

MBC May 2019

Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am - 7:00am Indoor Cycling* Brian	6:15am - 7:00am Boot Camp Brian	6:15am - 7:15am High Intensity Interval Training (HIIT) Brian	6:15am - 7:00am Power Pump Brian	6:15am - 7:00am TriPlane Pilates Brian
7:30am - 8:30am Pilates Reformer* <small>Introductory Sessions Required</small> Mike	7:00am - 7:15am Complete Core Brian	7:30am-8:00am Run Row Lift Colleen	7:00am - 7:15am Complete Core Brian	9:00am - 10:00am Pilates Reformer* <small>Introductory Session Required</small> Mike
	8:15am - 9:15am Pilates Reformer* <small>Introductory Sessions Required</small> Mike			10:10am - 11:10am Tai Chi Jennifer
11:15am - 12:15pm Hatha Yoga Diana	11:15am - 12:15pm High Intensity Interval Training (HIIT) Brian	11:15am - 12:15pm Jazzercise Kim	11:15am - 12:15pm Pilates Reformer* <small>Introductory Sessions Required</small> Mike	11:15am - 12:15pm Hatha Yoga Diana
12:20pm - 1:20pm Jazzercise Kim	12:30pm - 1:15pm Barre 45 Colleen	12:20pm - 1:05pm TriPlane Pilates Brian	12:30pm - 1:15pm Indoor Cycling* Brian	12:20pm - 1:05pm Power Pump Brian
	1:30pm - 2:15pm Meditation Parmjit <small>Free for all P&G Employees</small>		1:30pm - 2:30pm Yin Yoga Parmjit	1:05pm - 1:20pm Complete Core Brian
4:00pm-4:30pm Run Row Lift Colleen	4:30pm - 5:15pm Indoor Cycling* Brian	4:00pm - 5:00pm Pilates Reformer* <small>Introductory Sessions Required</small> Heather	4:00pm - 5:00pm Pilates Reformer* <small>Introductory Sessions Required</small> Matt	
5:15pm - 6:00pm Muscle Max Brian		5:15pm - 6:00pm Power Pump Brian		
6:00pm - 6:15pm Complete Core Brian		6:00pm - 6:15pm Complete Core Brian		

*The next complimentary Pilates Reformer Introductory Workshop at the MBC Fitness Center will be held on Friday, May 31st 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.

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 training.

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.

***This class is free for all P&G employees; fitness center membership not required.**

Muscle Max: Great class for anyone who wants to add strength training to their exercise routine. Intense muscle endurance exercises utilizing a variety of equipment such as weights, balls, and tubes.

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: Use hand weights and weighted barbells to tone and strengthen all of the major muscle groups.

Run Row Lift: A cardio and weight training-based class that includes treadmills and rowing machines. An intense 30 minutes that focuses on training endurance, power, and strength.

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.

Yin Yoga: A quiet practice where one holds poses for a longer length of time, which is great for tight muscles. Seated poses and breath work combine to enhance the mind-body connection, ending with meditation.

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**