

## SERVICES PROVIDED:

We offer a variety of free services to all employees and students. Make your appointment for the following services :

**At both centers** you can get a fitness assessment, blood pressure reading, target heart rate, BMI calculation, body fat measurement, equipment orientation and custom exercise prescription.

**The Wellness Center** offers all of the above as well as a state-of-the-art, complete health and fitness computerized assessments and metabolic testing

## CARDIOVASCULAR CLASSES, WEIGHT LOSS AND HEART HEALTH (IMPACT LEVELS)

**NEW!** **Defense Kickboxing** (mod-high.) This class incorporates various styles of martial arts with a unique twist. Learn how to properly punch, kick, dodge and defense move. Burn calories and get in shape while learning how to defend yourself.

**Café con Leche** (low ) - A cardio work-out through exercise, movement, dance, lots of Latin moves, and Latin sounds. All the fun plus you will be burning calories!

**Zumba** (low-high)- a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## STRESS REDUCTION, FLEXIBILITY AND CORE IMPROVEMENT

**Yoga** (low) This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

## MUSCLE STRENGTHENING CLASSES

**Power Physique Training** (low-mod)- Come strengthen and tone your body with this intense muscle building routine. From your legs to your shoulders, nothing will be missed. Exercises range from weight lifting to plyometric exercises. Exercises will be conducted utilizing power bars, resistance bands, dumbbells, step benches and stability balls. This is a complete body toning , circuit class that will make you sweat!

**Mat Physio-Pilates** (low) This class will give you a total body-conditioning designed to improve your muscle tone, strength, flexibility & posture where the focus is placed on muscular harmony and balance. The class is centralized around strengthening the core (trunk region) of the body.

## Cardiovascular and Muscle Tone

**Fat Flush Combo** (mod-high)- A circuit workout that alternates between high and low intensity aerobic exercises. This is a fast-paced class that incorporates a various exercises at interval pace. A minimum of 3 weeks cardiovascular training and knowledge of all strength machines is recommended prior to beginning the class.

NEW!

**NEW!** **"The ZONE"**- Looking for something different in your workout? Then this is your class that will increase your metabolism and give you results! This class involves a trainer directed approach incorporating exercises that will led you into your heart rate training zone. Exercises will be combined involving lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor that will be provided.