

GROUP FITNESS SCHEDULE

**NOV
2024**

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 6:55a GEX Studio IMPACT Paul	6:00 – 6:55a Fitness Center Floor IMPACT PLUS Rielle	6:30 – 6:55a GEX Studio IMPACT Mary	6:00 – 6:55a Fitness Center Floor IMPACT PLUS Matt	6:30 – 6:55a GEX Studio IMPACT Yong
				7:00 – 7:20a GEX Studio, Exos App Morning Mobility Yong
10:50 – 10:55a Exos App/Teams Virtual Stretch Break Paul	10:50 – 10:55a Exos App/Teams Recharge Break - Energize Mary	10:50 – 10:55a Exos App/Teams Virtual Stretch Break Matt	10:50 – 10:55a Exos App/Teams Recharge Break - Flow Matt	10:50 – 10:55a Exos App/Teams Virtual Stretch Break Yong
11:15 – 11:30a GEX Studio, Exos App Unravel Paul	11:15 – 12:00p GEX Studio, Exos App YogaFit® Mary	11:15 – 11:30a GEX Studio, Exos App Unravel Matt	11:00 – 12:00p GEX Studio, Exos App Yoga Stephen	11:15 – 11:30a GEX Studio, Exos App Unravel Yong
11:35 – 12:00p GEX Studio Bootcamp Paul		11:35 – 12:00p GEX Studio, Exos App KB HIIT Matt		11:35 – 12:00p GEX Studio, Exos App Full Body Blast Yong
12:05 – 12:20p GEX Studio Core & More Paul	12:05 – 12:30p GEX Studio IMPACT Mary	12:05 – 12:20p GEX Studio Core & More Matt	12:05 – 12:30p GEX Studio IMPACT Rielle	12:05 – 1:00p GEX Studio Chinese Dance Shasha Premium Class
1:50 – 1:55p Exos App/Teams Recharge Break - Calm Yong	1:50 – 1:55p Exos App/Teams Virtual Stretch Break Rielle	1:50 – 1:55p Exos App/Teams Virtual Stretch Break Mary	1:50 – 1:55p Exos App/Teams Virtual Stretch Break Paul	

Special Events

Friday Morning Fuel - Every Friday*. 9:00 – 9:30a

Join Coach Mary in adding a little fun to your Friday morning routine. Learn recipe demos, cooking tips and tricks, as well as a wealth of nutritional information! You won't want to miss it. *this class is live on the first Friday of the month and an encore streaming the remaining Fridays

Denali Donut Mile - Wednesday, November 13. 3:30 – 4:30p

Join People First, All In, and your Exos team for the Denali Donut Mile! Run 1 mile on campus, eat 2 donuts at the ½ mile mark, and get a raffle ticket for a grand prize. Celebration with trophy for the winner and raffle drawings to follow. Competitive and non-competitive heats available. Competitive runners will have a chance for an additional prize if they beat executive Ryan McCurdy in the race. Sign up [here](#).

Class Descriptions

Bootcamp

A combination of high-intensity cardiovascular and muscular conditioning exercises to provide you with the ultimate workout! Never the same class and great for all levels. Come unleash your inner athlete!

Chinese Dance

Led by professional Chinese dance instructor, Shasha, learn basic postures, moves, and turns to build a strong foundation in Chinese dance.

* Payment required to take class. Register via MBO.

* This class is taught in Mandarin

Core & More

An alternate version of core class that includes non-conventional "abs" movements, while incorporating shoulders and hips into the mix. If you like to spice things up, you won't want to miss this class!

Full Body Blast

A full body resistance training class using hand weights, bands, and body weight to enhance your balance, coordination & overall strength.

KB HIIT

Learn how to swing, press, pull, hinge, and flow with this kettlebell strength + endurance class. All skill levels welcome

IMPACT

A group exercise + personal training hybridization, IMPACT follows a progressive program that will help reduce the risk of injury, improve muscular function, and increase cardio respiratory capacity. Join the class 2x, 3x, or 5x a week for a consistent workout routine.

* Sign-up required. Limited to 5 participants per class

IMPACT PLUS

Everything you love about IMPACT, but extended! Get a full workout following the Exos Training System to improve mobility, strength, power, and Energy Systems Development (ESD)

Join the class 2x, 3x, or 5x a week for a consistent workout routine.

* Sign-up required. Limited to 5 participants per class

Morning Mobility

Get your day started with some low-impact movement! Shake off the stiffness, increase your blood flow, and improve your active range of motion

Recharge Breaks

These re-engineered versions of the classic 5-10 minute stretch break include holistic activities like visualization, breathwork, and flow state activities in addition to movement.

These microbreaks are designed to get your brain & body ready

Unravel

Improve range of motion in 15 minutes while learning techniques to improve posture, prevent injury, and reduce muscles soreness in this deep stretching class.

Virtual Stretch Break

Take a break, you've earned it! Taking five minutes to get up, breathe, and move will give you energy and focus to perform at your best. Virtual stretch breaks are designed to help you improve your posture, release tension, and feel more confident, all without the need to change out of your work attire.

Yoga

The most widely practiced form of yoga in the world, Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength, flexibility, and relaxation.

YogaFit®

YogaFit® is modern fitness yoga that intertwines fitness moves with basic yoga postures in a heat building and flowing sequence leading to relaxing stretches and a rest segment.