



RecWell Group Fitness Class Descriptions

No prior experience is required for any classes

Aqua Dance	Take your dancing to the pool! Aqua Dance is great for a low impact, high fun workout! Challenge your body with the resistance of water through dancing. This class is like DanceFit, but in the water.
AquaFit	Take your fitness to the pool on our brand new aqua boards. With a challenge for stability, the boards help you engage the core through exercises such as running, walking, surfing, squatting, planking, and more on the board! Swimsuits are required for safety in case you fall in, but no experience is necessary.
Barre	Barre combines movements from ballet, pilates and yoga to deliver you an effective and fun full-body workout. Created by a Jewish ballerina after injuring her back, Barre focuses on small, pulsing movements with low weights to help you build strength, balance and stability.
BodyPump	The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises, such as squats, presses, lifts, and curls.
BodyCombat	Learn moves from martial-arts styles all over the world such as Karate, Taekwondo, Boxing, Muy Thai, Capoeira, and Kung Fu in this high-energy cardio workout choreographed to music. The class is non-contact and no prior martial-arts experience is needed.
Chair Yoga	This ancient practice, with various origins and evolutions, focuses on creating harmony between the mind and body. Chair yoga is designed to be done on a chair (without wheels) for all levels.
Cycle 30/45/55	These non-impact workouts are designed for all fitness levels. Enjoy combination rides that mix speed and resistance. Add these classes to your exercise routine for a cross-training benefit.
DanceFit	A fun cardio workout utilizing the latest dance moves. No dance experience needed.
Empowered Yoga	A yoga class designed to help you reconnect your breath and movement to your body and empower yourself through a healing practice. This is a trauma informed class, but all are welcome to share in this grounded and safe practice. Instructors are trained on PTSD, brain injury, and how trauma is stored in the body. Empowered yoga is a safe space for people to begin a conversation with their bodies and recapture a sense of self-efficacy through exploration, autonomy, and awareness. No experience is necessary, so grab a mat and come practice with us!
HIIT30/45	HIIT = High Intensity Interval Training. Jump, squat, and lunge your way to improved cardiovascular fitness! Move through high intensity, short duration exercise intervals intermingled with lower intensity recovery.



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HIITCycle	Challenge your ride through interval training on the bike. Class is not set to the beat of the music; instead you will build endurance and strength through working and resting intervals. Join us for high intensity interval training on the bike!
Kettlebell Power	A full-body workout that uses kettlebells and strength conditioning to make you stronger swing by swing!
Les Mills Core	A workout focusing on exercising the muscles around the core, allowing for a stronger body overall. This class uses resistance bands, bodyweight, free plates, and a mat to take you through core, glute, and low-impact exercises.
Stand Up Paddleboard Yoga (SUPYO)	A yoga class on a paddleboard/aqua fitness board. Come relax and meditate on top of the water! This class is designed for all levels and includes options for flow through movements or simply just stretching.
SuperFUNCTIONal Total Body	A full body workout using our Superfunctional bars that will help you work your way to being functionally fit! Try out our new Superfunctional and incorporate these super fun but effective moves into your daily routine.
Total Body Strength	The new and improved bootcamp class brought to you by total body strength conditioning. Try out all of our equipment, like sandbags, slam balls, TRX straps, Plyo boxes, agility ladders and more, as you work your way to being strong, fit, and well!
Total Body TRX	TRX = Total Resistance eXercise. This workout uses suspension training equipment to help you simultaneously develop strength, balance, flexibility, and core stability. Get a TOTAL body workout using bodyweight and gravity.
UBOX (Boxing)	A combination of boxing and HIIT drills that will give you a total body workout. Learn various strikes and add the resistance of a punching bag in order to give yourself an extra challenge. Hand wraps required; please note that hand wraps WILL be provided, gloves will NOT. Participants are welcome to bring their own wraps and/or gloves.
Restorative Yoga and Guided Meditation	This ancient practice, with various origins and evolutions, focuses on creating harmony between the mind and body. Restorative yoga is designed to help you restore your mind and body. We use a blend of props to support you through stretching, breathing, and slow movement to relax the body and unwind from a long day. Perfect for the participant looking to meditate and clear the mind while getting in touch with the body.
Yoga Beginner	This ancient practice, with various origins and evolutions, focuses on creating harmony between the mind and body. Beginner yoga is designed just for the beginner yogi. Whether this is your first class, or you are still learning the ropes, this yoga practice provides an introduction to basic yoga poses, movement, and breathing techniques.



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Yoga Flow	This ancient practice, with various origins and evolutions, focuses on creating harmony between the mind and body. Yoga flow is a class that incorporates more technical language and focuses on advanced yoga poses that flow to help you grow in your Yogi experience. Flow practice is great for the participant looking to increase their flexibility and ability to move through more difficult moves at a faster pace. Beginner experience is suggested, but not necessary.
Yoga Strength	This ancient practice, with various origins and evolutions, focuses on creating harmony between the mind and body. Yoga strength focuses more on poses to build strength at the same time as flexibility. Movements incorporate longer held poses and adding in intensity to strengthen the muscles. Expect the class to be more exercise based rather than relaxation based.
Zumba	Join us for a Latin inspired dance workout featuring music and moves from Latin America! Salsa, merengue, and cumbia the night away in this cardio dance class! A fun, effective workout for Zumba® lovers, new and old. Don't wait to join the party!