Description of Group Training Classes

Highly trained and enthusiastic instructors teach the Texas State Employee Wellness Program group training classes in a non-intimidating environment. Each of our classes is tailored to meet the varying interests and fitness levels of its members. We are committed to providing a safe and optimal workout and will demonstrate modifications so that members can set their own intensity.

**30/20/10** 30 minutes of heart pumping cardio, 20 minutes of muscle burning strength, and 10 minutes of abs and stretching to get a complete full body workout (High intensity/High impact).

**Aqua Pump** combines the intensity of interval training with the power of water. This workout varies intensity, speed, and range of motion to enhance muscular fitness, and aerobic endurance without placing added stress on the joints.

**Cycle Fit** Bring your cycle workout indoors for climbs, sprints, and much more. This class is designed to elevate your heart rate and push your intensity level to the max! No experience needed. Arrive 10 minutes early for bike set up instructions. Towel & water required. Class limited to the first 20 participants.

**Exercise 101** Series is designed to teach you how to perform a variety of activities, to perform them safely, and to modify them based on your abilities. The ultimate goal of this series is to give you the confidence that you need to transition into mainstream classes.

*May - Easing into Exercise:* Learn how to easily perform low-impact aerobic activities that you thought might be too difficult or require too much coordination (e.g., step, kickboxing, hi/lo floor, circuits, and interval training).

*June – Walking* Fitness: A couch to 5K training program. We are taking our fitness outdoors. Join us and learn how to safely and effectively transition your body from walking to completing a 5K event.

*July – Exercise anywhere/anytime, no equipment necessary!* Learn how to perform easy and effective exercises that can be performed anywhere, with no special equipment necessary. Get tips and workout ideas from our trainers that you can start to implement the next day.

*August – Muscular Fitness Training:* Learn why building and maintaining muscle mass is important for both men and women. Our trainers will show you how proper training and consistency will increase your metabolism, improve your body composition, and make you stronger so that you can easily carry out your daily tasks.

**Group Personal Training** is designed for those who want to be trained by a personal trainer. Each class will challenge the group in a new and innovative way. Great for all levels of fitness, this session features resistance training, partner work, cardiovascular training, and a lot of muscle-burning fun! With years of experience with all populations and levels of fitness, our qualified trainers will take you to the next level and help you reach your goals!

**Kick-Box-Tone** is an easy-to-follow, but challenging workout that combines intense anaerobic drills and over-all body conditioning exercises to burn a ton of calories and sculpt your body.

**Non-Pretzel Yoga** requires no prior yoga experience. You don’t even need to be able to touch your toes or perform the splits! This class utilizes easy-to-follow movements to help you focus on breathing, meditation, and relaxation. While we suggest wearing comfortable exercise clothes, no special attire is really needed.

**Rec Yoga** Connect your body, mind, and spirit in this multiple level Yoga class. A relaxing and challenging workout all in one! This class is a combination of breathing, strength, flexibility, balance and relaxation techniques. Please arrive 5-10 minutes before class begins. Participants arriving late will not be admitted to class.

**R.I.P.P.E.D.** is a high-energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It is fun, created for all fitness levels and will produce results you are looking for.

**Step ‘N Sculpt** improves cardiovascular health and muscular fitness through step aerobics and a variety of resistance training equipment (dumbbells, stability balls, weighted bars, etc.).

**Strength, Stretch, No Sweat** is a 30-minute, low intensity class that requires no special attire. Just show up in your work clothes. While we can’t guarantee that you won’t sweat (as some of us sweat while just sitting), we can guarantee that you will leave the class feeling refreshed and ready to take on the rest of your day!

**Synergy360** Sweat your way through agility drills, circuits and intervals on our Synergy360 Playground. Utilize each piece of equipment for a total body strength and cardio class. Limited to the first 12 participants.
**Tone ‘n Chisel** is a challenging, high-intensity, interval-style workout that tones and sculpts your body. It includes a variety of exercises that target power, strength, muscular endurance, balance and flexibility.

**Yoga** is a moderately paced class is right for everyone, from beginners to seasoned veterans. This class blends breath with movement and focuses on the fundamental yoga postures and principles in order to engage and build core strength, improve postural alignment, and invigorate the body and mind.

**Zumba Toning®** teaches you how to blend body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training class using Zumba® toning sticks or dumbbells to enhance rhythm, build strength and tone the target zones.