

# EMPLOYEE SUMMER FITNESS CLASS SCHEDULE

## LIVE STREAM CLASSES VIA ZOOM | AUG 3 - AUG 28, 2020



UNIVERSITY OF DELAWARE  
EMPLOYEE HEALTH  
& WELLBEING

Employees must register for class in advance by clicking on the Zoom links below. For the best instructor sound and video quality, please arrive 5 minutes early, keep microphone muted during class, and find stable WiFi connection. Please continue to check [our website](#) for the most updated class schedule. **Unable to take a live class?** Subscribe to our Fitness Class Channel on [UD Capture](#) to view all class recordings. For any other questions, please email us at [wellbeing@udel.edu](mailto:wellbeing@udel.edu). Enjoy your fitness class!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOGA BREAK</b> 12-12:30pm   <i>Cherish</i> <a href="#">Register Here!</a>	<b>GRIT CARDIO</b> 11-11:30am   <i>Renee</i> <a href="#">Register Here!</a>	<b>BALANCE &amp; CORE</b> 12-12:30pm   <i>Milinda</i> <a href="#">Register Here!</a>	<b>BODYCOMBAT</b> 11-11:45am   <i>Amy</i> <a href="#">Register Here!</a>	<b>GRIT CARDIO</b> 12-12:30pm   <i>Chelsea</i> <a href="#">Register Here!</a>
<b>BODYPUMP</b> 12:45-1:30pm   <i>Chelsea</i> <a href="#">Register Here!</a>	<b>BARRE</b> 12-12:30pm   <i>Renee</i> <a href="#">Register Here!</a>	<b>VINYASA YOGA</b> 12:45-1:30pm   <i>Christine</i> <a href="#">Register Here!</a>	<b>PILATES TONE</b> 12-12:30pm   <i>Jenn P</i> <a href="#">Register Here!</a>	<b>VINYASA YOGA</b> 12:45-1:30pm   <i>Christine</i> <a href="#">Register Here!</a>
<b>TAI CHI</b> 4:15-5pm   <i>Herbert</i> <a href="#">Register Here!</a>	<b>BODYCOMBAT</b> 4:30-5:15pm   <i>Chelsea</i> <a href="#">Register Here!</a>	<b>ZUMBA TONING</b> 4:15-5pm   <i>Martha</i> <a href="#">Register Here!</a>	<b>YOGA</b> 4:30-5:30pm   <i>Cherish</i> <a href="#">Register Here!</a>	
<b>CARDIO STRENGTH</b> 5:15-6:15pm   <i>Jaime</i> <a href="#">Register Here!</a>	<b>HIIT &amp; CORE</b> 5:30-6:15 pm   <i>Milinda</i> <a href="#">Register Here!</a>	<b>CARDIO STRENGTH</b> 5:15-6:15pm   <i>Polly</i> <a href="#">Register Here!</a>	<b>ZUMBA</b> 5:30-6:15pm   <i>Isabella</i> <a href="#">Register Here!</a>	

## WAIVER TO PARTICIPATE:

"I understand that my participation in this activity involves risk of injury including, but not limited to musculoskeletal tears, sprains, fractures and breaks, heat disorders, abnormal blood pressure, fainting, disorder of heart beat and in rare cases heart attack, stroke, or death. I also recognize that there are many other risks of injury, including serious disabling injuries that may arise due to participation in this activity and that it is not possible to specifically list each and every injury. However, knowing the material risks, and reasonable anticipation that other injuries and even death are a possibility, I hereby expressly assume all of the delineated risks of injury, all other possible risks and even risk of death, which could occur by reason of participation. I agree to unconditionally waive and release the University of Delaware, their trustees and all of their agents, servants and employees from all claims and liability for any injuries I may sustain in connection with my participation in this activity. By registering for this class via Zoom, I certify that I have read, understand and enter into the agreement freely and voluntarily."

# VIRTUAL CLASS DESCRIPTIONS

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**BALANCE & CORE** A 30-minute core-training workout that uses your body weight to tighten and tone your mid-section, as well as exercises to enhance your balance and stability. These exercises are designed to improve your functional strength for better living and injury prevention. For future viewing purposes, instructors will be recording all classes. Optional Equipment: mat, 2 light lb plates, 2 light lb dumbbells, and/or resistance band.

**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. For future viewing purposes, instructor will be recording all classes. 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 up to 740 calories\*\* in a class. No experience needed. No equipment necessary. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. For future viewing purposes, instructor will be recording all classes. Optional Equipment: Mat.

**BODYPUMP** The original barbell class that shapes, tones and strengthens your entire body. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. For future viewing purposes, instructor will be recording all classes. Optional Equipment: Barbell and Plates, Dumbbells (or household items) , Bench (or Floor), and 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! For future viewing purposes, instructors will be recording all classes. Optional Equipment: dumbbells/ body bar/ resistance bands/ or household items, Mat. Please note equipment may vary per workout.

**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. For future viewing purposes, instructors will be recording all classes. Optional Equipment: mat.

**HIIT & CORE** This aerobic, total body class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your aerobic and muscular endurance. For future viewing purposes, instructor will be recording all classes. Optional Equipment: Light dumbbells and 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. For future viewing purposes, instructors will be recording all classes. Optional Equipment: mat, light weight dumbbells 1-3 lbs (or water bottles/soup cans)

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**TAI CHI** Perform a flowing sequence of martial arts moves designed to help improve balance, coordination, and overall health and wellbeing. All beginners welcome. For future viewing purposes, instructors will be recording all classes. 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. For future viewing purposes, instructors will be recording all classes. Optional Equipment: mat and blocks.

**VINYASA YOGA / YOGA** Connect the breath to movement as you flow through multiple postures to lengthen and strengthen the muscles of the body. For future viewing purposes, instructors will be recording all classes. 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. For future viewing purposes, instructors will be recording all classes. Optional Equipment: 1-2.5 lb dumbbells (or 2 full 16 oz. water bottles or soup cans)

## SAFETY CONSIDERATIONS FOR EXERCISE AT HOME

1. Begin slowly with low intensity exercises if you are just starting an exercise program.
2. Wear appropriate shoes for your activity. Replace sneakers every 6 months.
3. Dress appropriately for the temperature and activity. Wear clothing that you can move your body in efficiently.
4. 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.
5. Warm up before exercising. Cool down and stretch after exercising.
6. Stay hydrated by drinking water before, during, and after your workout session.
7. Take appropriate breaks during your activity.
8. Listen to your body. 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.