

F&HCIC May 2019

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 Molly	11:15am - 12:00pm Venyasa Flow Yoga Wendy	11:00am - 12:00pm Hatha Yoga Diana	11:15am - 12:00pm HIIT Jen
		12:00pm - 12:45pm Cardio & Abs Paige	12:35pm - 1:35pm Pilates Reformer* Introductory Sessions Required Lynne	
1:15pm - 2:15p Pilates Reformer* Introductory Sessions Required Lynne		12:00pm - 12:45pm Meditation Sri Free for all P&G Employees Room: MN1C1		
	5:00pm - 6:00pm Venyasa Flow Yoga Melanie	4:00pm - 5:00pm Pilates Reformer* Introductory Sessions Required Lynne		

***The next complimentary Pilates Reformer Introductory Workshop at the F&HCIC Fitness Center will be held on Friday, May 3rd from 1:30pm - 5:30pm.**

*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. The class sign-up is available through the Member Online Services portal.**

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.

Refresh: Boost your muscle's mobility, flexibility, and function by combining stretching, foam rolling, and myofascial release. This class is an excellent pre/post workout for injury prevention and recovery. Each class will end with a 5 minute "stress buster."

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.

**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**