

# FREE EMPLOYEE VIRTUAL FITNESS CLASSES

FALL A SCHEDULE | AUG 31 — OCT 24, 2020



UNIVERSITY OF DELAWARE  
EMPLOYEE HEALTH  
& WELLBEING

Employees must register through the [Registration Portal](#). Registration opens 24 hours before class begins. Learn how to register for class by watching [this instructional video](#). All classes will be recorded and posted onto our [Employee Health and Wellbeing Fitness Class Channel](#) on UD Capture.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOGA BREAK</b> 12-12:30pm   <i>Cherish</i>	<b>GRIT CARDIO</b> 11:30-12pm   <i>Renee</i>	<b>PILATES TONE</b> 12-12:30pm   <i>Jenn</i>	<b>BODYCOMBAT</b> 11:30-12:15pm   <i>Amy</i>	<b>BODY WEIGHT BOOTCAMP</b> 12-12:30pm   <i>Milinda</i>	<b>ZUMBA TONING</b> 9:30-10:30am   <i>Martha</i>
<b>ZUMBA</b> 12:30-1:15pm   <i>Jenn</i>	<b>BARRE</b> 12:15-12:45pm   <i>Renee</i>	<b>YOGA*</b> 12:30-1:15pm <i>Christine</i>	<b>BARRE</b> 12:15-12:45pm   <i>Jenn</i>	<b>YOGA</b> 12:30-1:15pm <i>Christine</i>	
<b>TAI CHI*</b> 4:15-5:15pm   <i>Herbert</i>	<b>STRETCH &amp; MOBILITY</b> 4:30-5pm   <i>Jen</i>	<b>BODYCOMBAT</b> 4:15-5pm   <i>Chelsea</i>	<b>ZUMBA*</b> 4:30-5:30pm   <i>Isabella</i>	<b>FAMILY FRIENDLY*</b>	
<b>CARDIO STRENGTH</b> 5:15-6:15pm   <i>Jaime</i>	<b>ZUMBA TONING*</b> 6-7pm   <i>Martha</i>	<b>CARDIO STRENGTH</b> 5:15-6:15pm   <i>Polly</i>	<b>YOGA</b> 6-7pm   <i>Cherish</i>	 <b>RECESS*</b> Thursdays 11-11:25am   <i>Amy</i> <b>FAMILY YOGA*</b> Saturdays 10:30-11am   <i>Maryann</i>	

No classes on Monday, September 7. For the most current and upcoming fitness class schedules and information, please visit [our website](#). For any additional questions, please email Employee Health and Wellbeing at [wellbeing@udel.edu](mailto:wellbeing@udel.edu). Enjoy!

# VIRTUAL FITNESS CLASS DESCRIPTIONS



**BARRE** A hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Focusing on high repetitions of small range movements, this class will strengthen and tone the full body with and without light pound weights. Optional Equipment: Light pound dumbbells (or water bottles), Mat.

**BODYCOMBAT** A high-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness and burn hundreds of calories in a class. No experience needed. No equipment necessary. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Optional Equipment: Mat.

**CARDIO STRENGTH** Increase your cardio endurance by increasing and lowering your heart rate with and without extra resistance. Not only will you work your heart, but you will also get your muscles burning to build strength! Optional Equipment: dumbbells/ body bar/ resistance bands/ or household items, Mat. Please note equipment may vary per workout.

**FAMILY YOGA** The activities of this class are for children and parents to do together. Family Yoga helps children and parents: become stronger, more flexible, develop coordination, balance, and motor skills. Relaxation techniques, deeper focus, and concentration will be experienced by all and aid with becoming more grounded and peaceful together. Optional Equipment: Yoga Mat and blocks.

**GRIT CARDIO/ BODYWEIGHT BOOTCAMP** A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. Optional Equipment: mat.

**PILATES TONE** A strengthening and lengthening form of exercise that focuses on movements that emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment, flexibility, grace and coordination. Optional Equipment: mat, light weight dumbbells 1-3lbs (or water bottles/soup cans)

**RECESS** Through the art of play, this fun kids fitness class includes circuit training and games to develop skills to increase strength, balance, and cardio all while at home. Equipment may vary per class.

**STRETCH & MOBILITY** A class is ideal for anyone looking to improve their posture, proper body alignment, better movement, and flexibility. That means it helps your body moves in a way that is smart, efficient, and with less risk of injury. Optional Equipment: mat

**TAI CHI** Perform a flowing sequence of martial arts moves designed to help improve balance, coordination, and overall health and wellbeing. All beginners welcome. No equipment necessary.

**YOGA BREAK** Reset your mind and body in less than 30 minutes with a sequence that features rejuvenating side bends, heart-openers, and twists. Focus on connecting the breath to movement as you build strength and stability in the lower body, upper body, and core. Equipment: mat and blocks.

**YOGA** Connect the breath to movement as you flow through multiple postures to lengthen and strengthen the muscles of the body. Optional Equipment: mat and blocks.

**ZUMBA** A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness. For future viewing purposes, instructors will be recording all classes. No equipment necessary.

**ZUMBA TONING** When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Optional Equipment: 1-2.5lb dumbbells (or 2 full 16 oz. water bottles or soup cans)

## SAFETY CONSIDERATIONS FOR EXERCISE AT HOME



1. Our family friendly classes are welcoming to children age 8 and up. If a child younger than 8 would like to participate, that is at the employee's discretion.
2. Begin slowly with low intensity exercises if you are just starting an exercise program.
3. Wear appropriate shoes for your activity. Replace sneakers every 6 months.
4. Dress appropriately for the temperature and activity. Wear clothing that you can move your body in efficiently.
5. Pay attention to your surroundings. Avoid any objects or items that may cause you to slip or cause injury, including carpet, rugs, water spills, sharp edges or corners, tables, walls, and uneven surfaces.
6. Warm up before exercising. Cool down and stretch after exercising.
7. Stay hydrated by drinking water before, during, and after your workout session.
8. Listen to your body. Take appropriate breaks during your activity. Do not exercise if you are unwell.
9. Check equipment regularly and replace equipment if worn out.
10. If you have specific health conditions, discuss your exercise program with your health care provider.