

**WELLNESS SPRING SESSION**  
**Jan 30- May 24, 2012**  
**REGISTRATION FORM**

Name \_\_\_\_\_ Dept \_\_\_\_\_ Ext \_\_\_\_\_

(Circle)      Faculty      Staff      Union      E-mail address \_\_\_\_\_

Wellness courses are offered throughout the year. You can register for classes by the semester or in two separate registration sessions. Class fees are \$7.00 per class for a single class or \$6.00 per class when you enroll in 2 classes per week in the same activity. You may deduct \$5.00 for each additional activity when you enroll in more than 1 activity class (i.e., pilates and yoga). You may choose to pay for 1 registration session at a time or for the entire semester. Fees vary based on holiday periods. There will be no class on Feb. 20 - President's Day or on April 16 - Patriot's Day.

**WELLNESS COURSES**

**AQUA AEROBICS:** Get in shape without placing stress on your joints! The course includes resistive training, core strengthening, stretching, and a cardiovascular workout. Participants exercise in deep water; flotation devices supplied. No swimming experience is necessary.

**Tuesday:** Sports Center Pool, 12:00-12:45 p.m.

Session I Fees: Jan 31-Mar. 20, 1/wk-\$56

Semester Fees: Jan 31- May 22, 1/wk-\$119

**Clinician: Patty Magill**

**DANCE FITNESS: New class**

This class combines easy to follow dance moves resistance exercises to the beat of Latin, international and popular American music. Have fun while you burn calories and tone your body.

**Friday: 12:30-1:15,** Dance Studio 201

Session I Fees: Feb 3-March 23, 1/wk-\$56

Semester Fees: Feb 3-May 18, 1/wk-\$112

**Clinician: Donna Volpe Strouse**

**INTEGRATED FITNESS:**

**Monday: Life Enhancement**

Using your own body weight, resistance balls, weights and other props enjoy this integrated functional class that will increase your flexibility, core strength and muscle tone. All levels are welcome.

**Wednesday: Rebounding.**

Using mini trampolines you will increase your energy level, burn calories, and increase muscle tone. Rebounding is a fun cardiovascular activity that will increase your balance.

**Mon./Wed.:** 12:25 – 1:10 p.m., Dance Studio 202

Session I Fees: Jan 30-March 21, 1/wk (Mon.) - \$49; 1/wk (Wed.)- \$56; 2/wk - \$90

Semester Fees: Jan 30-May 23, 1/wk (Mon.) - \$105; 1/wk (Wed.) - \$119; 2/wk - \$192

**Clinician: Joanne Schmalenberger**

**PILATES:** Pilates focuses on strengthening your body's "anatomical center" - your abdomen, lower body and buttocks. Each movement stretches and strengthens the involved group, while opening the joints and releasing tension.

**Mon/Thurs.:** Dance Studio 201, 12:30-1:15 p.m.

Session I Fees: Jan. 30-Mar. 22, 1/wk (Mon.) - \$49 ; 1/wk (Thurs.) - \$56; 2/wk-\$90

Semester Fees: Jan. 30-May 24, 1/wk (Mon.) - \$105 ; 1/wk (Thurs.) - \$119; 2/wk-\$192

**Clinician: Patty Magill**

**GENTLE YOGA – New class**

This gentle yoga class is for everyone interested in a slow, peaceful practice. The class includes basic breathing exercises as well as a variety of standing, sitting, and supine postures. It's a way to connect

body and breath and to recharge while also meeting some physical challenges.

**Tuesday: 5:00-5:50 p.m.**

Session I Fees: Jan 31-March 20, 1/wk - \$49

Semester Fees: Jan 31-May 22, 1/wk - \$119

**Clinician: Susan Gundy, RYT**

### **IYENGAR YOGA**

Learn the basics of Iyengar Yoga. The focus of the classes will be on standing poses, simple forward bends, back bends, twists and strengthening work. Also included will be restorative poses, breathing techniques and meditation.

**Tues./Fri.:** Tues. 12:30-1:30 p.m. (open to those with yoga experience); Fri. 12:30-1:30 p.m. (open to beginners), Dance Studio 202

Session I Fees: Jan 31-March 23, 1/wk - \$56; 2/wk - \$96

Semester Fees: Jan 31-May 22, 1/wk - \$119; 2/wk - \$204

**Clinician: Judith Klein**

### **VINYASA FLOW YOGA**

Begin your day with a relaxing session of Vinyasa Yoga. This class focuses on integrating breath and movement, strength and flexibility, awareness and alignments. Get into the flow as you move from one posture to another.

**Wednesday: 7:30-8:15 a.m.** Dance Studio 202

Session I Fees: Feb 1-March 21, 1/wk - \$56

Semester Fees: Feb 1-May 23, 1/wk - \$119

**Clinician: Samantha Cameron**

### **YOGALATES – New class**

This class incorporates yoga and pilates principles and exercises. Try a combination of both disciplines – stretch and strengthen your body.

**Thursdays: 5:00-5:50 p.m.,** Dance Studio 201

Session I Fees: Feb 2-March 22, 1/wk - \$56

Semester Fees: Feb 2-May 24, 1/wk - \$119

**Clinician: Linda Sieck**

**ZUMBA FITNESS:** Zumba is a fusion of Latin and international dance styles combined with fitness elements to create a total cardiovascular and conditioning workout. Prepare to burn a lot of calories and perspire with this fun activity!

**Tuesday:** Dance Studio 201, 12:30-1:15 p.m.

Session I Fees: Jan 31– March 20, 1/wk - \$56

Semester Fee: Jan 31 - May 22, 1/wk - \$119

**Clinician: Andria Lindberg**

Promotion Deduction \_\_\_\_\_

**TOTAL FEES PAID** \_\_\_\_\_

**Circle the day(s) on which you wish to participate, and send the registration form and a check, payable to Wellesley College, to Connie Bauman, Sports Center, by January 27, 2012. For questions, contact Connie at x2015 or e-mail [cbauman@wellesley.edu](mailto:cbauman@wellesley.edu).**