



UNIVERSITY OF DELAWARE

EMPLOYEE HEALTH  
& WELLBEING

## FITNESS CLASS RECORDING DESCRIPTIONS

**BALANCE & CORE** Balance is not only for fall prevention but helps improve our overall function and fitness. This low-impact class will combine balance and agility drills with core exercises to make you stronger and more stable.

**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.

**BODYPUMP** This barbell class brought to you by the LES MILLS™ team will strengthen your entire body and challenge all of your major muscle groups in a full body workout by using weight room exercises like squats, presses, lifts, and curls. Great music, motivating instructors, and your choice of weight will inspire you to achieve the results you came for. Equipment: barbell or dumbbells, mat, bench/floor.

**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.

**CARDIO & CORE** This class is designed to build core muscle groups, while also improving cardiovascular fitness and maximizing calorie burn in 30 minutes! This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

**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.

**CYCLE EXPRESS** Cycling is a great option for anyone looking to improve their cardio in a low-impact setting. You will race, climb, and cruise on your bike- all within the comfort of your own home. This class is sure to get your heart pumping and all your muscles working! Equipment: Stationary Bike

**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. All are welcome to Family Yoga!

**GRIT CARDIO** 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.

**MORNING MEDITATION** Start your mornings by getting focused and centered through meditation. Learn new techniques and expand your emotional agility through any of these 15 minute meditation sessions.

**PILATES** 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, towel, Pilates ball.

**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 & MEDITATION** Start your mornings by getting focused and centered through movement and meditation. Take 20 minutes to feel refreshed, rejuvenated, and ready to take on the rest of the day!

**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.

**WORKPLACE WIND-DOWN** de-stress and unwind after the workday on Tuesdays and Thursdays through meditation. Practice mindfulness to train attention and awareness and achieve a mentally clear and emotionally calm and stable state through any of these 15-minute sessions.

**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)