

GROUP FITNESS
SCHEDULENOV
2022

Monday

Tuesday

Wednesday

Thursday

Friday

7:00 – 7:20a

GEX Studio, MS Teams

Morning Mobility

Matt

7:00 – 7:20a

GEX Studio, MS Teams

Morning Mobility

Yong

10:50 – 10:55a

Microsoft Teams

**Virtual
Stretch Break**

Matt

10:50 – 10:55a

Microsoft Teams

**Virtual
Stretch Break**

Mary

10:50 – 10:55a

Microsoft Teams

**Virtual
Stretch Break**

Paul

10:50 – 10:55a

Microsoft Teams

**Virtual
Stretch Break**

Yong

10:50 – 10:55a

Microsoft Teams

**Virtual
Stretch Break**

Matt

11:15 – 11:30a

GEX Studio, MS Teams

Unravel

Paul

11:15 – 12:00p

GEX Studio, MS Teams

YogaFit®

Mary

11:15 – 11:30a

GEX Studio, MS Teams

Unravel

Matt

11:00 – 12:00p

GEX Studio, MS Teams

Yoga

Stephen

11:15 – 11:30a

GEX Studio, MS Teams

Unravel

Team Exos

11:35 – 12:00p

GEX Studio

Bootcamp

Paul

11:35 – 12:00p

GEX Studio, MS Teams

KB HIIT

Matt

11:35 – 12:00p

GEX Studio, MS Teams

Full Body Blast

Team Exos

12:05 – 12:20p

GEX Studio, MS Teams

Core

Mary

12:05 – 12:20p

GEX Studio, MS Teams

Core

Yong

12:30 – 1:00p

Power UP Fitness Center

Technique Tuesday

Yong

*Reg Required

1:50 – 1:55p

Microsoft Teams

**Virtual Stretch
Break**

Yong

1:50 – 1:55p

Microsoft Teams

**Virtual Stretch
Break**

Paul

1:50 – 1:55p

Microsoft Teams

**Virtual Stretch
Break**

Mary

1:50 – 1:55p

Microsoft Teams

**Virtual Stretch
Break**

Paul

5:00 – 5:30p

GEX Studio, MS Teams

Roll Model® Method

Tiffany

5:00 – 5:30p

Power UP Fitness Center

LIFT

Paul

Special Events

Friday Morning Fuel

Friday, November 4. 9:00 – 9:25a

Join Coach Mary 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! This month we'll be talking about how to sneak in some vegetables into your dishes

Power UP Open House

Stop in the fitness center anytime between 5:30am – 8:00pm to see our offerings and grab a free gift!*

*After claiming your free membership

Class Descriptions

Core

Grab a quick 15 minute workout hitting abs, low back, glutes, and hips. Nonstop core action and no extra equipment needed!

Bootcamp

A combination of high-intensity cardiovascular and muscular conditioning exercises to provide you with the ultimate workout! Never the same class and great for all levels. Come unleash your inner athlete!

Full Body Blast

A full body resistance training class using hand weights, bands, and body weight to enhance your balance, coordination & overall strength.

LIFT

Build and tone muscle with a combination of barbells, dumbbells, resistance bands, and more with this 30-minute, total body weightlifting workout.

KB HIIT

Learn how to swing, press, pull, hinge, and flow with this kettlebell strength + endurance class. All skill levels welcome

Morning Mobility

Get your day started with some low-impact movement! Shake off the stiffness, increase your blood flow, and improve your active range of motion

Roll Model® Method

The Roll Model Method is a soft-tissue conditioning, self-care fitness format that uses various Roll Model® Therapy Balls for self-myofascial release (self-massage). Relieve chronic pain and address over used, underused, and misused connective tissue to improve pain, posture, and performance.

Technique Tuesday

A more in depth look at compound exercises, particularly those involving a barbell. Discover tailored warm-up drills, cues, and techniques to help you build confidence and master those movements!

Unravel

Improve range of motion in 15 minutes while learning techniques to improve posture, prevent injury, and reduce muscles 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.

Yoga

The most widely practiced form of yoga in the world, Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength, flexibility, and relaxation.

YogaFit®

YogaFit® is modern fitness yoga that intertwines fitness moves with basic yoga postures in a heat building and flowing sequence leading to relaxing stretches and a rest segment.