



Active Terps Live Well



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

RecWell Group Fitness Class

Descriptions

No prior experience is required for any classes

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.
Les Mills 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.
Les Mills 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.
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.
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.



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UBOX	<p>A combination of boxing and HIIT and strength training drills that will give you a total body workout. Practice various strikes and add the resistance of a punching bag 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.</p>
Yoga Restore	<p>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.</p>
Hatha Yoga	<p>Hatha Yoga encompasses the physical aspect of yoga, emphasizing breath control, poses, relaxation, and meditation. This class offers a fantastic opportunity to grasp the fundamentals of yoga within a secure and encouraging setting. Poses are sustained for an extended duration to ensure correct positioning while enhancing both strength and flexibility.</p>
Yoga Flow	<p>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.</p>
Power Yoga	<p>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.</p>
Zumba	<p>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!</p>