EMPLOYEE WELLNESS

Free! Drop in Classes! No Registration Required!

Monday, Barre with Monica: KSC Studio 202 • 12:45-1:30 PM
Tuesday, Yoga with Susie: KSC Studio 202 • 12:45-1:45 PM
Wednesday, Zumba with Griselle: KSC Studio 201 • 12:45-1:30 PM
Thursday, Spin with Neal: KSC Spin Room (Field House) • 12:45-1:30 PM
Thursday, Stretch with Sharon: KSC Studio 201 • 3:00-3:45 PM (6 Week Pilot)
Friday, Yoga with Susie: KSC Studio 202 • 12:45-1:45 PM

Barre-Monica Verity
Barre is a full body workout that incorporates body weight strength, pilates and ballet exercises. The Wellesley Wellness workout is a 45 minute long class set to fun and high-energy music. The exercises are designed to exhaust your muscle groups then stretch targeted areas for toned results. After participation in class, a barre workout will improve posture and flexibility, enhance the mind and body connection, and build strength.

Yoga-Susie Masters
This beginner’s class introduces students to the fundamentals of alignment, posture, and breath work, and will guide students to unveil their further potential. This class encourages students to practice from where they are on the mat that day.

Zumba-Griselle M. Rodriguez Ramos
Zumba is a total workout combining all elements of fitness-cardio, muscle conditioning, balance and flexibility and boosted energy. Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning workout. This class is perfect for EVERYBODY. It doesn’t matter if you have never danced before. We will be dancing to rhythms from all around the world. Consider this your weekly world wide party!

Spin-Neal Shrier
My goal as a cycling instructor is to help YOU push yourself to a place you might not reach on your own. I will motivate you to increase your strength, speed, endurance, and help you improve your overall health. I love music and creating playlists from a wide variety of genres, that will energize you and make your workout fun. I teach all levels of experience. My class is appropriate for the beginner (easier than riding a bike!) as well as the well conditioned outdoor cyclist, who is training for a road race. Join me and Prove it. All Ride!

Stretch: 6-Week Pilot: Starting Feb 20- Sharon Sharpe
In this class, we will be doing a variety of full body stretching and motion routines designed to improve flexibility and range of motion, and prevent injury, in all the major joints. In each class, we will add a focus on one or more body areas of interest to the class that day. Balance work and core muscle activation in conjunction with stretching will be introduced, all of which are important to overall health.

Contact Martha Dietrick For More Information
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