

# FALL FITNESS SESSIONS 2017

## CLASS DESCRIPTIONS

Class Schedule @ [WELLNESS.TAMU.EDU](http://WELLNESS.TAMU.EDU)

Schedule August 28 – December 5

**Boot Camp** – This 45 minute Boot Camp is a high energy, boot-camp style environment that will combine total-body muscular conditioning and circuit-style cardiovascular exercise for a great well-rounded, total body workout for individuals of all fitness levels. Comfortable workout attire is recommended and tennis shoes are required.

**Cardio Fusion** – 45 minutes of "cardio calorie blasting" exercise plus strength using hand weights, body bars, resistance bands, or medicine ball.

**Tai Chi** (Open Sky Health) – Ancient Tai Chi (Sheng Zhen Gong) is a movement art that feels like dance, meditation, and martial arts combined. It is an ancient art that is foundational to Tai Chi, Kung Fu, and Acupuncture. It builds inner strength, balance, and flexibility. It is for people of ALL ages and physical conditions. The purpose is to connect the body to nature, to calm the emotions, and to lift the spirit. This class is about releasing tension from your body while building strength and balance. Chairs are available for those with back or knee problems. You do not need to change into workout clothes. Your comfortable work wear will be fine.

**Pilates** – This 45 minute Pilates mat session includes classical floor exercises that strengthen and lengthen all the muscles of the body. Plus increases flexibility and enhances posture. No prior Pilates experience is needed, this is geared to all levels of fitness. No mats will be provided, please bring one of your own. Comfortable workout attire and no shoes recommended.

**Weight Lifting** – This class introduces the fundamental skills of weight training for personal fitness. Emphasis will be placed on proper techniques, training programs, and the overall benefit of weight training. Redefine your muscles with strengthening exercises using a variety of resistance equipment, for men and women. Equipment may include dumbbells, kettle bells, medicine balls, cables, machines, and resistance bands.

**Body Blaster** – Redefine your muscles with strengthening exercises using a variety of resistance equipment for men and women to help redefine your muscles. Equipment may include weights, medicine balls, body bar, resistance bands or BOSU. Abs and stretching included. Body Blaster is a 45-minute class.

**Total Training** – A total training experience including high-energy cardio, rowing, and strength training.

**Yoga** – This 45 minute Yoga class focuses on the four pillars of Yoga; strength, balance, flexibility and relaxation. No prior Yoga experience is required, this is geared to all levels of fitness. No mats will be provided, please bring one of your own. Comfortable workout attire and no shoes recommended.

**Zumba®** - This 45 minute Zumba class is a high energy, easy to follow, cardio dance class that is guaranteed to increase your heart rate and put a smile on your face. No prior dance experience is required. Comfortable workout attire and tennis shoes are recommended.

- [Rec Sports Group RecXercise Fitness Session Descriptions](#)
- [Piranha Fitness Class Descriptions](#)



Human Resources &  
Organizational Effectiveness

979.862.3128 or [wellness@tamu.edu](mailto:wellness@tamu.edu)

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