



## Wellness, Recreation, and Activity Center

### Group Exercise Class Descriptions 2022

**Bootcamp:** Want to be at your best this year? This revamped HIIT class is a total body strength training and cardiovascular workout. Each class will be a new workout with a different WRAC personal trainer to give you the most well-rounded fitness bootcamp experience.

**Broadway Bootcamp:** This class combines resistance, intervals, and choreography to shape and tone your body. No Broadway or dance experience needed. All fitness levels welcome.

**Demon Strong:** This total body strength class will give you just the right amount of challenge and intensity. This workout utilizes all forms of exercise such as HIIT, strength training, cardio, core, and plyometrics to give you an amazing functional workout!

**Essentrics:** A completely original workout that draws on the flowing movements of Tai Chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles, and the healing principles of physiotherapy, which create a pain-free body.

**Fit to the Core:** A strength class that targets all muscle groups using bars, hand weights, stability balls and more. Get Fit to the Core in this sweat inducing, blast of a class!

**HIIT the Deck:** This class is a total body, aerobic, strength conditioning workout. This interval based class combines full body strength training with cardio bursts.

**Pilates:** Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs.

**R.I.P.P.E.D.:** Resistance, Intervals, Power, Plyometrics, Endurance. This class is a full body strength and cardio workout geared to help you get strong, lean muscles, and feel your best!

**TRX:** Total Body Resistance Exercise. The TRX suspension trainers use your own body weight to give you the strength, cardio, and core workout that you have been looking for. All fitness levels welcome!

**Yoga:** This mind/body class utilizes basic Yoga movements to improve flexibility, posture, and balance while strengthening the core. This is a great class to relieve stress and relax the mind. All fitness levels welcome!