EMPLOYEE FITNESS CLASS SCHEDULE
LIVE STREAM VIA ZOOM | APRIL 20 - MAY 15

Employees must register for class in advance by clicking on the Zoom links below. For 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 our website. For any questions, please contact wellbeing@udel.edu. Enjoy!

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<th>MON</th>
<th>TUES</th>
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<tr>
<td>12:00 p.m.</td>
<td>YOGA BREAK 12-12:30pm Jen</td>
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<td>CXWORX 12-12:30pm Chelsea</td>
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<td>GRIT CARDIO 12-12:30pm Chelsea</td>
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<td>4:30 p.m.</td>
<td>BODYCOMBAT 4:30-5:15pm Chelsea</td>
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<td>VINYASA FLOW 4:30-5:30pm Jen</td>
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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.”

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.
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.

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.

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 FLOW  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.