

# FITNESS CLASS SCHEDULE

Day	Time	Duration	Class	Location
<b>Monday</b>	3:30 PM - 4:30 PM	20 min	Blitz Core / Blitz Arms / Blitz Legs	EWC*
	5:30 PM - 6:30 PM	20 min	Blitz Core / Blitz Arms / Blitz Legs	EWC
	7:45 PM - 8:45 PM	20 min	Blitz Core / Blitz Arms / Blitz Legs	EWC
<b>Tuesday</b>	5:30 PM - 6:15 PM	45 - 60 min	Yoga	EWC
<b>Wednesday</b>	3:30 PM - 4:00 PM	20 - 30 min	Boot Camp	EWC
	5:30 PM - 6:00 PM	20 - 30 min	Boot Camp	EWC
	7:45 PM - 8:15 PM	20 - 30 min	Boot Camp	EWC
<b>Thursday</b>	3:30 PM - 4:00 PM	30 - 45 min	Kickboxing	EWC
	5:30 PM - 6:00 PM	30 - 45 min	Kickboxing	EWC
	7:45 PM - 8:15 PM	30 - 45 min	Kickboxing	EWC
<b>Friday</b>	5:30 PM - 6:15 PM	45 - 60 min	Zumba	EWC
	3:00 PM - 9:00 PM		Challenge Weigh-In	EWC
<b>Saturday**</b>	9:00 AM - 9:30 AM	20 - 30 min	Outdoors Boot Camp (weather permitting)	EWC
<b>Mon - Fri***</b>	3:00 PM - 9:00 PM	5 - 20+ min	Mindful Moments Guided Meditation	EWC

\* EWC: Employee Wellness Center / Location may change

\*\* Weather permitting

\*\*\* Guided Meditation: Open 3-9 PM / Subject to room availability / Appointments recommended but not required



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**TOTAL TRANSFORMATION CHALLENGE:** With over 25,000 pounds in weight loss. The “Challenge” is a proven method to help you lose weight and get stronger in as little as 3 months.

- ▶ Suitable for all levels
- ▶ Offered 3 times a year



**ZUMBA:** Join the Zumba party! A fun, vibrant dance workout that's as good for your soul as it is for your body. Get ready to move, groove, and smile your way to fitness!

- ▶ Suitable for all levels
- ▶ No dance experience needed
- ▶ 45-60 minutes of fun



**KICKBOXING:** This high-energy workout combines cardio training and martial arts for an awesome fat-burning class!

- ▶ Suitable for all levels
- ▶ 30-45 Minutes



**BLITZ:** Blitz is the solution for busy professionals who are looking for an effective workout in a short period of time.

- ▶ Suitable for all levels
- ▶ 20 minutes each muscle group
- ▶ New workout every week



**SPEEDLINE:** A full-body circuit workout that combines cardiovascular and strength training in 30 minutes or less.

- ▶ Suitable for all levels
- ▶ Fully customizable
- ▶ 30 minutes or less



**BOOTCAMPs:** Develop your strength, stamina and speed with a variety of exercises like weight lifting, calisthenics, and plyometrics.

- ▶ Suitable for all levels
- ▶ 20-30+ minutes
- ▶ New workout every week



**YOGA:** Unwind and rejuvenate with yoga. Explore the balance of body and mind through gentle stretches, deep breathing, and relaxation. Find your inner peace and strength in every session.

- ▶ Suitable for all levels
- ▶ Must bring a mat



**MINDFUL MOMENTS:** Discover inner peace with Mindful Moments. Brief guided meditations to reduce stress and enhance clarity. Find tranquility and well-being in just a few minutes.

- ▶ Suitable for all levels
- ▶ No appointment necessary
- ▶ Beautiful tranquil room



**1:1 COACHING:** Get custom workouts and tailored nutrition plans to fit your goals and schedule. Stop by the gym for details.

- ▶ Suitable for all levels
- ▶ Fully customizable
- ▶ Online training available



**FULL GYM:** From cardio equipment like treadmills and ellipticals to weight machines and everything in between. The Employee Wellness Center has it all!

- ▶ Free Membership
- ▶ Lockers and showers
- ▶ Personal Training included free!

