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Fitness Class Schedule

July				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am-7:00am Yoga Stretch Kim		6:30am-7:00am Yoga Stretch Kim		
7:00am-7:15am Resist-A-Ball Abs Kim	7:00am-8:00am Pilates-Reformer* <small>Introductory Sessions Required</small> Bobbi	7:00am-7:15am Resist-A-Ball Abs Kim	7:00am-8:00am Pilates-Reformer* <small>Introductory Sessions Required</small> Bobbi	7:00am-8:00am Pilates-Reformer* <small>Introductory Sessions Required</small> Bobbi
7:30am-8:30am Jazzercise Low Kim		7:30am-8:30am Jazzercise Low Kim		
11:00am-11:30am Tabata Rob L		11:00am-11:30am HIIT Rob L		
11:30am-12:30pm Zumba Veronica	11:30am-12:15pm Indoor Cycling Karen <i>* space limited</i>	11:30am-12:15pm Barre 45 Carolina	11:30am-12:15pm Indoor Cycling Karen <i>* space limited</i>	11:30am-12:15pm Boot Camp Rob L
12:35pm-1:35pm Pilates Reformer* <small>Introductory Sessions Required</small> Mike	12:30pm-1:30pm Yoga (Vinyasa Flow) Josie	12:30pm-1:30pm Yoga (Vinyasa Flow) Josie	12:30pm-1:15pm TriPlane Pilates Anele	
			1:30pm-2:15pm Meditation Anele	
		4:30pm-5:30pm Pilates-Reformer* <small>Introductory Sessions Required</small> Mary Lou		



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

Class Descriptions

Abs: 15 minutes of challenging abdominal & back exercises.

Abs and Back: Strength and endurance training that challenges the core.

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.

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.

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.

Jazzercise Low: The original dance exercise phenomenon with low impact. Each 60 minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music.

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.**

Resist-A-Ball Abs: 15 minutes of challenging abdominal & back exercises using the Resist-A-Ball.

Tabata: Interval training, push hard for 20 seconds, rest for 10 seconds, repeat 8 times.

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

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

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

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

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**