Virtual Adult Fitness - Summer 2020 Class Schedule
July 13, 2020 – August 28, 2020

Vinyasa Yoga with Francesca – Monday - Prerecorded
Zoom Link emailed to registered participants each Monday

In All Levels Vinyasa Yoga class you will practice a dynamic flow creating a union of mind, body and soul. You can expect to learn Traditional Sun Salutations, emphasis on proper alignment, creative movement from posture to posture, building strength, core engagement, balance and holding poses to help create or deepen flexibility and breath. Francesca will target specific parts of the body each class!

Boot Camp with Ngozi – Wednesday – 5:00pm-5:45pm
Zoom Link: https://wesleyan.zoom.us/j/140939084

A cardio and strength workout designed for ALL fitness levels. This class includes circuit training, cardio exercise, and body weight exercises for a complete workout! This 45 minute class is everything you need to get stronger and more fit! Class includes a warm-up and a stretching period. Bring your mats, water, and a smile! We are going to have fun!

Tai Chi with Tom – Thursday – 12:05pm-12:50pm
Zoom Link: https://wesleyan.zoom.us/j/783309585

Beginners and intermediate level Tai Chi participants will find this ancient mind/body art class to be relaxing and invigorating. Tom teaches an effective method to improve balance, agility and coordination in healthy and functional ways that promise to enhance our everyday activities. Please wear loose, comfortable clothing.

Join our wonderful Adult Fitness instructors on Zoom! Register on our website!

Please email wellness@wesleyan.edu with any questions