**WELLNESS WORKS! FITNESS SESSIONS**

**CLASS DESCRIPTIONS**

Class Schedule @ WELLNESS.TAMU.EDU

**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.

**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. Workout attire recommended and tennis shoes required.

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

**Mindful Movement** (Open Sky Health) – Mindful Moving is a great time to take a break from stress. The class teaches the body and mind to de-stress and find calmness through meditation and movement. The movements are based on Chinese principles of slowing down the mind, calming the emotions and releasing stress from the body. The movements are simple and attainable for anyone and everyone. It is a great way to refresh and reboot energy as well as introducing meditation into your busy life.

**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.

**Rowing** – Indoor Rowing is the perfect calorie burn. A total body non-impact workout. It is a one of a kind workout, a physically exhilarating class designed for everyone! Indoor Rowing is one of the hottest fitness trends in full body training.

**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.

**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.

Other class descriptions:

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