



# DSU

Employee  
FITNESS  
Program

Delaware State University's Employee Fitness Program is intended to generate more participation in daily health and fitness activities. The Employee Fitness Program will encourage employee involvement in The Department of Wellness and Recreation programming, as well as prepare employees for a lifetime of fitness, wellness, and health.

Fall 2019	Monday	Tuesday	Wednesday	Thursday	Friday
11am - 1pm	Walk It Out	Walk It Out	Walk It Out	Walk It Out	Walk It Out
12pm - 1pm	Aquacise	Booty Boost	Aquacise	Slow & Easy	Aquacise

**Walk it Out** - An opportunity for employees to get a cardio workout through walking, jogging and running around our indoor track or our treadmills. Get up and get moving.

**Employee Fitness Classes:** Low intensity aerobics classes focused on moderate weight loss, increasing strength, improving endurance and balance without causing discomfort to previous injuries or joints. Open to all current DSU employees with valid ID.

**Aquacise:** This workout is designed to increase flexibility, strength, and cardiovascular endurance through water resistance and buoyancy exercises without your head going underwater. A variety of exercise equipment is used to offer added resistance and fun! You do not need to know how to swim to participate.

**Slow & Easy:** This workout is designed in circuit style stations to sculpt your body into shape with a mix of low intensity cardio, and easy strength training intervals. Light weights and bands are used to sculpt your body while burning fat and toning muscle during this fun workout.

**Booty Boost:** Using the studio steps, you'll move your way through several easy choreography combinations that will give your heart and booty the boost they need to stay healthy and happy.

The DSU Employee Fitness Program permits employees access to the Wellness & Recreation Center between the hours of 11:00am - 1:00pm exclusive for the walking program and employee fitness classes.



Questions? Contact  
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