

Group Exercise

Class Descriptions

UVa-Wise Wellness

CIZE LIVE: The future of exercise is here. It's time to work your workout with CIZE LIVE, a revolutionary new dance workout. Created by Shaun T and a team of professional choreographers, CIZE LIVE will have you bustin' out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout.

Insanity LIVE: Insanity is a cardio class based on max interval training. No equipment needed! You don't have to be in extreme shape—all levels of exercise are provided!

Kettlebell AMPD: Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole body routine.

Piloxing: A non-stop cardio fusion of standing Pilates, boxing, and dance that will push you past your limits for a sleek and powerful you!

Power hour: Anything goes in this class! Come prepared for a hard, heart-pumping workout!

RIP: RIP is a barbell/dumbbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight.

RIPPED: This total body, high intensity style program masterfully combines the components of RIPPED—Resistance, Intervals, Power, Plyometrics, and Endurance.

TurboKick LIVE: The movement patterns, combinations, and techniques work together to give you the ultimate cardiovascular workout.

Yoga: Take your workout to the next level. These yoga classes combine flexibility training and functional strength exercises to balance muscles, improve core strength, and promote self-awareness and overall wellbeing.

Zumba: This fun-filled, hi-low impact cardio class combines Latin moves, hip-hop, funk, and belly dancing.

Operating Hours

Monday-Thursday 5:00am-11:00pm

Friday: 5:00am- 8:00pm

Saturday 8:00am- 8:00pm

Sunday 12:00pm- 10:00pm

Instructors

Sarah Smith Carlson

Jessica Fultz

Julie Scott

Cynthia Hunt

Donna Morgan

Wendy Martin

Jessica Wilson

Locations

E107: Ely 107

S324: Slemp 324