

# GROUP FITNESS SCHEDULE

**DEC 2024**

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

## 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

# 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 regularly for a consistent workout routine. First timers are always welcome!

\* 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.