

EMPLOYEE GROUP FITNESS CLASS DESCRIPTIONS

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!

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 TONING

Mix low-intensity and high intensity dance moves with a twist! Zumba Toning adds 11b dumbbells or maracas to help strengthen and tone the body while burning calories with the cardio burn!

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.

STRENGTH TRAINING

ABS & CORE

This low-impact class will combine balance and core strengthening exercises that strengthen the abdominal region, upper body, and

lower body. You will feel stronger, stable, and better connected with your body after this 30-minute class!

BODYPUMP

This barbell class 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.

PILATES TONE

This class emphasizes the strengthening of the Powerhouse region. This class will build core muscle groups, while improving posture through performing a variety of exercises that strengthen the abdomen, back, lower/upper body in 30-45 minutes! Instructor may include a variety of equipment in this core blast.

STRENGTH & 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.

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:

LES MILLS GRIT™ Strength 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

TAI CHI

This class offers Mind/Body Skills training to foster your attention and focus to 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.

VINYASA YOGA

Connect the breath to a flow of movement with various poses that will help strengthen your body and 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.