

Lenovo

GROUP EXERCISE SCHEDULE

MONDAY	IMPACT 6:30-6:55am Paul Fitness Center	RECHARGE BREAK 10:50-10:55am Paul Exos App/Teams	UNRAVEL 11:15-11:30am Paul Hybrid	BOOTCAMP 11:35-12:00pm Paul GEX Studio	CORE & MORE 12:05-12:20pm Paul GEX Studio	RECHARGE BREAK 1:50-1:55pm Yong Exos App/Teams	RUN CLUB 3:00-3:40pm Yong Fitness Center
TUESDAY	IMPACT PLUS 6:00-6:55am Marcus Fitness Center	RECHARGE BREAK 10:50-10:55am Mary Exos App/Teams	YOGA 11:00-12:00pm Peiwei Hybrid	IMPACT 12:05-12:30pm Mary GEX Studio	RECHARGE BREAK 1:50-1:55pm Marcus Exos App/Teams		
WEDNESDAY	IMPACT 6:30-6:55am Mary Fitness Center	RECHARGE BREAK 10:50-10:55am Marcus Exos App/Teams	UNRAVEL 11:15-11:30am Marcus Hybrid	KETTLEBELL STRENGTH 11:35-12:00pm Marcus GEX Studio	KETTLEBELL CONDITIONING 12:05-12:30pm Marcus GEX Studio	RECHARGE BREAK 1:50-1:55pm Mary Exos App/Teams	OLYMPIC WEIGHT-LIFTING 4:00-4:40pm Yong Fitness Center
THURSDAY	IMPACT PLUS 6:00-6:55am Yong Fitness Center	RUN CLUB 7:30-8:10am Yong Fitness Center	RECHARGE BREAK 10:50-10:55am Matt Exos App/Teams	YOGA 11:00-12:00pm Stephen Hybrid	IMPACT 12:05-12:30pm Marcus GEX Studio	RECHARGE BREAK 1:50-1:55pm Paul Exos App/Teams	
FRIDAY	IMPACT 6:30-6:55am Yong Fitness Center	MORNING MOBILITY 7:00-7:20am Yong Hybrid	RECHARGE BREAK 10:50-10:55am Yong Exos App/Teams	UNRAVEL 11:15-11:30am Yong Hybrid	FULL BODY BLAST 11:35-12:00pm Yong Hybrid		

Get access to 400+ on-demand classes via the **Exos App**. Register with your work email address.



For more information, contact
PowerUP@Lenovo.com

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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 & 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.
KETTLEBELL CONDITIONING	Learn how to swing, press, pull, hinge, and flow with this kettlebell conditioning class. All skill levels welcome
KETTLEBELL STRENGTH	Learn how to swing, press, pull, hinge, and squat to improve your strength using just kettlebells. All skill levels welcome
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. Limited to 5 participants per class
IMPACT PLUS	Everything you love about IMPACT, but extended! Get a full workout following the Exos Training System to improve mobility, strength, power, and Energy Systems Development (ESD). Join the class regularly for a consistent workout routine. First timers are always welcome! * Sign-up required. Limited to 5 participants per class
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
OLYMPIC WEIGHTLIFTING	Learn the skill of performing the barbell snatch and the barbell clean and jerk movements. Workouts provided by the coach.
RECHARGE BREAK	These re-engineered versions of the classic 5-10 minute stretch break include holistic activities like visualization, breathwork, and flow state activities in addition to movement. These microbreaks are designed to get your brain & body ready
RUN CLUB	Join us for indoor (treadmill) and outdoor runs (RTP Trails) where you learn how to train different heart rate zones, perform interval runs, and train for races.
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.
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.