

# UNIVERSAL STUDIOS

## FITNESS CENTER

OPERATED BY OPTUM®

### GROUP FITNESS SCHEDULE

Effective July 2<sup>nd</sup> – September 28<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TABATA INTERVAL</b> 6:45 – 7:30AM Andrew	<b>SUNRISE YOGA</b> 6:30 – 7:30AM Guy	<b>BARRE</b> 6:45 – 7:30AM Rocio	<b>POWER HOUR</b> 6:30 – 7:30AM Nelson	<b>VINYASA YOGA</b> 6:30 – 7:30AM Meredith
<b>KICKBOXING 101</b> 12:15 – 1:00PM Johnny	<b>TKO</b> 12:15 – 1:00PM Shar	<b>DANCE WORKSHOP</b> 12:15 – 1:00PM Rocio	<b>YOGA SCULPT</b> 12:15 – 1:00PM Brynn	<b>POWER CYCLE</b> 12:15 – 1:00PM Rocio
<b>ENERGY CIRCUIT *</b> 12:30 – 1:15PM Nelson	<b>PILATES SCULPT</b> 1:15 – 1:45PM Shar	<b>CIRCUIT BLAST *</b> 12:30 – 1:15PM Nelson	<b>KICKBOXING</b> 1:15 – 2:00PM Johnny	<b>H.I.I.T.</b> 1:15 – 2:15PM Susana
<b>HATHA YOGA</b> 1:15 – 2:00PM Guy	<b>H.I.I.T.</b> 5:30 – 6:15PM Susana	<b>CYCLING</b> 1:15 – 2:00PM Rocio	<b>ZUMBA®</b> 5:30 – 6:15PM Jennifer	
<b>POWER FUSION</b> 6:30 – 7:15PM Shar	<b>BOOTCAMP</b> 6:30 – 7:15PM Saori	<b>BOOTCAMP</b> 5:30 – 6:15PM Susana	<b>KICK, CORE, &amp; MORE</b> 6:30 – 7:15PM Johnny	
		<b>PILATES</b> 6:30 – 7:15PM Theresa		

The information provided through any onsite program is for informational purposes only and provided as part of your employee benefits. Participation in any onsite program is voluntary. The onsite team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Your health information is kept confidential in accordance with the law and will only be used to provide health and wellness recommendations as applicable.

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### GROUP FITNESS DESCRIPTIONS

**BARRE** An energetic, sweaty fusion of Pilates, ballet-inspired movements, and yoga all set to fast-paced, hip music. Weights and bands add cardio conditioning and total body toning.

**BOOT CAMP** A non-stop workout using a series of basic athletic-style exercises to produce a cardiovascular and muscular endurance challenge.

**CIRCUIT BLAST\* (OUTDOOR)** Step up to the challenge of improving your strength, agility, balance, and aerobic capacity as you work your way through this challenging circuit of exercises timed in specific intervals.

**CYCLING** A cycling class set to motivating music that combines jumps, intervals, hills, and sprints to promote and aerobic fitness.

**DANCE WORKSHOP** Dance Workshop is a rotating class that features different types of dance each week. Ex: Bollywood, Hip Hop, Jazz, etc.

**ENERGY CIRCUIT\* (OUTDOOR)** A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles and keep your heart rate elevated for max calorie burn.

**H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)** Class includes short, high intensity intervals combined active recovery designed to train the body for improved performance and calorie burning. This format offers the perfect blend of speed, quickness and agility drills.

**HATHA YOGA** A straightforward style of Yoga with postures that focus on technique, flexibility, breathing, and relaxation.

**KICKBOXING** Traditional kickboxing moves are taught and performed to increase cardiovascular fitness, agility and quickness.

**KICKBOXING 101** This intro to Kickboxing class teaches basic punches, kicks and boxing moves designed to increase muscular strength and cardio endurance.

**KICK, CORE, & MORE** A non-stop routine of kicks, punches & cardio drills along with strength, balance and core work combined into one challenging class that will increase your endurance, strength, core...and more!!!

**PILATES** Pilates mat exercises stretch and engage every muscle in your body with special emphasis on your core.

**PILATES SCULPT** Exercises and postures that stretch and tone every muscle in your body, with a special emphasis on the "core" (abdominals, waist, lower back and buttocks). A small variety of props may be used.

**POWER CYCLE** Improve your speed, strength, stamina, and your overall health with this fun and challenging cardiovascular workout.

**POWER FUSION** An exciting blend of Yoga and Pilates, the best of both worlds! This class combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening moves of Pilates.

**POWER HOUR** Energize your day with a total-body cardio and strength workout including aerobics, weight training, plyometrics, balance, and coordination exercises.

**SUNRISE YOGA** An all-levels class providing a good stretch in the morning and more energy for the day. This class includes body alignment, breathing, and relaxation.

**TABATA INTERVAL** Take your training to the next level with this dynamic conditioning experience! 20 second bouts of high intensity exercise followed by 10 seconds of rest. Repeat 8 times for a total of 4 minutes to create a class full of challenging intervals.

**TKO (TECHNICAL KNOCKOUT)** Build stronger and more defined arms with sparring jabs and power punches. You will learn the proper execution of the punch combinations for an intense cardio workout that can help you become stronger and more confident.

**VINYASA YOGA** A series of breathing, stretching, balancing, and relaxation (postures) to increase flexibility, energy and create better awareness of mind and body.

**WELLNESS YOGA\* (OPEN TO ALL EMPLOYEES)** Join us for this yoga class sponsored by the Health Engagement team.

**YOGA SCULPT** An intense full body workout using traditional yoga poses with light to moderate weights for total body training.

**ZUMBA®** Come join the party with Latin inspired dancing that will increase your cardiovascular endurance and tone & sculpt your body. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.