



FITNESS ON DEMAND

AMES, IA - 11/18/2020

As you may know we have had to suspend our in-person fitness classes due to the latest proclamation from Governor Reynolds which included a statement that group fitness is prohibited in fitness centers through December 10th. Our Fall 2020 Fitness Class Schedule was scheduled to end on Friday, Nov. 20th to allow our student instructors to focus on final exams, and be able to get a COVID test, or quarantine before heading to their winter break destination if wanted.

Fortunately we've had a great experience this semester with our in person fitness classes using the Cyclone Cares mitigation strategies and were only cut short a few days of our planned end date by the new proclamation. We were able to offer about 75 in-person fitness classes per week this semester.

We have been offering live virtual fitness classes using Webex this whole Fall Semester also. There is no limit on how many people can join our live virtual classes. Those interested can register via our webpage and will be emailed a link to join the Webex meeting when the scheduled fitness class begins. These will continue to be offered as part of the Fall Fitness Class Schedule through Friday, Nov. 20th.

The Fitness on Demand project is something we have been working on since Spring 2020, even before the pandemic started. It is a new fee-based service we added to provide 24/7 access to fitness classes from your home. We have been working all semester with a goal to have the library of videos ready as we enter the winter break. We do not typically program over the break but with a longer time away, and health and wellness being of utmost importance during this time, we wanted to provide at home options for the Cyclone Community. Fitness on Demand provides an additional fitness outlet that would not normally be available.

Through our Fitness on Demand service you can now access to over 35 pre-recorded workout videos in a variety of different fitness formats – Yoga, Pilates, Strength, HIIT, Barre, Core, and Stretching – created by our ISU fitness instructors. There are a variety of levels offered to meet the needs of all from beginners to experienced exercisers. We plan to continue to add to and grow the library of videos. With the addition of our 100+ Instagram live videos – filmed earlier this summer – we have over 4000 minutes of fitness content, there is something for everyone.

Recreation Services offers the freedom of individuality through a wide range of diverse programs, activities, and facilities. Whether you are a first timer or regular user, Recreation Services strives to make everyone feel right at home. However you play, it is Your Rec Your Way!

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