Group Circuit Training with Chris McPherson (Monday/Thursday, 12:15-1:00 PM)
Do you struggle to figure out what workout to do in The Matchbox or are you in need of some extra motivation? If so, this class is for you. With a class size of 16 or less, receive the personal attention that will help you build muscle, burn fat, and improve your overall fitness through a total body workout. The class will offer modifications or challenges to suit each participant.

SwatFit Fusion with Olivia Marotte (Monday, 4:45-5:30 PM)
At SwatFit Fusion, you'll be guaranteed to relieve stress and build your strength and endurance. Join us for a 45-minute fusion of cardio, weight training, and mindfulness, and leave feeling uplifted and capable!

Pilates with Cathy Raymond (Tuesday/Wednesday, 12:15-1:00 PM)
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.

SwatHIIT with Julie McHugh (Tuesday, 4:45-5:15 PM)
HIIT stands for high-intensity interval training - and this class gives an efficient full-body workout in 30 minutes. Using just body weight, we will work in bursts of intense exercise with short rest periods for a great metabolic burn. Get ready for a fun and challenging workout with modifications for all levels.

Advanced Pilates with Cathy Raymond (Wednesday, 1:05-2:00 PM)
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 is designed for more experienced Pilates students and is also appropriate for those with yoga, martial arts, dance, or athletic training. All levels of ability and experience are welcome.

Vinyasa Flow Yoga with Emily Forte (Thursday, 4:45-5:45 PM)
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.

Functional Fitness with Veronica Gibbons (Thursday, 7:00-7:45 PM)
Functional fitness, in other words, is training with the purpose of living a longer, healthier life. In this class, we will work on all areas of fitness such as strength, cardiovascular endurance, mobility, and stability.

Beats and Breath with Emily Forte (Friday, 4:30-5:15 PM)
Kick-off the weekend with beats and breath! Turn up your internal heat with this high-intensity, calorie-burning 45-minute practice, while enjoying the mental, physical, and spiritual benefits of yoga. We will explore ways to build strength, flexibility, focus, and endurance, to fun and upbeat music. Be prepared to sweat and smile!

Class information
- All classes will be located in the Matchbox Fitness Center
- All participants must bring their Swarthmore College One Card to each class
- Class participation is free and available to all Swarthmore College faculty, staff, and students
- Classes will begin on Tuesday, January 18, and run through Friday, April 29
- Classes will not be held during Swarthmore College’s spring break (March 5 through 12)

Learn more about the Swarthmore College group exercise program at www.swarthmoreathletics.com/groupexercise