

# EXERCISE CLASSES

## FALL, 2007

### YOGA, PILATES, KICKBOXING, TAI CHI, BELLYDANCING, SHINTAIDO

Monday 6:00-7:00 PM	Hogan 320	Shintaido (6 weeks)
Tuesday, 12:10-1:00 PM	Smith Wellness Center-Aerobics Room	Flat Abs with Pilates and Weight Training
Tuesday, 1:10- 2:10 PM	Smith Wellness Center –Aerobics Room	Kickboxing/Pilates/Weight Training
Tuesday, 4:00-5:00 PM	Smith Wellness Center –Aerobics Room	Flat Abs with Pilates and Weight Training
Tuesday, 5:00 –6:00 PM	Smith Wellness Center –Aerobics Room	Kickboxing/Pilates/Weight Training
Wednesday, 4:00-5:00 PM	Hogan 320	Vinyasa Power Yoga (6 weeks)
Wednesday, 5:00-6:00 PM	Hogan 304	Yoga (12 weeks)
Wednesday, 12:00-1:00 PM	Smith Wellness Center-Aerobics Room	Tai Chi (6 weeks)
Thursday, 4:00-5:00 PM	Smith Wellness Center-Aerobics Room	Kickboxing/Pilates/Weight Training
Thursday, 5:00-6:00 PM	Smith Wellness Center-Aerobics Room	Flat Abs with Pilates and Weight Training
Thursday, 7:00-8:00 PM	Hogan 320	Belly Dancing (6 weeks)

All classes start the week on September 10<sup>th</sup> and continue for 12 weeks with the exception of Tai Chi, Shintaido and Bellydancing and Power Yoga. These classes will be 6 week sessions. No classes will be held during school breaks (Columbus Day and Thanksgiving) Twelve week sessions cost \$120.00 and 6 week sessions cost \$60.00 payable to the instructor, cash or check (no Crusader Cards) on the first day of class. To register for classes email Janice Dresser, [jdresser@holycross.edu](mailto:jdresser@holycross.edu) or call x3693.

Check back of flyer for course descriptions.

## Course Descriptions

**Shintaido** - A unique interactive exercise program. Movements range from soft, quiet and meditative, to expansive, open and aerobic. Exercises done individually are designed to bring your mind and body into harmony, increase flexibility and improve strength and endurance. Partner and group exercises are used to increase sensitivity and help develop communication and cooperation with others. A great way to get fit, cultivate your life energy (Ki of Chi energy) and have some fun in the process. Wear loose comfortable clothing.

**Flat Abs with Pilates and Weight Training** –This class will include a weight-training segment for shaping and toning using free weights. Also included is a core-conditioning segment with Pilates mat work. Effective for Flat Abs and improving posture and strengthening your back. Individual attention will help everyone keep in good form.

**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.

**Vinyasa Power Yoga** -A flowing vigorous yoga practice that builds power and flexibility in the body. A great way to keep both body and mind in tip top shape. This class is great for athletic types, and continuing students who want to take their practice to the next level.

**Yoga for All Levels** -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.

**Tai Chi**- You will learn 18 different Tai Chi movements that flow one into another slowly and smoothly. Tai Chi opens the energy meridians promoting health and fluidity. Benefits from Tai Chi include stress reduction, healing, and increased intellectual abilities, intuitiveness and awareness. Wear loose clothing. Each student will receive a DVD showing the proper Tai Chi form.

**Basic Bellydancing**-Beginner bellydance classes offer a fun and inspiring introduction to the beautiful art form that is Middle Eastern Dance. Each class will consist of learning basic moves associated with a variety of bellydance styles (Turkish, Egyptian, fusion, etc) including various types of shimmies, hip articulations, arm movements, and traveling steps. This class will also help to strengthen and tone all parts of the body. No previous dance experience is necessary.

Exercise classes brought to you by, The Office of Wellness Programming, Hogan 225,  
Director, Fran Taylor, [ftaylor@holycross.edu](mailto:ftaylor@holycross.edu) , X2302