

WHBC May 2019 Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am - 7:00am Pilates Reformer* Introductory Sessions Required Veronica		6:00am - 7:00am RIPPED Veronica		
11:05pm - 11:50am Run Row Lift Breon New		11:15am - 12:00pm Indoor Cycling* Keisha	11:30am - 12:30pm Vinyasa Flow Yoga Mary Lou	11:15am - 12:00pm Indoor Cycling* Pilar
12:05pm - 12:35pm Core + Flex Jordan New	12:35pm - 1:35pm Pilates Reformer* Introductory Sessions Required Lynne	12:05pm - 12:50pm Boot Camp Breon	12:35pm - 1:20pm Metabolic Strength Conditioning Keisha	12:05pm - 12:50pm Boot Camp Breon
		1:30pm - 2:15pm Meditation Anele Free for all P&G employees	1:20pm - 1:35pm Complete Core Keisha	
4:30pm - 5:15pm Indoor Cycling* Pilar	4:30pm - 5:45pm Mixed Levels Yoga Annie New	4:30pm - 5:15pm Indoor Cycling* Pilar	4:30pm - 5:15pm Boot Camp Breon New	

*The next complimentary Pilates Reformer Introductory Workshop at the WHBC Fitness Center will be held on Friday, May 10th 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

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.

Core+Flex: Intense Pilates core routine with a focus of developing a strong core along with definition of the arms.

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.**

**Members:
FREE**

Metabolic Strength Conditioning: High intensity and strength training drills that will boost calorie burn during and after your workout to build lean muscle.

**Nonmembers:
\$7 per class**

**P&G Employees and Spouses
Only**

Mixed Levels Yoga: A variety of yoga types are combined in this class, incorporating poses and breath work to increase the mind-body connection. All levels welcome.

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.**

RIPPED: This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Run Row Lift: A cardio and weight training-based class that includes treadmills and rowing machines. Specializes in increasing top end running speed and power production.

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.

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**