Group Exercise Class Descriptions  

**Fall 2021**

**Functional Fitness with Veronica Gibbons (Monday, 7:30-8:15 AM)**
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, stability, etc. By using varied stimuli, you can expect to enhance performance in both daily life and athletic training while also implementing injury prevention. It's the morning grind!

**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.

**Pilates Core Curriculum with Cathy Raymond (Tuesday, 12:15-1:00 PM)**
Joseph Pilates believed that our bodies should be as strong and flexible as our minds. His exercise system was designed to help everyone create positive change through movement and focus. Classes will include core strengthening exercises and techniques to release tension in the body, especially focusing on the neck, shoulders, and hips, as well as how to improve everyday actions such as walking, sitting, standing, breathing. We will also work to improve balance since this is a skill that can be learned at any stage in life.

**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.

**Pilates with Cathy Raymond (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.

**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.

**Class information**
- All classes will be located in the Matchbox Fitness Center, 3rd Floor
- All participants must bring their Swarthmore College OneCard to each class
- Class participation is free and available to all Swarthmore College faculty, staff, and students
- Classes will begin on Tuesday, September 7, and run through Thursday, December 9
- Classes will not be held during Swarthmore’s fall break (Oct. 11-15) or Thanksgiving break (Nov. 24-25)

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