

WHBC Fitness Class Schedule

July				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am-7:00am Pilates-Reformer* Introductory Sessions Required Veronica	6:00am-6:45am Indoor Cycling Greg * space limited	6:00am-7:00am RIPPED Veronica	6:00am-6:45am Indoor Cycling Greg * space limited	
				7:00am-8:00m Pilates-Reformer* Introductory Sessions Required Heather
11:15am-12:00pm Indoor Cycling Greg * space limited				11:15am-12:00 pm Indoor Cycling Pilar * space limited
12:05pm-12:50pm CORE Kim	11:30am-12:30pm Yoga Vinyasa Flow Cheri	11:15am-12:00pm Indoor Cycling Greg * space limited	11:30am-12:30pm Yoga Vinyasa Flow Cheri	
		12:05-12:50 pm Boot Camp Breon	12:35-1:20 pm Power Pump Keishia	12:05-12:50 pm Boot Camp Breon
	12:35pm-1:35pm Pilates-Reformer* Introductory Sessions Required Lynne	1:30-2:15pm Meditation Anele	1:20pm-1:35pm Abs Keishia	
4:30pm-5:15pm Indoor Cycling Pilar * space limited	5:15pm-6:15pm Yoga mixed levels Annie	4:30pm-5:15pm Indoor Cycling Pilar * space limited		
			5:45pm-6:45pm Kickboxing Rick	



Class Descriptions

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

CORE: Transform and sculpt your core with Pilates and Barre-inspired exercises.

Indoor Cycling: You will burn a ton of calories, get lean, increase lower-body strength and improve your cardiovascular endurance. Aerobic endurance intervals, hills, strength and speed play.

Kickboxing: An intense cardio class packed with jabs punches and kicks.

Medititation: This 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.**

Power Pump: A class designed for use with a barbell that focuses on muscular strength & endurance.

RIPPED: Resistance and cardio training combining intervals, power and plyometrics

Yoga (Ashtanga Style): Learn dynamic breathing, focus and a flowing progression of postures that balance the body with strength, stamina and flexibility.

Yoga(Mixed Levels): Class designed with basics & more challenging poses for beginner through intermediate students. Style is a mixture of Anusara, Ashtanga and Satchidananda approaches with some breathing & restorative practices.

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

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**