

# GO May 2019

## Fitness Class Schedule

Mind Body Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:40am - 6:25am Indoor Cycling* Greg		
6:30am - 7:00am Yoga Stretch Kim	6:30am - 7:15am Boot Camp Courtney	6:30am - 7:00am Yoga Stretch Kim	6:30am - 7:15am HIIT Courtney	6:30am - 7:30am Pilates Reformer* Introductory Session Required Ashley
7:00am - 7:15am Mat Pilates Kim <b>New</b>	7:00am - 8:00am Pilates Reformer* Introductory Sessions Required Ashley	7:00am - 7:15am Mat Pilates Kim <b>New</b>	7:00am - 8:00am Pilates Reformer* Introductory Sessions Required Ashley	
7:30am - 8:30am Fusion Kim <b>New</b>		7:30am - 8:30am Fusion Kim <b>New</b>		7:45am - 8:45am Pilates Reformer* Introductory Session Required Lynne
11:00am - 11:30am Tabata Kim				
11:30am - 12:30pm Zumba Veronica	11:30am - 12:15pm Indoor Cycling* Greg	11:30am - 12:15pm Barre 45 Carolina	11:30am - 12:15pm Indoor Cycling* Greg	
11:45am - 12:45pm Pilates Reformer* Introductory Sessions Required Mike	12:30pm - 1:30pm Vinyasa Flow Yoga Josie	12:00pm - 1:00pm Pilates Reformer* Introductory Sessions Required Matt	12:30pm - 1:15pm TriPlane Pilates Anele	
		12:30pm - 1:30pm Vinyasa Flow Yoga Josie	1:30pm - 2:15pm Meditation Anele Free for all P&G Employees	
4:30pm - 5:15pm Step HIIT Extreme Jacque		4:30pm - 5:15pm Metabolic Strength Conditioning Jacque		
5:15pm - 5:30pm Complete Core Jacque		5:15pm - 5:30pm Rock Bottom Jacque		

\*The next complimentary Pilates Reformer Introductory Workshop at the F&HCIC Fitness Center will be held on Friday, May 17th 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

**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.

**Fusion:** A high intensity total body workout that fuses 30 minutes of continuous cardio moves and 20 minutes of strength training, targeting arms, abs, and legs.

**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.

**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, anaerobic threshold intervals, hills, strength and speed play.

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

**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.

**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.**

**Rock Bottom:** Lunge, squat, and deadlift your way to a toned lower body.

**Step HIIT Extreme:** A total body workout jammed packed with intense interval drills utilizing steps and challenge BOSU stations.

**Tabata:** This classes uses interval training where you will push hard for 20 seconds, rest for 10 seconds and repeat 8 times.

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

**Vinyasa Flow Yoga:** A blend of relaxation, flexibility and strength exercises.

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

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

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](mailto:kuehn.kh@pg.com)**

**Members:  
FREE**

**Nonmembers:  
\$7 per class**

**P&G Employees and Spouses  
Only**