

F&HCIC

Fitness Class Schedule

July				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6:15am-7:00am Boot Camp Veronica	
11:15am-12:00pm Power Pump Liz	11:15am-12:00pm Boot Camp Alvin	11:00am-12:00pm Yoga (Ashtanga) Cheri	11:00am-12:00pm Yoga (Hatha Style) Diana	11:15am-12:00pm HIIT Jen
12:00pm-12:45pm TriPlane Pilates Liz	12:00pm-12:45pm Meditation Sri	12:00pm-12:45pm Cardio & Abs Paige	12:35pm-1:35pm Pilates-Reformer* Introductory Sessions Required Lynne	
5:00pm-6:00pm Pilates-Reformer* Introductory Sessions Required Cheri	5:00pm-6:00pm Yoga (Venyasa) Erin	4:00pm-5:00pm Pilates-Reformer* Introductory Sessions Required Lynne		



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

Class Descriptions

Abs: 15 minutes of challenging abdominal & back exercises.

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!

HIIT: Short for High Intensity Interval Training, this type of training is very effective. It uses short bursts of fast repetitions to keep the heart rate elevated through the entire class, while also incorporating strength, as well.

Meditation: Instructor led class will de stress and unclog your mind through various forms of 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 Pump: A group barbell class that focuses on muscular strength & endurance.

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

Yoga (Ashtanga Style): Learn dynamic breathing, focus and a flowing progression of postures that balance the body with strength, stamina and flexibility.

Yoga (Venyasa Flow): A blend of relaxation, flexibility & strength exercises.

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 at kuehn.kh@pg.com**

**Members:
FREE**

**Nonmembers:
\$7 per class**

**P&G Employees and Spouses
Only**