

# EMPLOYEE GROUP FITNESS CLASS DESCRIPTIONS



UNIVERSITY OF DELAWARE  
**EMPLOYEE HEALTH  
& WELLBEING**

## CARDIO CLASSES

**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 a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Modifications provided. Release stress and feel like a champion. Bring your best fighter attitude and leave inhibitions at the door.

**CYCLE:** A great option for anyone looking to improve cardio in a low-impact setting. Race, climb and cruise on your bike. This class is sure to get your heart pumping!

**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, 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 GOLD:** A beginner ZUMBA class featuring verbal cues and instruction that will teach you the steps, set to the same exciting, upbeat music as ZUMBA, a great calorie-burning workout!

## STRENGTH TRAINING

**BODYPUMP:** A barbell class that strengthens your entire body and challenges your major muscle groups. A full body workout using weight room exercises like squats, presses, lifts and curls. Great music, motivating instructors, and your choice of weight.

**BARRE:** 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 experience not required.

**CARDIO STRENGTH:** 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, with variations each week.

**CORE CHALLENGE:** Emphasizes the strengthening of the Powerhouse region, build core muscle groups, while improving posture. A variety of exercises that strengthen the abdomen, back, lower/upper body in 30-45 minutes! A variety of equipment may be included in this core blast.

**EXERCISE & CONDITIONING:** Held in the Delaware Field House Weight Room, 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.

## HIIT CLASSES

**GRIT CARDIO:** LES MILLS GRIT® Cardio is 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.

**GRIT STRENGTH/ATHLETIC:** LES MILLS GRIT™ Strength & Athletic is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. GRIT takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**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

**BALANCE & CORE:** Balance is not only for fall prevention, but helps improve our overall function and fitness. This low-impact class will combine balance and agility drills with core exercises to make you stronger and more stable.

**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.

**YOGA SERIES:** Focus on the breath in combination with various poses will help strengthen your body and your mind outside in the beautiful Botanical Gardens on South Campus next to the UD Creamery. This series lasts from September 9 to October 14. Rain Location—Townsend Hall Commons.

**TAI CHI:** Mind/Body Skills training to foster your attention and focus on your state of mind, posture, breathing and physical relaxation. Characteristic of all traditional tai chi practice, Mind/Body Skills training helps foster the cultivation of healthy qi or vital energy. All levels welcomed.

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