**BRYN MAWR COLLEGE FIT CLUB**

**CLASS DESCRIPTIONS**

**Badminton:** Join a regular group of enthusiastic players for a friendly match! No experience necessary. All levels welcome.
   Location: Schwartz Gym

**Basketball:** Jump in for some fast-paced play and some serious sweat!
   Location: Schwartz Gym

**Beginner Swimming:** Learn the basics in skills, strokes, and water safety.
   Location: Schwartz Gym

**Indoor Cycling:** Performed on a specifically designed stationary bicycle, each participant has the ability to control his or her level of resistance, speed and power. This class builds cardiovascular endurance and lower body strength, and is a great workout for all fitness levels.
   Location: Multi-Purpose Room

**Total Body Strength:** Get ready to take your exercise routine to the next level! This full body workout trains you from head to toe, and challenges you to become your strongest, fittest YOU! Everyone is welcome, regardless of current fitness level.
   Location: Weight Room

**Yoga:** All of our Yoga classes focus on breath and posture, and are appropriate for all levels and experience. Vinyasa, “to place in a special way,” is the fusion of breath and movement to flow from one posture to the next. The practice will connect your body, mind, and spirit, and build strength, flexibility, and focus. Slow Flow Yoga, as the name suggests, is designed to present a slower transition from one pose to the next. All classes provide variations on poses to meet individual needs and personal physiology. Blocks, blankets, straps, and mats are all available – participants are welcome to bring their own mats if they prefer.
   Location: Multi-Purpose Room