

Monday 5:15AM Tuesday 8:30AM



J. Cleo Thompson
Wellness Center

Aerobics/FloorWork

Class Category: Cardiovascular/Pilates

Class Type: Aerobic/Core & Pelvic Training / Cognitive Work

Class Description: Aerobic/FloorWork day is a combination of low impact cardio and muscular fitness aerobics to get your heart rate up and a little sweat going along with core building floor work to strengthen your tummy, back, and hip flexibility. These exercises will help protect your skeleton through everyday activities and keep you strong as you age.

Instructor: Stormi Oglesby

Be Strong, Be Confident, Be Fearless!