

F&HCIC March 2020 Fitness Class Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| | | | 6:15am - 7:00am Boot Camp Veronica | 6:15am - 7:15am Power Yoga Wendy |
| 11:15am - 12:00pm Power Pump Liz | 11:15am - 12:00pm Boot Camp Jen | 11:15am - 12:00pm Cardio & Abs Savannah | 11:00am - 12:00pm Hatha Yoga Diana | 11:15am - 12:00pm HIIT Jen |
| | 12:00pm - 1:00pm Hatha Yoga Diana | 12:05pm - 12:50pm Strength & Conditioning Mitchell | 12:35pm - 1:35pm Pilates Reformer* <small>Introductory Sessions Required</small> Lynne | |
| 1:15pm - 2:15p Pilates Reformer* <small>Introductory Sessions Required</small> Lynne | | | | |
| | 5:00pm - 6:00pm Venyasa Flow Yoga Melanie | 4:00pm - 5:00pm Pilates Reformer* <small>Introductory Sessions Required</small> Lynne | | |

*Space is limited and preregistration is required.



Vibrant Living
Fitness Center
Work us in... We'll work you out

Class Descriptions

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.

Cardio & Abs: This class incorporates cardio and abdominal exercises to burn maximum calories, improve endurance, and increase core strength.

Hatha Yoga: The moves flow from standing to seated poses and combine exercises with breath work to enhance the mind-body connection.

HIIT: High Intensity Interval Training (HIIT) is very effective. It uses short bursts of fast repetitions to keep the heart rate elevated through the entire class, while also incorporating strength.

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

***This class is free for all P&G employees; fitness center membership not required.**

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. Class sign-up is available through TriHealth.ClubAutomation.com.**

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

Power Yoga: A fluid, powerful style of yoga that links movement and breath together.

Strength & Conditioning: A class designed to teach the fundamentals and benefits of strength training.

Venya Flow Yoga: A blend of relaxation, flexibility and strength exercises.

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

**Members:
FREE**

**Nonmembers:
\$7 per class**

**P&G Employees and Spouses
Only**