

January 2022

Power UP Fitness Center

VIRTUAL Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 – 7:50a Microsoft Teams Morning Mobility Jarrod	7:30 – 7:50a Microsoft Teams Morning Mobility Matt	7:30 – 7:50a Microsoft Teams Morning Mobility Jarrod	7:30 – 7:50a Microsoft Teams Morning Mobility Cody	7:30 – 7:50a Microsoft Teams Morning Mobility Emma
	9:00 – 9:20a Microsoft Teams PDR Matt		9:00 – 9:20a Microsoft Teams PDR Cody	9:00 – 9:25a Microsoft Teams Friday Morning Fuel – Jan 7 Matt
10:50 – 10:55a Microsoft Teams Virtual Stretch Break Cody	10:50 – 10:55a Microsoft Teams Virtual Stretch Break Jarrod	10:50 – 10:55a Microsoft Teams Virtual Stretch Break Jarrod	10:50 – 10:55a Microsoft Teams Virtual Stretch Break Emma	10:50 – 10:55a Microsoft Teams Virtual Stretch Break Cody
11:15 – 11:30a Microsoft Teams Unravel Cody	11:15 – 11:30a Microsoft Teams Unravel Jarrod	11:15 – 11:30a Microsoft Teams Unravel Chris	11:15 – 11:30a Microsoft Teams Unravel Emma	11:15 – 11:30a Microsoft Teams Unravel Cody
11:35 – 12:00p Microsoft Teams Full Body Blast Emma	11:35 – 12:00p Microsoft Teams Full Body Blast Cody	11:35 – 12:00p Microsoft Teams Full Body Blast Chris	11:35 – 12:00p Microsoft Teams Full Body Blast Matt	11:35 – 12:00p Microsoft Teams Full Body Blast Jarrod
12:05 – 12:20p Microsoft Teams Abs Emma	12:05 – 12:20p Microsoft Teams Abs Cody	12:05 – 12:20p Microsoft Teams Abs Chris	12:05 – 12:20p Microsoft Teams Abs Matt	12:05 – 12:20p Microsoft Teams Abs Jarrod
12:25 – 12:50p Microsoft Teams Kettlebell Chris	12:25 – 12:50p Microsoft Teams Kettlebell Chris	12:25 – 12:50p Microsoft Teams Kettlebell Emma	12:25 – 12:50p Microsoft Teams Kettlebell Jarrod	12:25 – 12:50p Microsoft Teams Kettlebell Matt
1:50 – 1:55p Microsoft Teams Virtual Stretch Break Chris	1:50 – 1:55p Microsoft Teams Virtual Stretch Break Emma	1:50 – 1:55p Microsoft Teams Virtual Stretch Break Emma	1:50 – 1:55p Microsoft Teams Virtual Stretch Break Matt	1:50 – 1:55p Microsoft Teams Virtual Stretch Break Chris
4:00 – 4:25p Microsoft Teams EQUIPPED Chris		4:00 – 4:25p Microsoft Teams EQUIPPED Matt		4:00 – 4:25p Microsoft Teams EQUIPPED Team Exos

VIRTUAL Group Exercise Schedule

Abs

Grab a quick abdominal class – 15 minutes of nonstop core action. No extra equipment needed!

EQUIPPED

You have invested in some exercise equipment for home – let's use it! Improve strength, stamina, and coordination in this equipment-based class. Dumbbells and/or kettlebells recommended. All levels welcome!

Friday Morning Fuel

Join Coach Matt in adding a little fun to your Friday morning routine. Learn recipe demos, cooking tips and tricks, as well as a wealth of nutritional information!

Full Body Blast

A full-body cardio and resistance training virtual class using just your body and household items to enhance your balance, coordination, and overall endurance – all in the comfort of your own living room!

Kettlebell

Learn how to swing, press, pull, hinge, and flow with this strength + endurance class. Kettlebells recommended. Can be modified with dumbbells. All skill levels welcome

Morning Mobility

Get your day started with some low-impact movement! Shake off the stiffness, increase your blood flow, and start your day on the right side of the bed.

PDR

Resistance Bands: The pièce de *resistance* of resistance training. Join this total-body workout class to learn how to effectively use various kinds of resistance bands to increase strength, mobility, and power. Resistance band(s) required.

Unravel

Improve range of motion in 15 minutes while learning techniques to improve posture, prevent injury, and reduce muscle soreness in this deep stretching class.

Virtual Stretch Break

Take a break, you've earned it! Taking five minutes to get up, breathe, and move will give you energy and focus to perform at your best. Virtual stretch breaks are designed to help you improve your posture, release tension, and feel more confident, all without the need to change out of your work attire.