

Lauren's Zoom Fitness Class

Lauren Lewis, Employee Wellness health education consultant and personal trainer, will be hosting daily live fitness classes, Monday-Friday at noon using Zoom. The class will be mostly body weight, circuit-style training so you don't need any equipment- just some floor space and a yoga mat if you have it! Email Lauren at lclewis@unm.edu if you want to be included in the Zoom invitee list. A calendar link will be sent to you each time a class is scheduled.

Lauren's Zoom Fitness Class Schedule



Monday – AMRAPs

This workout is all about racing the clock and getting as many rounds as possible (AMRAP) in a certain amount of time. I give 2-3 movements with a set amount of repetitions for each and it's up to you to see how many rounds you can get. Movements are primarily bodyweight exercises such as squats, pushups, situps, lunges, etc. This style of workout can be known to be high intensity, but I will give modifications for my low impact folks! Class starts with a warm up and ends with a cool down.

Tuesday – Core and Cardio

The name says it all! We'll be focusing mostly on core strengthening exercises, plank variations and isometric holds to target not only your abs, but the entire trunk of your body. These movements will help support good core activation that will help strengthen the low back. In between these kinds of exercises, I'll give you a little jolt of cardio to get the heart rate up just a bit.

Wednesday – Glutes and Posterior

If we focus on the core on Tuesday, then we must give our glutes attention on Wednesday! This class will focus all on the posterior chain (think glutes, hamstrings and even the back). We tend to neglect these areas so we'll be doing plenty of strength exercises that will target these muscles. If you have a mini band, this would be the class to use it in, but it's not necessary.

Thursday – Circuit and Tabata

This will be your high intensity interval training class where we do a movement for a certain amount of time and then rest, then do another movement, and so on to make one big circuit. I'll also incorporate Tabata on this day where we move for 20 seconds and rest for 10 seconds for eight rounds. This type of workout can be high intensity and high impact if you want it to be, but I give modifications for those just wanting general movement and low impact. Most movements are bodyweight and quick hits of cardio. Class starts with a warm up and cool down.

Friday – Low Impact and Mobility

This class will be all about chilling out and getting relaxed at the end of the week. You don't even need to wear shoes for this one. Let's slow it down and work on our mobility with some gentle stretches and movement. I'll also probably incorporate some deep breathing exercises for this one, too!