



# The Energy Lab's University of Redlands Wellness Program Class Descriptions Academic Year 2016/17



## Stretching, Balls and Bands

Stretching, Balls and Bands focuses on improving balance and increasing flexibility through the use of balls, bands and stretching techniques to leave you calm and centered. This class is designed to help you improve your flexibility, range of movement, increase your core strength, reduce stress levels, focus your mind and raise your level of consciousness.

## TRX

Change the way you train. Evolve. Create. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

## FitCore

Experience a new way to strengthen your body from the inside-out. FitCore provides balance, joint stabilization, and strengthening of the deepest layer of muscles to provide a strong foundation for any activity. FitCore is more than a workout. It is training. It is functional. FitCore trains the body to support movement in our sport, event, passion or just to be younger tomorrow.

## Cycling - The Pace

Experience our Cycle-Ops bikes as you take the ride that's right for you. Sweat, music, heart rate training and awareness, or simply an opportunity to "get your mind right" and feel your heart beat in this 60 minute cycle class. Bring a towel, water, and get ready to enjoy the ride.

**\*\*\*CYCLING SHOES NOT NECESSARY\*\*\***

## Tabata

Tabata is a high intensity interval training (HIIT) session designed to maximize your time and deliver a cutting edge experience. A 30 minute workout broken down into 6 - 4 minute segments, each with 8 segments of 20 seconds of work, followed by 10 seconds of rest.

## Zumba

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## Playground

Do you remember what it was like to be on the playground at recess? You were playing games with friends and getting exercise while having fun! Energy Lab Playground will take you back in time with playground games incorporating cardio and strength exercises. This class will give you a combination of strength, cardio, balance and core with a twist.

## Pilates & Stretching

Mat Pilates is hardCORE, authentic and genuine fitness. There is nothing like it. Once learned and achieved, Pilates will become the center and foundation for all your movements.



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## **Boot Camp Circuit Workout**

Boot Camp is a high intensity circuit workout designed to increase your metabolism and challenge your body. Utilizing various pieces of equipment, as well as your own body weight, Boot Camp boosts your heart rate, burns calories and gives a total body workout

## **Aquarobics**

Have a great workout while beating the heat! Water provides muscle resistance while lessening the impact on body joints. Burn more calories while enjoying some time in the pool!

## **Skills, Drills and Games**

A motivating, high energy experience to inspire the athlete in all of us. Circuit style training allowing each person to work to their best abilities, always challenging themselves and having fun while doing it. All in one: core, cardio, strength and balance using various pieces of functional training equipment.

## **Strength Training Workshop**

Come experience Strength Training how we do it at The Energy Lab. Using Barbells, dumbbells and kettle bells, we work on building strength to increase metabolism, performance and overall fitness, all done in the safe, encouraging environment of The Energy Lab.

## **Energy Yoga**

A mind body experience. Enhance your mental clarity. Energize your body. Leave feeling restored and refreshed. Energy Yoga provides you an opportunity to learn, practice and grow at your own pace.

## **TRX Flow**

This mobility and core-focused workout combines yoga-inspired movements on the TRX Suspension Trainer with more traditional strength, stability and flexibility exercises. The Suspension Trainer provides added leverage for more advanced participants to push deeper while also providing greater stability for less mobile or strong participants. A joint-by-joint approach seamlessly blends these approaches into flowing postures designed to increase mobility, improve performance and accelerate recovery.



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## Workshop Descriptions

### Goal Setting Workshop

If you are curious about getting off the roller coaster, the downward spirals, and to live intentionally, it begins with just this thought...."Who am I?" Define Explore. Live on purpose.

Now is the time to set your goals for 2017. Your vision. Come join us for an hour of learning how to set your goals, to create healthy habits and to make your dreams a reality. Things don't happen to us. We set a plan in motion, then live backwards based on our dreams.

### Four Pillars of Health

The Four Pillars of Health are what make for a Healthy Life. It is an interactive workshop to help you move better, eat better, sleep better and feel better.....all to help you live better!

### Nutrition Workshop

Nutrition is a key component to any healthy lifestyle - eating healthier leads to living and feeling better.

In this workshop, we will go over the basics of nutrition and how they can help you live better. Food swaps, lunchtime choices and learning how to make overall better nutritional decisions will be discussed in this workshop.

### MELT Hand and Foot Workshop

This 60 minute MELT session is an in-depth opportunity to explore the Hand & Foot Treatments! We will review MELT basics and go into more depth using MELT maps for the hands - the gateway to pain management for the neck and shoulders down through the arms and hands, and also for the feet- the gateway to the low back, hip, legs and feet!

MELT is the first neurofascial technique. This patent-pending method brings your body back to a more ideal state by directly enhancing body awareness, re-hydrating connective tissue, and quieting the nervous system. The first time you MELT, you see and feel a difference - and over time, you can transform how your body looks and feels.

MELT is changing the way people care for their bodies. This proactive approach to maintaining a healthy, pain-free, active lifestyle is the best solution for living longer...better.

A little proactive self-care goes a long way toward keeping you pain-free and active for a lifetime.

All materials and equipment provided.