

# GROUP EXERCISE SCHEDULE JANUARY

<b>MONDAY</b>	<b>IMPACT</b> 6:30-6:55am Paul GEX Studio	<b>VIRTUAL STRETCH BREAK</b> 10:50-10:55am Paul Exos App/Teams	<b>TREADMILL HIIT</b> 11:15-12:00pm Mary Fitness Center	<b>UNRAVEL</b> 11:15-11:30am Paul Hybrid	<b>BOOTCAMP</b> 11:35-12:00pm Paul GEX Studio	<b>CORE &amp; MORE</b> 12:05-12:20pm Paul GEX Studio	<b>RECHARGE BREAK - CALM</b> 1:50-1:55pm Yong Exos App/Teams
<b>TUESDAY</b>	<b>IMPACT PLUS</b> 6:00-6:55am Rielle Fitness Center	<b>VIRTUAL STRETCH BREAK</b> 10:50-10:55am Mary Exos App/Teams	<b>IMPACT PLUS</b> 11:00-11:55am Team Exos Fitness Center	<b>YOGAFIT</b> 11:15-12:00pm Mary Hybrid	<b>IMPACT</b> 12:05-12:30pm Mary GEX Studio	<b>VIRTUAL STRETCH BREAK</b> 1:50-1:55pm Rielle Exos App/Teams	
<b>WEDNESDAY</b>	<b>IMPACT</b> 6:30-6:55am Mary GEX Studio	<b>RECHARGE BREAK - FLOW</b> 10:50-10:55am Matt Exos App/Teams	<b>TREADMILL HIIT</b> 11:15-12:00pm Mary Fitness Center	<b>UNRAVEL</b> 11:15-11:30am Rielle Hybrid	<b>KETTLEBELL STRENGTH</b> 11:35-12:00pm Rielle GEX Studio	<b>KETTLEBELL CONDITIONING</b> 12:05-12:20pm Rielle GEX Studio	<b>RECHARGE BREAK - ENERGIZE</b> 1:50-1:55pm Mary Exos App/Teams
<b>THURSDAY</b>	<b>IMPACT PLUS</b> 6:00-6:55am Matt Fitness Center	<b>VIRTUAL STRETCH BREAK</b> 10:50-10:55am Rielle Exos App/Teams	<b>IMPACT PLUS</b> 11:00-11:55am Team Exos Fitness Center	<b>YOGA</b> 11:00-12:00pm Stephen Hybrid	<b>IMPACT</b> 12:05-12:30pm Rielle GEX Studio	<b>VIRTUAL STRETCH BREAK</b> 1:50-1:55pm Paul Exos App/Teams	
<b>FRIDAY</b>	<b>IMPACT</b> 6:30-6:55am Yong GEX Studio	<b>MORNING MOBILITY</b> 7:00-7:20am Yong Hybrid	<b>VIRTUAL STRETCH BREAK</b> 10:50-10:55am Yong Exos App/Teams	<b>UNRAVEL</b> 11:15-11:30am Yong Hybrid	<b>FULL BODY BLAST</b> 11:35-12:00pm Yong Hybrid	<b>CHINESE DANCE</b> 12:05-1:00pm Shasha GEX Studio Premium Class ★	

Get access to 400+ on-demand classes via the **Exos App**. Register with your work email address.



For more information, contact [PowerUP@Lenovo.com](mailto:PowerUP@Lenovo.com)

<b>BOOTCAMP</b>	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!
<b>CHINESE DANCE</b>	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
<b>CORE &amp; MORE</b>	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!
<b>FULL BODY BLAST</b>	A full body resistance training class using hand weights, bands, and body weight to enhance your balance, coordination & overall strength.
<b>KETTLEBELL CONDITIONING</b>	Learn how to swing, press, pull, hinge, and flow with this kettlebell strength class. All skill levels welcome
<b>KETTLEBELL STRENGTH</b>	Learn how to swing, press, pull, hinge, and squat to improve your strength using just kettlebells. All skill levels welcome
<b>IMPACT</b>	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
<b>IMPACT PLUS</b>	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 regularly for a consistent workout routine. First timers are always welcome! * Sign-up required. Limited to 5 participants per class
<b>MORNING MOBILITY</b>	Get your day started with some low-impact movement! Shake off the stiffness, increase your blood flow, and improve your active range of motion
<b>RECHARGE BREAK</b>	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
<b>TREADMILL HIIT</b>	A high intensity interval class that mixes strength training and treadmill intervals. A novel twist on classic training methods. This class is for all levels!
<b>UNRAVEL</b>	Improve range of motion in 15 minutes while learning techniques to improve posture, prevent injury, and reduce muscles soreness in this deep stretching class.
<b>VIRTUAL STRETCH BREAK</b>	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.
<b>YOGA</b>	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.
<b>YOGAFIT</b>	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.