

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
TABATA INTERVAL 6:45 – 7:30AM Andrew	GEAR UP 6:45 – 7:30AM Stephen	SUNRISE YOGA 6:30 – 7:30AM Guy	POWER HOUR 6:30 – 7:30AM Nelson	VINYASA YOGA 6:30 – 7:30AM Meredith
ENERGY CIRCUIT 12:15 – 1:00PM Nelson	TKO 12:15 – 1:00PM Shar	CYCLING 12:15 – 1:00PM Saori	YOGA SCULPT 12:15 – 1:00PM Brynn	POWER CYCLE 12:15 – 1:00PM Stephen
HATHA YOGA 1:15 – 2:00PM Guy	PILATES SCULPT 1:15 – 1:45PM Shar	TOTAL BODY TRX® 1:15 – 2:00PM Saori	CIRCUIT BLAST 1:15 – 2:00PM Nelson	
POWER FUSION 5:45 – 6:30PM Shar	H.I.I.T. 5:45 – 6:30PM Susana	BOOTCAMP 5:45 – 6:30PM Susana	ZUMBA® 5:30 – 6:15PM Catherine	CARDIO BURN 5:30 – 6:30PM Susana

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

CARDIO BURN This class combines cardio movements with segments of weights, bands and/or stability ball work. You'll get lots of cardio and feel the burn!

CIRCUIT BLAST 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.

ENERGY CIRCUIT 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.

GEAR UP Gear up for this cycling experience set to music, combining jumps, intervals, hills and sprints to promote total body and aerobic fitness.

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.

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.

TOTAL BODY TRX® The TRX suspension trainer® leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance.

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

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.

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.
 © 2017 Optum, Inc. All rights reserved. All trademarks are the property of the respective owners. 170030