



UNIVERSITY OF DELAWARE

## EMPLOYEE HEALTH & 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.

**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.

**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 GOLD:** Have you ever wanted to try Zumba, but been too intimidated to sign up? Then Zumba Gold is for you! 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.

**CORE & CONDITIONING:** This class is designed to build core muscle groups, while improving posture through performing a variety of exercises that strengthen the abdomen, back, lower/upper body in 30 minutes! Instructor may include a variety of equipment in this core blast.

**EXERCISE & CONDITIONING:** This class will take place in the Delaware Field House Weight Room, where you will have access to a variety of equipment. A personal trainer will create the workouts for you, enabling to learn proper form and technique in a safe environment while also be challenged by metabolic conditioning drills.

**GRIT:** From the creators of BODYPUMP, GRIT is a 30-minute HIIT workout designed to help improve cardiovascular fitness, build strength, and maximize your workout time.

**TRAIN LIKE AN ATHLETE:** This Small Group Training class will take either on the Field House turf or on the CSB Track Floor, where you will have access to a variety of equipment. A personal trainer will create the workouts for you with a big focus on functional training. Learn proper form and technique in a safe environment while enhancing your strength, endurance, stability, flexibility, agility, and power.

**SPRINT:** 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!

### MIND/BODY CLASSES

**PILATES TONE:** 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.

**TAI CHI FUNDAMENTALS:** Learn and embrace the ancient martial art of Tai Chi in the Lil' Bob! This beginner-training program focuses on basic moves of Tai Chi, short form, and mind/body skills over the course of 10 weeks to improve defense training and peace of mind.

**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.