MED CAMPUS FITPASS
SPRING 2019

February 4 - May 2
$50

Introducing the Med Campus FitPass! This pass allows you the flexibility to attend up to four fitness and yoga classes per week. One low price, four great classes! It’s up to you which classes and how many you attend each week. Try one or try them all!

**MONDAY**
6pm
BOOTCAMP
Kara Jeter
Fuller Gym

7pm
VINYASA YOGA
Sharon Cadamone
Fuller Gym

**WEDNESDAY**
7pm
ZUMBA
Barbra Zayas
Fuller Gym

**THURSDAY**
6pm
CORE INTENSIVE YOGA
Melanie Kimmel
Fuller Gym

The Fuller Gym is located in the basement of the Solomon Carter Fuller Mental Health Building, 85 East Newton Street.

**No Classes on Presidents’ Day:** Monday, February 18
**No Classes during Spring Break:** March 9 - March 17
**No Classes on Patriots’ Day:** Monday, April 15

Sign up at bu.edu/fitrec/medcampusfitpass
Contact us at fitness@bu.edu or 617-358-3760
**BOOTCAMP**
This class will focus on intense exercises with short breaks repeated in cycles. Push yourself to the edge of strength and aerobic capacity with bodyweight exercises and dumbbells. Don’t let the intensity intimidate you, all workouts can be modified to individual fitness levels to ensure great results!

**ZUMBA**
Described as a fitness party, this fast paced aerobics class features Latin tunes and easy to follow moves that will allow you to achieve long term results while having fun.

**VINYASA YOGA**
Vinyasa yoga links breath and movement while transitioning through a series of poses. Practice includes Sun Salutations and additional vignettes building around peak poses to improve endurance, strength, flexibility and balance. Class concludes with a cool-down and Savasana to promote relaxation and stress relief.

**CORE INTENSIVE YOGA**
Focus on core strengthening and toning through standing and balancing poses, forward and back bending, seated postures and hybrids. This class also incorporates proper breathing techniques and meditation.