

## **Harvard Club Group Fitness Class Descriptions**

### **Pilates with a Twist**

Tuesdays and Thursdays 7:50-9:00am

#### ***Wendy Ludlum***

Make the most of your mind-body connection with this revolutionary fitness craze. Strengthen and stretch your “powerhouse” in Wendy’s popular class.

### **Power Yoga**

Wednesdays 7:30-8:30am

#### ***Cliff Schuman***

Join Cliff, recently listed as a “Star Teacher” in New York Magazine, every Wednesday for a rejuvenating series of yoga poses.

### **Gentle Yoga**

Wednesdays 5-6pm and Fridays 7:50-8:50am

#### ***Lisa Dodd***

Sivanda Hatha Method, including various postures, meditation and breathing techniques. Non-evasive style.

### **Conditioning Class**

Mondays 7:00-7:30pm, Wednesdays 6:30-7:00pm and Saturdays 12:00-12:30pm

#### ***Tom Guthrie***

Get the most bang for your buck with this “express” overall body workout. In this class we work on not only strengthening all major muscle groups, but also on balance, coordination and flexibility.

### **Core/Abs Class**

Mondays 6:30-7:00pm, Wednesdays 6:00-6:30pm and Saturdays 12:30-1:00pm

#### ***Tom Guthrie***

Enhance your abdominal definition while improving posture, balance and coordination. This challenging class, open to all levels, is about much more than “crunches!”

### **Kripalu Yoga**

Tuesdays 6:00-7:00pm

#### ***Sam Chase***

Contemporary approach to yoga designed for mainstream people leading active lives. Kripalu Yoga allows each student to become the author of a personal practice finely tuned to his or her needs, abilities, and desires.