

GROUP FITNESS SCHEDULE

APR 2024

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 6:55a GEX Studio IMPACT <i>Paul</i>	6:30 – 6:55a GEX Studio IMPACT <i>Mary</i>	6:30 – 6:55a GEX Studio IMPACT <i>Team Exos</i>	6:30 – 6:55a GEX Studio IMPACT <i>Matt</i>	6:30 – 6:55a GEX Studio IMPACT <i>Yong</i>
				7:00 – 7:20a GEX Studio, Exos App Morning Mobility <i>Yong</i>
10:50 – 10:55a Exos App/Teams Virtual Stretch Break <i>Paul</i>	10:50 – 10:55a Exos App/Teams Virtual Stretch Break <i>Mary</i>	10:50 – 10:55a Exos App/Teams Virtual Stretch Break <i>Team Exos</i>	10:50 – 10:55a Exos App/Teams Virtual Stretch Break <i>Matt</i>	10:50 – 10:55a Exos App/Teams Virtual Stretch Break <i>Yong</i>
11:15 – 11:30a GEX Studio, Exos App Unravel <i>Paul</i>	11:15 – 12:00p GEX Studio, Exos App YogaFit® <i>Mary</i>	11:15 – 11:30a GEX Studio, Exos App Unravel <i>Matt</i>	11:00 – 12:00p GEX Studio, Exos App Yoga <i>Stephen</i>	11:15 – 11:30a GEX Studio, Exos App Unravel <i>Team Exos</i>
11:35 – 12:00p GEX Studio Bootcamp <i>Paul</i>		11:35 – 12:00p GEX Studio, Exos App KB HIIT <i>Matt</i>		11:35 – 12:00p GEX Studio, Exos App Full Body Blast <i>Team Exos</i>
12:05 – 12:20p GEX Studio Core & More <i>Paul</i>	12:05 – 12:30p GEX Studio IMPACT <i>Team Exos</i>	12:05 – 12:20p GEX Studio Core & More <i>Matt</i>	12:05 – 12:30p GEX Studio IMPACT <i>Team Exos</i>	12:05 – 1:00p GEX Studio Chinese Dance <i>Shasha</i>  Premium Class
1:50 – 1:55p Exos App/Teams Virtual Stretch Break <i>Yong</i>	1:50 – 1:55p Exos App/Teams Virtual Stretch Break <i>Team Exos</i>	1:50 – 1:55p Exos App/Teams Virtual Stretch Break <i>Mary</i>	1:50 – 1:55p Exos App/Teams Virtual Stretch Break <i>Paul</i>	

Special Events

Friday Morning Fuel - Every Friday*. 9:00 – 9:30a

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 learning about **Gourmet Instant Noodles**- you won't want to miss it! *This class is live on the first Friday of the month and an encore streaming the remaining Fridays

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!

Chinese Dance

Led by professional Chinese dance instructor, Shasha, learn basic postures, moves, and turns to build a strong foundation in Chinese dance.

By the end of the spring sessions, you'll have learned an entire dance routine, showcasing the beauty and elegance of China's diverse dance heritage. Whether you're a novice or a seasoned dancer, join us!

* Payment required to take class. Register via MBO

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.