

EMPLOYEE VIRTUAL FITNESS CLASS SCHEDULE

LIVE STREAM VIA ZOOM | MAY 18 — JUNE 19, 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. For future viewing, we will be recording each class to post on [UD Capture](#). Please continue to check [our website](#) for the most updated class schedule. For any questions, please contact wellbeing@udel.edu. Enjoy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA BREAK* 12-12:30pm <i>Jen M</i> Register Here	GRIT CARDIO 11-11:30am <i>Renee</i> Register Here	CXWORX 12-12:30pm <i>Chelsea</i> Register Here	BODYCOMBAT 11-11:45am <i>Amy</i> Register Here	GRIT CARDIO 12-12:30pm <i>Chelsea</i> Register Here
BODYPUMP* 12:45-1:30pm <i>Milinda</i> Register Here	BARRE 12-12:30pm <i>Renee</i> Register Here	VINYASA YOGA 12:45-1:30pm <i>Christine</i> Register Here	PILATES TONE 12-12:30pm <i>Jenn P</i> Register Here	VINYASA YOGA 12:45-1:30pm <i>Christine</i> Register Here
	BODYCOMBAT 4:30-5:15pm <i>Chelsea</i> Register Here	ZUMBA TONING 4:15-5PM <i>Martha</i> Register Here	YOGA 4:30-5:30pm <i>Cherish</i> Register Here	
CARDIO STRENGTH* 5:15-6:15pm <i>Jaime</i> Register Here	BODYFLOW 5:30-6:15 pm <i>Milinda</i> Register Here	CARDIO STRENGTH 5:15-6:15pm <i>Polly</i> Register Here	ZUMBA 5:30-6:15pm <i>Isabella</i> Register Here	*No class on Monday, May 25, 2020*

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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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.

BODYFLOW The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. For future viewing purposes, instructor will be recording all classes. 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! 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.

CXWORX A 30-minute core-training workout that uses your body weight to tighten and tone your mid-section. These exercises are designed to improve your functional strength for better mobility 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.

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.

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 waterbottles/soup cans)

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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.