

Group Exercise Class Descriptions



Attending Classes:

*Join exercise groups anytime a class is scheduled.
Always consult a physician before beginning any exercise program.*

Core Class

This abs and low back class is held on Tuesdays and Thursdays from 12:15 to 12:45 in the Gymnastics Room on the first floor of the HPESS building. The class will focus on the development of the abdominal and low back muscles. If you plan to attend, just show up at class time.



Fitness Videos

This video class is offered on Mondays, Wednesdays, and Fridays at 11:00 a.m. Class meets in the Dance Studio on the third floor of the HPESS building. This class follows various fitness videos. Participants are encouraged to bring their favorite exercise videos to share with the class.

H²O Aerobics

This water aerobics class is held on Mondays, Wednesdays, and Fridays from 12:00 to 12:40 in the ASU Swimming Pool. Water aerobics is low impact, water based exercise which incorporates cardiovascular and water resistance training. If you wish to attend, show up with a swim suit and a towel. Lockers are available.



Pilates

This class is held on Tuesdays and Thursdays from 5:15-6:00 p.m. in the Dance Studio on the third floor of the HPESS building. Pilates involves strengthening your inner and core muscles through the use of resistance bands and basic yoga moves, which work on balance and lengthening of muscles.



Step and Tone Training

This toning class is held on Mondays and Wednesdays from 5:15 until 6:00 p.m. in the Dance Studio on the third floor of the HPESS building. Step and Tone Training is an aerobic class that involves continually changing the intensity of exercises performed and involves a higher intensity step and total body toning. Modifications can easily be made for individuals in the class to make it appropriate for all fitness levels.



Yoga

This class is offered on Mondays and Wednesdays from 12:15 until 1 p.m.. It is held in the Activity Room on the first floor of the HPESS building. This class is lead by Dr. Julie Morrow.

If you are interested in attending, just show up for class. A yoga mat would be helpful for class participation. Yoga mats are inexpensive and can be found at many local retail stores.

For more information, contact:

Robyn H. Whitehead, MS,ACSM/HFS
Director - Department of Wellness and Health Promotion
Arkansas State University
Phone: 870-972-3974
Fax: 870-972-3009
rwhitehead@astate.edu