

# FREE EMPLOYEE FITNESS CLASSES

## DECEMBER 17-20, 2018

All classes are FREE to employees, their spouses, and retirees.  
 Please register within 24 hours in advance of class at <http://recreation.udel.edu/>  
 No classes from 12/21-1/6

MONDAY, DEC. 17	TUESDAY, DEC. 18	WEDNESDAY, DEC. 19	THURSDAY, DEC. 20
<b>BODYPUMP (60)</b> 12-1 p.m. CSB 171A Jamie	<b>Yoga (45)</b> 12:15-1 p.m. CSB 260 Cherish	<b>BODYCOMBAT (60)</b> 12-1 p.m. CSB 171A Renee	<b>Yoga (60)</b> 12-1 p.m. CSB 260 Cherish
	<b>SPRINT (30)</b> 12:15-12:45 p.m. CSB Cycle Studio Chelsea		<b>SPRINT (30)</b> 12:15-12:45 p.m. CSB Cycle Studio Milinda
<b>Exercise &amp; Conditioning (60)</b> 12-1 p.m. Field House Indoor Turf Jenna	<b>Pilates (60)</b> 1-2 p.m. Field House Erg Room Serita	<b>Exercise &amp; Conditioning (60)</b> 12-1 p.m. Field House Indoor Turf Milinda	<b>Pilates (60)</b> 1-2 p.m. Field House Erg Room Serita

\*Please register online for Employee Health and Wellbeing group fitness classes at <https://recreation.udel.edu/> within 24 hours of start of class



UNIVERSITY OF DELAWARE  
**EMPLOYEE HEALTH  
 & WELLBEING**

**302.831.8388**  
**[www.udel.edu/wellbeing](http://www.udel.edu/wellbeing)**

## CARDIO CLASSES

**BODYCOMBAT:** This class is 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. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Modifications provided. Release stress, have a blast and feel like a champion. Bring your best fighter attitude and leave inhibitions at the door.

**EXPRESS CYCLE:** Cycling is a great option for anyone looking to improve cardio in a low-impact setting. You will race, climb, and cruise on your bike- all from the comfort of the Little Bob. This class is sure to get your heart pumping and all your muscles working all within 30 minutes!

**CYCLE HIIT:** A 30-minute high-intensity interval training (HIIT) workout designed to combine bursts of intensity when you work as hard as possible, with periods of rest that prepare you for your next effort. A low impact workout on an indoor bike to have you burning calories for hours after your workout!

**STEP & TONE:** Step aerobics class that will not only help tone your glutes and legs, but will help you build stamina and increase endurance. Following your "Step" cardio session, varied upper and lower body toning exercises are incorporated using the body bar or free weights.

**ZUMBA:** Mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® is often called exercise in disguise. A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.

**ZUMBA & ABS:** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® is often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. After 45 minutes of Zumba, finish your work out with a 15-minute core challenge!

**ZUMBA GOLD:** This beginner Zumba class is geared to teach you all of the Zumba steps set to the same exciting, upbeat music for a great calorie-burning workout! Zumba Gold features more verbal cues and instruction.

## RESISTANCE TRAINING

**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 come back for more!

**CARDIO STRENGTH:** This class will vary each week. Some classes will focus on strength and body sculpting while others will focus on improving your cardio. YOU control the intensity of your workout and improve all aspects of your personal fitness.

**EXERCISE & CONDITIONING:** This class will take place inside on the Delaware Field House Turf, where a personal trainer will create the workouts for you boot camp style, enabling to learn proper form and technique in a safe environment.

**TRAIN LIKE AN ATHLETE:** This Small Group Training class will take place on the CSB Track Floor, where you will have access to a variety of equipment and RIP TRX training bars. A personal trainer will create the workouts for you, enabling to learn proper form and technique in a safe environment while enhancing your strength, endurance, stability, flexibility, agility, and power.

## MIND/BODY CLASSES

**BARRE:** This class uses a combination of postures inspired by ballet, Pilates, and yoga. The barre is used as a prop to balance while doing isometric strength training exercises. This low impact class will help improve posture, muscle definition, and increase flexibility. Ballet/dance experience is not required.

**BARRE FUSION:** This class uses a combination of postures from ballet, Pilates, and yoga while fused with cardio and core conditioning to raise your heart rate. The barre is used as a prop to balance while doing isometric strength training exercises to improve posture and muscle definition. Ballet/dance experience is not required.

**PILATES:** This class emphasizes the strengthening of the Powerhouse region: abdominals, back, hips, inner/outer thighs, and buttocks. This class will focus on overall toning, stretching, and lengthening. Work on posture, flexibility, balance, and coordination with newfound energy.

**POWER YOGA:** This style of yoga relies on synchronized breathing with each movement to produce beautiful, flowing patterns of motion and energy to build strength, unwind tight joints, and loosen muscles. This class is much more vigorous than Slow Flow Yoga, recommended for intermediate and advanced participants.

**SLOW FLOW YOGA:** The pace of this class understandably slower, placing an emphasis on safe alignment and maintaining a balance of the slow breathing. This style usually provides poses that range from gentle to challenging, but done with safe, self-centering energy.

**YOGA:** Focus on the breath in combination with various poses will help strengthen your body and your mind. Whether you are a seasoned yogi or new to the mat, this class is perfect for all looking to improve strength and decrease stress.