

# MBC

## Fitness Class Schedule

May				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am - 7:00am <b>Indoor Cycling</b> Brian <b>*Space is limited</b>	6:15am - 7:00am <b>Boot Camp</b> 7:00am-7:10am <b>Abs</b> Brian	6:15am-7:15am <b>Tabata</b> Brian	6:15am - 7:00am <b>Powerball</b> 7:00am-7:10am <b>Abs</b> Brian	6:15am - 7:15am <b>TriPlane Pilates</b> Brian
7:05am-8:05am <b>Pilates-Reformer*</b> <small>Introductory Sessions Required</small> <b>Matt</b>				10:00am-11:00am <b>Tai Chi</b> Jennifer
11:15am-12:15pm <b>Yoga (Hatha Style)</b> Diana	11:15am-12:15pm <b>Tabata</b> Brian	11:15-12:15pm <b>Jazzercise</b> Kim K.	11:15am-12:15pm <b>Pilates-Reformer*</b> <small>Introductory Sessions Required</small> <b>Mike</b>	11:15am-12:15pm <b>Yoga (Hatha Style)</b> Diana
12:20pm-1:05pm <b>Power Pump</b> 1:05 - 1:15pm <b>Abs</b> Brian	12:30-1:15pm <b>Indoor Cycling</b> Colleen <b>*Space is limited</b>	12:20pm - 1:05pm <b>TriPlane Pilates</b> Brian	12:30-1:15pm <b>Indoor Cycling</b> Brian <b>*Space is limited</b>	12:20pm-1:05pm <b>Power Pump</b> 1:05 - 1:15pm <b>Abs</b> Brian
	1:30pm-2:15pm <b>Barre 45</b> Colleen		1:30pm-2:15pm <b>Meditation</b> Kim D.	
	4:30-5:15pm <b>Indoor Cycling</b> Brian <b>*Space is limited</b>	4:00pm-5:00pm <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> <b>Matt</b>	4:30pm-5:30pm <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> <b>Matt</b>	
5:15pm-6:00pm <b>Powerball</b> 6:00pm-6:15pm <b>Abs</b> Brian		5:15pm-6:00pm <b>Power Pump</b> 6:00pm-6:15pm <b>Abs</b> Brian		



## Class Descriptions

**Abs:** Challenging core (abdominal, lower back, obliques) strengthening exercises.

**Barre 45:** This class sculpts and strengthens the abs, glutes, and back using isometric exercises and body weight.

**Boot Camp:** Get ready for the ultimate total body workout! A class to improve your strength, agility and cardiovascular fitness. This class uses interval training techniques with different exercise stations challenging all of the major muscle groups.

**Indoor Cycling:** You will burn a ton of calories, get lean, increase lower-body strength and improve your cardiovascular endurance. Aerobic endurance intervals, anaerobic threshold intervals, anaerobic threshold intervals, hills, strength and speed play.  
**\*The class sign-up is available through the Member Online Services portal.**

**Jazzercise:** The original dance exercise phenomenon. Each 60 minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music.

**Meditation:** This instructor-led class will destress and unclog your mind through various forms of guided meditation.

**Pilates Reformer:** A class designed to transform the way your body looks, feels, and performs. It is gentle on the body, making it one of the safest, most effective ways to exercise. **\*Certain restrictions apply, see club for details.**

**Power Ball:** Group strength training class using a stability ball, free weights, bars and tubing.

**Power Pump:** Group barbell class that focuses on muscular strength and endurance.

**Tabata:** Interval training is one of the single most effective types of high intensity interval training. Tabata intervals follow this structure: Push hard for 20 seconds, rest for 10 seconds. Repeat eight times.

**Tai Chi:** Gentle continuous flowing exercises accompanied by deep breathing. It is known for its joint friendliness and stress relief benefits.

**TriPlane Pilates:** A functional approach to exercises in all three planes of motion to lengthen and strengthen muscles.

**Yoga (Hatha Style):** Guided relaxation and flexibility exercises to soothe and energize body, mind and spirit.

Class and instructors are subject to change we will do our best to communicate any changes in a timely manner. Please contact the fitness center with any questions.

**If you have questions contact the group fitness coordinator  
Kim Henry-Kuehn @ 3-1695 or e-mail her @ [kuehn.kh@pg.com](mailto:kuehn.kh@pg.com)**

**Members:**

**FREE**

**Nonmembers:**

**\$7 per class**

**P&G Employees and Spouses  
Only**