

EXERCISE CLASSES

SPRING 2013

YOGA , KICK/ PILATES/WEIGHTS, BELLY DANCING & ZUMBA

Monday, 5:00-6:00PM	Hogan 320	Yoga, w/ Jenn Anger, (starts Feb 4th, 12 weeks)
Tuesday, 12:00-1:00PM	Smith Wellness Center--Aerobics Room	Zumba, w/ Laurie Demers (starts, Jan. 29 th , 13 weeks)
Tuesday, 5:00-6:00PM	Smith Wellness Center--Aerobics Room	Kick/Pilates/Weights w/ Marie (starts Jan. 29, 12 weeks)
Tuesday, 5:00-6:00PM	Hogan 402	Flow Yoga/ w/ Lilly Caruso (starts Feb. 5 th , 12 weeks)
Wednesday, 1:10-2:10 PM	Smith Wellness Center--Aerobics Room	Zumba w/ Nicole Parentela (starts, Jan. 30 th , 13 weeks)
Wednesday 5:00-6:00PM	Hogan 320	Vinyasa Yoga/Caroline Voldstad (starts Feb. 6 th , 11 weeks)
Wednesday 5:00-6:00PM	Smith Wellness Center--Aerobics Room	Cabaret Style Belly dancing w/ Kaylin (starts Jan. 30th, 12 weeks)
Thursday, 5:10-6:10PM	Smith Wellness Center--Aerobics Room	Kick/Pilates/Weights w/ Marie (starts Jan. 31st, 12 weeks)

Please check the start date and number of times each class will meet. No classes will be held during school breaks.

All fees for classes are payable to the instructor cash or check (no Crusader Cards) on the first day of class. Payment is made for the entire semester long class at the rate of \$10.00 per class 12 weeks costs \$120.00, 13 weeks costs, \$130.00.

Check back of flyer for class descriptions.

Class Descriptions

Belly dancing - Learn basic belly dance movements, increasing your muscle tone and general fitness level while also developing basic technique. You will also learn a short dance, which combines movements while giving you a great cardio workout. Come join the fun and unlock the belly dancer inside you! Wear comfortable clothing. **Kaylin Rajala, instructor**

Yoga -Yoga integrates body, mind and spirit. It makes the body strong, flexible, toned and powerful. It helps relieve stress, calm the mind and celebrate the spirit in all life. This class welcomes all students, beginning and continuing. Individual guidance will be given to tailor the practice to your needs. **Jenn Anger, instructor**

Flow Yoga-Flow or “vinyasa”, yoga is an active style of yoga linking poses together with the breath. Flow yoga modifies the poses for greater safety and gives lots of options in each pose so that everybody can feel uniquely and successfully challenged. Flow yoga can be practiced by everybody and brings the perfect balance of energy and calm to the body and mind. **Lilly Caruso, instructor**

Vinyasa Yoga focuses on flow, synchronizing breath and movement as you move through a variety of postures. This class emphasizes a vigorous and empowering experience. The challenging postures facilitate a stronger more flexible body. The breath and focus techniques used also help facilitate a more integrated mind-body connection. **Caroline Voldstad, instructor**

Zumba is a Latin-inspired dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. This program is a unique balance of cardio and muscle toning benefits.
Laurie Demers, instructor
Nicole Parentela, instructor

Kickboxing-Pilates-Weight Training -Have a blast learning all the kicks and punches for a great cardio workout. Class transitions to a weight training segment and finishes with the most effective moves for FLAT ABS featuring PILATES mat work. This class is a dynamic total body workout in a simple to follow format. **Marie O'Malley, instructor**

**Exercise classes brought to you by, The Office of Wellness Programming, Hogan 225,
Director, Fran Taylor, ftaylor@holycross.edu , X2302**