

WHBC March 2020 Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am - 7:00am Pilates Reformer* <small>Introductory Sessions Required</small> Veronica		6:00am - 7:00am RIPPED Veronica		
11:30am - 12:30pm Vinyasa Flow Yoga Mary Lou	11:30am - 12:15pm Power Pump Clarissa & Dylan	11:15am - 12:00pm Indoor Cycling Keishia	11:30am - 12:30pm Vinyasa Flow Yoga Mary Lou	11:15am - 12:00pm Indoor Cycling* Pilar
	12:35pm - 1:35pm Pilates Reformer* <small>Introductory Sessions Required</small> Lynne	12:05pm - 12:50pm Boot Camp Keisha	12:35pm - 1:20pm Metabolic Strength Conditioning Keisha	12:05pm - 12:50pm Boot Camp Dylan
12:35pm - 1:20pm HIIT Clarissa			1:20pm - 1:35pm Complete Core Keisha	
4:30pm - 5:15pm Indoor Cycling* Pilar	4:30pm - 5:45pm Mixed Levels Yoga Annie	4:30pm - 5:15pm Indoor Cycling* Pilar	4:30pm - 5:15pm Run Row Lift Clarissa	

*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.

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

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.**

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.**

Metabolic Strength Conditioning: High intensity and strength training drills that will boost calorie burn during and after your workout to build lean muscle.

Mixed Levels Yoga: A variety of yoga types are combined in this class, incorporating poses and breath work to increase the mind-body connection. All levels welcome.

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.**

RIPPED: This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Run Row Lift: A cardio and weight training-based class that includes treadmills and rowing machines. Specializes in increasing top end running speed and power production.

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.

**If you have questions contact the group fitness coordinator
Kim Henry-Kuehn at 3-1695 or e-mail her at kuehn.kh@pg.com**

**Members:
FREE**

**Nonmembers:
\$7 per class**

**P&G Employees and Spouses
Only**