SERVICES PROVIDED:

We offer a variety of free services to all employees and students. Make your appointment for the following services:

At both centers you can get a fitness assessment, blood pressure reading, target heart rate, BMI calculation, body fat measurement, equipment orientation and custom exercise prescription.

The Wellness Center offers all of the above as well as a state-of-the-art, complete health and fitness computerized assessments and metabolic testing.

CARDIOVASCULAR CLASSES (IMPACT LEVELS)

Fat Flush (mod-high) - A circuit workout that alternates between high and low intensity aerobic exercises. This is a fast-paced class. A minimum of 3 weeks cardiovascular training and knowledge of all strength machines is recommended prior to beginning the class.

Cardio Kickboxing (low-high) - This class combines upper and lower body boxing techniques into a complete full body, cardiovascular, high calorie burning workout.

Café con Leche - (low) - A cardio work-out through exercise, movement, dance, lots of Latin moves, and Latin sounds. All the fun plus you will be burning calories!

STRESS REDUCTION, FLEXIBILITY AND CORE IMPROVEMENT

Yoga - (low) This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

De-Stress & Stretch (low) This class uses deep breathing, progressive relaxation exercises and simple yoga poses for a total body stretch and to help you relax and calm frazzled nerves.

STRENGTHENING CLASSES

Muscle Madness (low-mod) - Come strengthen and tone your body with this intense muscle building routine. From your legs to your shoulders, nothing will be missed. Exercises range from weight lifting to plyometric exercises.

Physioball Tone - (low-mod) Add a new twist to your workout. Learn how to implement stability ball exercises into your routine. Learn proper techniques and postures for working with the ball and various resistance equipment. The class combines alternative modes of weight-training using the equipment provided. This class is good for those who have back problems or need a safe way to strengthen the back and core.

Mat Physio-Pilates - (low) This class will give you a total body-conditioning designed to improve your muscle tone, strength, flexibility & posture where the focus is placed on muscular harmony and balance. The class is centralized around strengthening the core (trunk region) of the body.