropriate for those with Yoga, Martial Arts, Dance or Athletic training.

WEIGHTS 101 WITH CHRIS, THURSDAY FROM 12:15-1PM
As an introduction to resistance training, this class is specially designed with the beginner in mind. This 45-minute class will focus on proper technique, exercise selection, progression, and program design. All levels of ability and experience are welcome.

YOGA WITH EMILY, THURSDAY FROM 4:45-5:45PM
Emily will work with you to concentrate on alignment and fluidity from one pose to the next. The sequence is a total body workout that creates longer, leaner muscles and supports creating more flexibility, strength, and balance throughout the body, along with building focus and endurance. All levels of ability and experience are welcome.

CLASS INFORMATION
Class participation is available for all current Swarthmore College students, faculty, and staff. All classes will be located in The Matchbox on the 3rd Floor in Tarble Commons. All participants must complete the Athletics Facilities Waiver prior to attending a class. All participants must bring their Swarthmore OneCard to each class.

Co-Sponsored by The Committee for Work-Life Initiatives & Swarthmore Recreation & Wellness www.swarthmore.edu/work-life-initiatives