

Student Wellness Services at the Power Center

Free Programs

Fitness Orientation

Learn the basics of building a workout, proper form on strength equipment, and programming the cardio equipment as well as some basic stretches. Can be formatted to reach specific goals.

Mindfulness Series

A group that meets once/week in February to discuss de-stressing techniques, yoga, meditation, and more

Free Group Exercise Classes

Choose from a wide variety of group fitness classes ranging from yoga to boot camp. We offer over 70 classes per week.

Body for Break

Great for students who want to lose weight, get stronger, or increase endurance. This is a step-by-step workout plan written and designed by certified personal trainers that provides a different workout for every day of the week. Program lasts 7 weeks, but can be done at any time.

Restorative Yoga

A yoga class designed to relax the mind and the body simultaneously. Poses are held for longer periods of time to focus on the mental and meditational aspect of yoga. A great class for beginners.

Fee based programming

Personal Training*

One on one sessions with a certified personal trainer to further help participant reach their specific goals.

Group Personal Training

Groups of 2-4 participate in a session with a personal trainer to reach common goals

Health and Fitness Assessment

Individual assessment to determine body fat percentage, flexibility, cardiovascular endurance, muscular endurance, and muscular strength.

***In order to participate, must have a doctor clearance for exercise.**