

# GROUP EXERCISE SCHEDULE

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

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For more information, contact  
PowerUP@Lenovo.com

# 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. *Payment required to take class. Register via MBO. *This class is taught in Mandarin
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. <b>* Sign-up required. Limited to 5 participants per class</b>
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! <b>* Sign-up required. Limited to 5 participants per class</b>
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.