

# GROUP FITNESS SCHEDULE JANUARY 2020

## CLASS DESCRIPTION

**BUNS & GUNS** Sculpt and strengthen your arms and glutes.

**CARDIO CHISEL** The first half is cardio, the second half is toning—put them together for a full workout or just take half.

**CYCLE & SCULPT EXPRESS** This class incorporates cycling to build total body and aerobic fitness and weights to build muscular strength and endurance.

**POP UP Kettlebells 101** All-levels class that introduces the basic movements of kettlebell exercises. These exercises are designed to build strength, cardiovascular endurance, and increase grip strength. These movements engage the entire body at once. \*Pop Up Kettlebells 101 will only take place in January.\*

**P90X™ LIVE** This total-body strength and cardio conditioning class helps you blast fat and build lean muscle fast. It's tough—but your instructor can show you how to modify any move, and the group motivation will help you push past your plateaus.

**PiYo™ LIVE** This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing Yoga movements. You'll even improve your balance and core power.

**POWER PUMP** This 45-minute workout challenges all your major muscle groups by using great music, an awesome instructor, and your choice of weight to inspire you to get the results you came for – and fast!

**SCORE (Strength/Cardio/Core)** Improve performance in your everyday activities with this blend of whole body functional movements. This class utilizes interval, agility, core toning, and strength movements for the athlete in all of us.

**THE WORKS** All fitness levels are invited to join. This class includes everything: cardio, weights, core training and a relaxing stretch. Come and join the fun!

**TOTAL BODY BURN** This class will always be a surprise, utilizing different equipment and different movements to deliver a tough, comprehensive strength and cardio session!

**VINYASA YOGA** This class begins with stretching and works through a series of movements, matching breath to movement. Elements of flexibility, strength, and balance are incorporated into every class.

The information provided through any onsite program is for informational purposes only and provided as part of your employee benefits. Participation in any onsite program is voluntary. The onsite team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Your health information is kept confidential in accordance with the law and will only be used to provide health and wellness recommendations as applicable. © 2018 Optum, Inc. All rights reserved. All trademarks are the property of the respective owners. 185405

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Power Pump</b> 6:15am-7:00am Lilia			<b>Total Body Burn</b> 6:15am-7:15am Annika
<b>Total Body Burn</b> 12:05pm-12:50pm Karen	<b>Cardio Chisel</b> 12:05pm-12:50pm Jessica	<b>The Works</b> 12:05pm-12:50pm Karen	<b>P90X™ LIVE</b> 12:05pm-12:50pm Stephanie <b>New Instructor!</b>	<b>Power Pump</b> 12:05pm-12:50pm James <b>New Instructor!</b>
<b>Pop Up Class!</b> <b>Kettlebells 101</b> 1pm-1:45pm Karen <b>Open to ALL</b> <b>Tenants of 1155!</b>	<b>Buns &amp; Guns</b> 1pm-1:45pm Jessica	<b>Vinyasa Yoga</b> 1pm-2pm Suzi	<b>PiYo™ LIVE</b> 1pm-1:45pm Stephanie <b>New Instructor!</b>	
<b>Cycle &amp; Sculpt Express</b> 2pm-2:45pm Kerstin <b>New Instructor!</b> <b>New Class!</b>	<b>New Class!</b> <b>P90X™ LIVE</b> 3pm-3:45pm Stephanie <b>New Instructor!</b>		<b>SCORE</b> 3pm-3:45pm Karen	

## CLASS GUIDELINES

- Classes and instructors are subject to change without notice.
- Classes are co-ed and offered on a first-come, first-served basis.
- Fitness center membership is required to participate in classes.
- If you are pregnant, have other medical changes that may affect your workout, or if it is your first time in class, please inform the instructor.
- Be considerate of the other members' exercise space.
- Reserving places is not permitted.
- Please arrive on time. For safety, no one will be permitted to enter class after the warm-up.
- Proper footwear is required.
- Please return all equipment to its proper storage area.
- If you must exit class early, please notify the instructor to let them know you are OK.
- Always work at your own pace, and HAVE FUN!