

MBC

Fitness Class Schedule

July				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am - 7:00am Indoor Cycling Brian *Space is limited	6:15am - 7:00am Boot Camp 7:00am-7:10am Abs Brian	6:15am-7:15am Tabata Brian	6:15am - 7:00am Powerball 7:00am-7:10am Abs Brian	6:15am - 7:15am TriPlane Pilates Brian
7:05am-8:05am Pilates-Reformer* <small>Introductory Sessions Required</small> Matt				10:00am-11:00am Tai Chi Jennifer
11:15am-12:15pm Yoga (Hatha Style) Diana	11:15am-12:15pm Tabata Brian	11:15-12:15pm Jazzercise Kim K.	11:15am-12:15pm Pilates-Reformer* <small>Introductory Sessions Required</small> Mike	11:15am-12:15pm Yoga (Hatha Style) Diana
12:20pm-1:05pm Power Pump 1:05 - 1:15pm Abs Brian	12:30-1:15pm Indoor Cycling Colleen *Space is limited	12:20pm - 1:05pm TriPlane Pilates Brian	12:30-1:15pm Indoor Cycling Brian *Space is limited	12:20pm-1:05pm Power Pump 1:05 - 1:15pm Abs Brian
	1:30pm-2:15pm Barre 45 Colleen		1:30pm-2:15pm Meditation Kim D.	
	4:30-5:15pm Indoor Cycling Brian *Space is limited	4:00pm-5:00pm Pilates Reformer* <small>Introductory Sessions Required</small> Matt	4:15pm-5:15pm Pilates Reformer* <small>Introductory Sessions Required</small> Kyra	
5:15pm-6:00pm Powerball 6:00pm-6:15pm Abs Brian		5:15pm-6:00pm Power Pump 6:00pm-6:15pm Abs Brian		



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

Class Descriptions

Abs: Challenging core (abdominal, lower back, oblique) strengthening exercises.

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.

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.**

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

Meditation: This instructor-led class will destress and unclog your mind through various forms of guided 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 Ball: Group strength training class using a stability ball, free weights, bars and tubing.

Power Pump: Group barbell class that focuses on muscular strength and endurance.

Tabata: Interval training is one of the single most effective types of high intensity interval training. Tabata intervals follow this structure: Push hard for 20 seconds, rest for 10 seconds. Repeat eight times.

Tai Chi: Gentle continuous flowing exercises accompanied by deep breathing. It is known for its joint friendliness and stress relief benefits.

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

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 @ kuehn.kh@pg.com**

Members:

FREE

Nonmembers:

\$7 per class

**P&G Employees and Spouses
Only**