Mathews Athletic Center

Awesome Abs- Targeting the core muscles of the abdominals, and the lower back. 30 minutes

Cardio Sculpt- Overall body training includes strength training intervals & cardio drills. 30-45 minutes

Core Conditioning- Abdominal class focusing on stabilization and strength of the torso, obliques, lower and upper back. 30-45 minutes

Cycle- Challenging stationary cycle class utilizing training techniques, motivation, and music to simulate actual riding experiences. 45-60 minutes

Gyrokinesis- These exercises systematically & gently take the joints and muscles through rhythmic & undulating movements, using corresponding breathing patterns to stimulate the body’s internal organs. Postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance and swimming than traditional yoga. 60 minutes

Instructor's Choice- Variety of exercises: HIIT, Tabata, RIP barbell- Instructors rotate weekly. 30-60 minutes

RIP Barbell- High intensity conditioning class using weights and barbells, strengthens the entire body. 30-60 minutes

Self Defense- Learn the skills necessary to recognize a threat and avoid or deflect an attack. It is recommended that you attend all sessions to fully benefit from the program. 60 minutes +

Step- Vigorous step class with easy to follow choreography. 30-45 minutes

Tai Chi- Often called moving meditation, Tai Chi is a style of Kung Fu. Tai Chi consists of fluid, graceful, standing movements. Improves balance, strength, and flexibility. 45 minutes

Vinyasa Yoga- Vinyasa slow flow to increase flexibility, balance, and strength. 45 minutes

Yoga - Low-impact system of exercise that uses resistance training to build long, lean muscles. These exercises focus more on the circularity of motion, putting rotational and circular movements to massage the body and calm the mind. 60 minutes

Yoga Stretch- Yoga focused on safe stretching in a relaxing environment. 45 minutes

Zumba- Ultimate fitness/dance party will groove you into shape. (Additional fee for ZUMBA: Wesleyan student with ID $1, faculty & staff $3, $6 guest) 60 minutes

• Please check in at front desk when using MAC or the pool and always bring your Wesleyan ID.
• Always arrive 5-10 before class starts.
• Silence cell phones in the gym, aerobics studio/cycle room, and at the pool.
• In the pool please follow lane etiquette and DO NOT sit or play on the lane lines. (If you do not know what this is ask the life guard to explain)
• If the weather is bad (thunder, lightening) it is most likely the pool will be closed.