PLEASE JOIN US FOR THESE FREE HEALTHY YOU ON-CAMPUS PROGRAMS

YOGA CLASSES

Flexibility, core strength and muscular endurance will be emphasized while incorporating mindful breathing and relaxation. No RSVP needed.

**When:** 12:00-12:50pm on Mondays and Fridays  
**Where:** Dance Studio  
**Instructor:** Sarah Perciaccante

**About the Instructor:**
Sarah is a 200-Hour Certified Yoga Instructor and has been teaching for many years. She began her relationship with Lasell College in 2011 when she started her career in the health and wellness field. She graduated with a BS in Exercise Science in 2015 and has remained connected with Lasell ever since. Her yoga classes focus on posture, alignment, strength, and breath. Sarah’s class is suitable for any experience level so don’t be afraid to try something new. Take an hour out of your day and away from your desk to connect with yourself and get refocused.

METABOLIC WEIGHT TRAINING

In this class the goal is to develop lean tissue and strength, all while maximizing caloric expenditure and increasing metabolic rate. The workout is designed upon circuit training, using timed sets and rest periods, and employs exercises using bodyweight, dumbbells, resistance bands, TRX, kettlebells and medicine balls. It is designed for all levels, from novice to advanced, so don’t be concerned if you are new to resistance training!

**When:** 12:30-1:30pm, Wednesdays  
**Where:** Edwards Weight Room  
**Instructor:** Ron Laham

**About the Instructor:**
Ron is an assistant professor in the Exercise Science department here at Lasell College. He is a NSCA Certified Strength and Conditioning Specialist, NASM Performance Enhancement Specialist, and Certified Athletic Trainer. Ron has been training athletes and clients for over 20 years in health clubs, colleges, and the private setting. His training philosophy focuses on emphasizing proper mechanics for all training techniques. Ron’s objective is to help each client incorporate health and wellness into their lifestyle, in a safe and effective manner, for the rest of their lives.