

GO March 2020

Fitness Class Schedule

Mind Body Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:40am - 6:25am Indoor Cycling* Greg		
6:30am - 7:00am Yoga Stretch Kim	6:30pm - 7:15am HIIT Catherine	6:30am - 7:00am Yoga Stretch Kim	6:30am - 7:15am Boot Camp Roberta	
7:00am - 7:20am Mat Pilates Kim	7:00am - 8:00am Pilates Reformer* Introductory Sessions Required Kim	7:00am - 7:20am Mat Pilates Kim	7:00am - 8:00am Pilates Reformer* Introductory Sessions Required Kim	
7:30am - 8:30am Fusion Kim		7:30am - 8:30am Fusion Kim		7:45am - 8:45am Pilates Reformer* Introductory Session Required Lynne
11:00am - 11:30am Tabata Kim		11:00am - 11:30am Boot Camp Joe		11:00am - 11:45am Power Pump Joe & Catherine
11:35am - 12:35pm Zumba Veronica	11:30am - 12:15pm Indoor Cycling* Greg	11:30am - 12:15pm Barre 45 Carolina	11:30am - 12:15pm Indoor Cycling* Greg	
11:45am - 12:45pm Pilates Reformer* Introductory Sessions Required Mike	12:30pm - 1:30pm Vinyasa Flow Yoga Josie	12:00pm - 1:00pm Pilates Reformer* Introductory Sessions Required Matt	12:30pm - 1:15pm Complete Core Catherine	
		12:30pm - 1:30pm Vinyasa Flow Yoga Amber		
		1:45pm - 2:15pm Meditation Anele Free for all P&G Employees		
4:30pm - 5:15pm Cardio HIIT Jacque		4:30pm - 5:15pm Cardio Strength Circuits Jacque		
5:15pm - 5:30pm Complete Core Jacque		5:15pm - 5:30pm Complete Core Jacque		



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

Class Descriptions

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.

Cardio 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, strength with a cardio emphasis.

Cardio Strength Circuits: A combination of strength and cardio training for a high intensity total workout for maximum fat burning.

Complete Core: Train the abdominals and back for a high functioning stable and strong core.

Fusion: A high intensity total body workout that fuses 30 minutes of continuous cardio moves and 20 minutes of strength training, targeting arms, abs, and legs.

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.

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.

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

Mat Pilates: A floor class that focuses on developing core strength, flexibility, balance and stamina.

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.

Tabata: This class uses interval training where you will push hard for 20 seconds, rest for 10 seconds and repeat 8 times.

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

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

Yoga Stretch: A combination of relaxation and stretching based on yoga principles that will soothe tired and tight muscles.

Zumba: A fusion of Latin and International music dance theme create a dynamic, exciting, effective fitness system. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

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**