

GROUP FITNESS SCHEDULE

**MAR
2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6:30 – 6:55a GEX Studio IMPACT Team Exos</p>	<p>6:30 – 6:55a GEX Studio IMPACT Team Exos</p>	<p>6:30 – 6:55a GEX Studio IMPACT Team Exos</p>	<p>6:30 – 6:55a GEX Studio IMPACT Team Exos</p>	<p>6:30 – 6:55a GEX Studio IMPACT Team Exos</p>
<p>7:00 – 7:25a GEX Studio IMPACT Team Exos</p>	<p>7:00 – 7:25a GEX Studio IMPACT Team Exos</p>	<p>7:00 – 7:25a GEX Studio IMPACT Team Exos</p>	<p>7:00 – 7:25a GEX Studio IMPACT Team Exos</p>	
<p>10:50 – 10:55a Microsoft Teams Virtual Stretch Break Becca</p>	<p>10:50 – 10:55a Microsoft Teams Virtual Stretch Break Mary</p>	<p>10:50 – 10:55a Microsoft Teams Virtual Stretch Break Paul</p>	<p>10:50 – 10:55a Microsoft Teams Virtual Stretch Break Yong</p>	<p>10:50 – 10:55a Microsoft Teams Virtual Stretch Break Matt</p>
<p>11:15 – 11:30a GEX Studio, MS Teams Unravel Paul</p>	<p>11:15 – 12:00p GEX Studio, MS Teams YogaFit® Mary</p>	<p>11:15 – 11:30a GEX Studio, MS Teams Unravel Matt</p>	<p>11:00 – 12:00p GEX Studio, MS Teams Yoga Stephen</p>	<p>11:15 – 11:30a GEX Studio, MS Teams Unravel Becca</p>
<p>11:35 – 12:00p GEX Studio Bootcamp Paul</p>	<p>11:35 – 12:00p GEX Studio, MS Teams KB HIIT Matt</p>	<p>11:35 – 12:00p GEX Studio, MS Teams KB HIIT Matt</p>	<p>11:35 – 12:00p GEX Studio, MS Teams Full Body Blast Becca</p>	
	<p>12:05 – 12:20p GEX Studio, MS Teams Core Becca</p>		<p>12:05 – 12:20p GEX Studio, MS Teams Core Yong</p>	
	<p>12:15 – 12:45p Basketball Court Conditioning Camp Paul</p>		<p>12:15 – 12:45p Basketball Court Conditioning Camp Becca</p>	
<p>1:50 – 1:55p Microsoft Teams Virtual Stretch Break Yong</p>	<p>1:50 – 1:55p Microsoft Teams Virtual Stretch Break Becca</p>	<p>1:50 – 1:55p Microsoft Teams Virtual Stretch Break Mary</p>	<p>1:50 – 1:55p Microsoft Teams Virtual Stretch Break Paul</p>	
	<p>3:15 – 3:45p Basketball Court Conditioning Camp Becca</p>		<p>3:15 – 3:45p Basketball Court Conditioning Camp Paul</p>	
	<p>4:30 – 5:00p GEX Studio, MS Teams Roll Model® Method Tiffany</p>			

Special Events

Friday Morning Fuel – EVERY FRIDAY IN MARCH. 9:00 – 9:25a

Join each of your Exos Coaches in adding a little fun to your Friday morning routine during National Nutrition Month. Learn recipe demos, cooking tips and tricks, as well as a wealth of nutritional information!

Class Descriptions

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!

Conditioning Camp

In preparation for the upcoming intramural basketball season, this two-times a week, six-week program combines skill development and fitness allowing participants to translate skills to the game of basketball. Not playing in the upcoming season? You'll still benefit from this class!

Core

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

Full Body Blast

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

IMPACT

A group exercise + personal training hybridization, IMPACT follows a progressive program that will help reduce the risk of injury, improve muscular function, and increase cardio respiratory capacity. Join the class 2x, 3x, or 5x a week for a consistent workout routine.

* Sign-up required

KB HIIT

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

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.

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.