




# MBC March 2020

## Fitness Class Schedule

 New Class Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am - 7:00am <b>Indoor Cycling*</b> Brian	6:15am - 7:00am <b>Boot Camp</b> Brian	6:15am - 7:15am <b>High Intensity Interval Training (HIIT)</b> Brian	6:15am - 7:00am <b>Power Pump</b> Brian	6:15am - 7:00am <b>TriPlane Pilates</b> Brian
7:30am - 8:30am <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> Mike	7:00am - 7:15am <b>Complete Core</b> Brian	7:30am-8:00am <b>Run Row Lift</b> Colleen	7:00am - 7:15am <b>Complete Core</b> Brian	8:00am - 9:00am <b>Pilates Reformer*</b> <small>Introductory Session Required</small> Mike 
	8:00am - 9:00am <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> Mike 			10:00am - 11:00am <b>Tai Chi</b> Jennifer 
11:15am - 12:15pm <b>Hatha Yoga</b> Diana	11:15am - 12:15pm <b>High Intensity Interval Training (HIIT)</b> Brian	11:15am - 12:15pm <b>Jazzercise</b> Kim	11:15am - 12:15pm <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> Mike	11:15am - 12:15pm <b>Hatha Yoga</b> Diana
12:20pm - 1:20pm <b>Jazzercise</b> Kim	12:30pm - 1:15pm <b>Barre 45</b> Colleen	12:20pm - 1:05pm <b>TriPlane Pilates</b> Brian	12:30pm - 1:15pm <b>Indoor Cycling*</b> Brian	12:20pm - 1:05pm <b>Power Pump</b> Brian
	1:30pm - 2:15pm <b>Meditation</b> Parmjit <small>Free for all P&amp;G Employees</small>		1:30pm - 2:30pm <b>Yin Yoga</b> Parmjit	1:05pm - 1:20pm <b>Complete Core</b> Brian
4:00pm-4:30pm <b>Run Row Lift</b> Colleen	4:30pm - 5:15pm <b>Indoor Cycling*</b> Brian	4:00pm - 5:00pm <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> Heather	3:00pm - 4:00pm <b>Zumba</b> Leisa	
5:15pm - 6:00pm <b>Muscle Max</b> Brian		5:15pm - 6:00pm <b>Power Pump</b> Brian	4:00pm - 5:00pm <b>Pilates Reformer*</b> <small>Introductory Sessions Required</small> Matt	
6:00pm - 6:15pm <b>Complete Core</b> Brian		6:00pm - 6:15pm <b>Complete Core</b> Brian		

\*Space is limited and preregistration is required.



**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.

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

**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 training.

**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, hills, strength and speed play.

**\*Class sign-up is available through [TriHealth.ClubAutomation.com](http://TriHealth.ClubAutomation.com).**

**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.

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

**Muscle Max:** Great class for anyone who wants to add strength training to their exercise routine. Intense muscle endurance exercises utilizing a variety of equipment such as weights, balls, and tubes.

**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](http://TriHealth.ClubAutomation.com).**

**Power Pump:** Use hand weights and weighted barbells to tone and strengthen all of the major muscle groups.

**Run Row Lift:** A cardio and weight training-based class that includes treadmills and rowing machines. An intense 30 minutes that focuses on training endurance, power, and strength.

**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.

**Yin Yoga:** A quiet practice where one holds poses for a longer length of time, which is great for tight muscles. Seated poses and breath work combine to enhance the mind-body connection, ending with meditation.

**Zumba:** A cardio workout that combines dance and interval training for a fun upbeat workout.

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**