

GROUP FITNESS
SCHEDULEDEC
2023

Monday

6:30 – 6:55a

GEX Studio
IMPACT
Team Exos

Tuesday

6:30 – 6:55a

GEX Studio
IMPACT
Team Exos

Wednesday

6:30 – 6:55a

GEX Studio
IMPACT
Team Exos

Thursday

6:30 – 6:55a

GEX Studio
IMPACT
Team Exos

Friday

6:30 – 6:55a

GEX Studio
IMPACT
Team Exos

7:00 – 7:20a

GEX Studio, Exos Fit App
Morning Mobility
Yong

10:50 – 10:55a

Exos Fit App
Virtual Stretch Break
Paul

10:50 – 10:55a

Exos Fit App
Virtual Stretch Break
Mary

10:50 – 10:55a

Exos Fit App
Virtual Stretch Break
Anayely

10:50 – 10:55a

Exos Fit App
Virtual Stretch Break
Matt

10:50 – 10:55a

Exos Fit App
Virtual Stretch Break
Yong

11:15 – 11:30a

GEX Studio, Exos Fit App
Unravel
Anayely

11:15 – 12:00p

GEX Studio, Exos Fit App
YogaFit®
Mary

11:15 – 11:30a

GEX Studio, Exos Fit App
Unravel
Matt

11:00 – 12:00p

GEX Studio, Exos Fit App
Yoga
Stephen

11:15 – 11:30a

GEX Studio, Exos Fit App
Unravel
Team Exos

11:35 – 12:00p

GEX Studio
Bootcamp
Paul

11:35 – 12:00p

GEX Studio, Exos Fit App
KB HIIT
Matt

11:35 – 12:00p

GEX Studio, Exos Fit App
Full Body Blast
Team Exos

12:05 – 12:20p

GEX Studio
Core & More
Paul

12:05 – 12:20p

GEX Studio, Exos Fit App
Core
Mary

12:05 – 12:20p

GEX Studio
Core & More
Matt

12:05 – 12:20p

GEX Studio, Exos Fit App
Core
Anayely

1:50 – 1:55p

Exos Fit App
Virtual Stretch Break
Yong

1:50 – 1:55p

Exos Fit App
Virtual Stretch Break
Anayely

1:50 – 1:55p

Exos Fit App
Virtual Stretch Break
Mary

1:50 – 1:55p

Exos Fit App
Virtual Stretch Break
Paul

Special Events

Friday Morning Fuel – Friday, December 1. 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 **2023's Trending Food Topics**– you won't want to miss it!

4th Quarter Challenge – October 16–December 31, 2023

Need a little motivation to finish the year strong? Gather your co-workers and family members and join in on this exciting new Exos Fit Team Challenge! 🏆 All you need to do is participate in ANY genre of activity over the next three months with a team of your choosing and you're guaranteed to finish 2023 out with a bang! Register via the **Exos Fit App** under the Challenges tab

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!

Core

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

Core & More

An alternate version of core class that includes non-conventional "abs" movements, while incorporating shoulders and hips into the mix. If you like to spice things up, you won't want to miss this class!

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

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

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.