Fitness & Wellness Class Descriptions - Fall 2019

Yoga Barre with Mae Corwin: A low-impact workout that combines exercises from Pilates, barre fitness and classical strength training. This class will move at a slower pace in order to focus on posture and the smooth transitions between exercises. This will allow you to find ease in movement, coordination and flexibility, while toning and strengthening postural muscles. This all-level class is a great compliment to any level of yoga practice.

Meditation with Bernie Hershberger, Director of Counseling & Wellness Programs: Saying Yes to Life (Even the Hard Parts) by Ezra Bayda will be the book to help inspire our meditation practice this semester. We will incline ourselves toward a simple, direct, compassionate approach to all that life offers up. All levels of meditation practice are welcome.

Zumba Fitness with Bea Blakemore: Dance your way to a fitter you! This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. With exciting and unique moves you will have fun while getting fit. Open to all fitness levels.

Barre Fusion with Lindsey Larsen Myer: A challenging and unique combination of a dynamic Tai Chi warm up, Power Yoga to stretch and build body heat, light weights used for toning, basic ballet movements to stretch, strengthen and lengthen the body, Pilates core and ending class with a relaxing gentle stretch and meditative shivasa. All levels are welcome and modifications are encouraged if needed.

Spin-Indoor Cycling with Matt O’Donnell, Editor, Bowdoin Magazine: A 45-minute, high-intensity workout open to all abilities and fitness levels - we work hard as a group, but everyone at their own pace. Spin class is a supportive, judgment-free zone focusing on positive energy and bumping jams. Bring a towel and a water bottle, because we’re going to sweat!

Slow Flow Yoga with Jessica Coffin: Start your morning off right with a class designed to move, breathe and stretch through all areas of your body. Slow flow brings the element of time into your practice, allowing for a deeper connection between mind and body. Suitable for all levels.

Tabata with Shelby Salas: Every class will provide a balanced, full-body workout using different modalities designed to challenge and enhance your core, flexibility, strength and endurance. Intermediate level.

Tai Chi with Ken Ryan: If you’re looking for a way to reduce stress, consider Tai Chi (TIE-CHIE). Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that’s now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

Meditation with Matt Gee, Assistant Director, Center for Common Good: We will explore how a personal investment in self-awareness can help to transform our capacities and limitations such that we become more effective agents of change and impact out in the world. We will draw from Gretchen Steidle’s book, Leading from Within, which offers mindfulness practices for individuals and more effective strategies to make your abilities present, notice their emotions, be empathic and make decisions that are aligned with their values and empower others. Some practices and themes we will explore are: mindful breathing, identifying attachments and aversions, finding power from within, cultivating compassion and meaning and purpose. Drop-ins are always welcome and no experience with meditation is necessary to attend.

Intermediate Pilates with Lauren DiPietro: Pilates is a full body, non-impact form of exercise designed to strengthen and lengthen the muscles, with a focus on developing the deep stabilization muscles of the core. This class will build on Beginner Pilates, adding more advanced exercises and working on transitions to create a more dynamic flow. Previous Pilates experience is required.

Hip Hop Yoga with Tanya Grigsby: Hip hop yoga is a fusion of yoga and dance cardio movements, all driven by fresh playlists made up of hip hop, R&B and dance hits. This class is all about allowing ourselves to feel the music while we flow, stretch and get our jam on. We’re not afraid to laugh and have fun in this class! Many students are at different places in their practice - some are just starting out. All levels are welcome.

Bootcamp with Jameson Skillings: Have fun, break a sweat, burn fat, and build lean muscle with this bodyweight class appropriate for all fitness levels. Each session will burn over 300 Calories with a warm-up, lower and upper body movements, core exercises, and metabolic conditioning to finish things off. You’ll be in safe hands with Jameson, who has over 15 years of experience coaching, and leading clients toward amazing results.

Yoga Flow with Leslie Joy Simmons: Focus on a series of joint warm-ups and yoga postures that invite both flexibility and strength. Along with breath work that is grounding and warming to the body centering the mind as the season shifts from warm to cool. Be prepared for moderate to vigorous flowing movement.

Power Yoga with Jessica Coffin: An energetic and dynamic Vinyasa sequence connecting breath to movement. This flow includes strengthening, stretching and balancing throughout the entire body. Intermediate level.

Beginner Weight Lifting with Patrick Bloniasz ‘22: Class will introduce you to weight training fundamentals that will help you improve total body strength and increase muscle size. He will focus on proper technique, good habit building and general biomechanical principles that will help you learn more about what keeps our bodies moving. This class is optimal for new lifters up until those who are used to 2 years of committed weight training (i.e about 3 days a week).

Yin/Restorative Yoga with Kim Hanock ‘21: Welcoming all levels of experience, this class will be focused on grounding, static poses with the aid of props which set the tone for deep relaxation and meditation.

Muscle Matters with Shelby Salas: A weight lifting class which will focus on developing strength, endurance, power and proper technique through a variety of we ight lifting workouts. Beginner level.

Vinyasa Flow Yoga with Kate Nicholson: Finish your week with a good stretch, some deep breathing and fun Vinyasa flow. Every class starts with brief seated meditation followed by mindful asanas moving in tempo with breath. Options to intensify one’s personal practice or dial down depending, modifications always offered.

Beginner Pilates with Lauren DiPietro: Pilates is a full body, non-impact form of exercise designed to strengthen and lengthen the muscles, with a focus on developing the deep stabilization muscles of the core. In this class, you will be introduced to the fundamental principles of Pilates while learning appropriate modifications for your body. Beginner Pilates is for those new to Pilates or those looking to refresh their knowledge of the basic exercises.

Lunchtime Walking: Combat the afternoon slumps by taking a 30 minute walk on the Whittier Field Track. Walking is one of the easiest ways to get exercise that’s now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

HiPs, Glutes, Abs with Patrick Bloniasz ‘22: What do your glutes have in common with your abdominals? They’re part of one of the important muscular systems in your body: your core. This system does everything from helping you stand up straight to allowing you to move in all planes of motion, and yet it is consistently one of the most underdeveloped systems in people of all ages. In this class, we look to target the muscles in our hip, glute, and abdominal areas by increasing strength, muscle thickness, flexibility, and general function. This class is optimal for anyone, beginners up through seasoned athletes.

Vinyasa Yoga with Marie Caspard ’20: Marie first discovered yoga while cross training for sports in high school and has kept practicing ever since. Her Vinyasa classes are an invigorating exploration of paired fluid movement and breath. She strives to give you a moment to check-in with your body & mind, leaving you with a balanced, refreshing workout. All are welcome!

Vinyasa Power Flow with Hailey Aronsson ‘22: Hailey will emphasize the connection between breath and movement. Students will move continuously through a challenging but accessible sequence of poses, matching each transition with paired fluid movement and breath. The class is open to all levels and abilities, and is a great class whether you have never done yoga, or are an experienced yogi.