

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, Spinning with Neal: KSC Spin Room (Field House) • 12:45-1:30 PM

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!

Contact Martha Dietrick For More Information

mdietrick@wellesley.edu • 781-283-2023

