

# GROUP EXERCISE SCHEDULE

<b>MONDAY</b>	<b>IMPACT PLUS</b> 6:00-6:55am Paul Fitness Center	<b>RECHARGE BREAK</b> 10:50-10:55am Paul Exos App/Teams	<b>PILLAR STRENGTH</b> 11:15-11:30am Paul GEX Studio	<b>BOOTCAMP</b> 11:35-12:00pm Paul GEX Studio	<b>UNRAVEL</b> 12:05-12:20pm Paul Hybrid	<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>YOGA</b> 11:00-12:00pm Peiwei Hybrid	<b>STRENGTH LAB</b> 12:05-12:30pm Mary GEX Studio <i>NEW!</i>	<b>RECHARGE BREAK</b> 1:50-1:55pm Marcus Exos App/Teams		
<b>WEDNESDAY</b>	<b>IMPACT PLUS</b> 6:00-6:55am Mary Fitness Center	<b>RECHARGE BREAK</b> 10:50-10:55am Matt Exos App/Teams	<b>PILLAR STRENGTH</b> 11:15-11:30am Marcus GEX Studio	<b>TOTAL CONDITIONING</b> 11:35-12:30pm Marcus GEX Studio	<b>OLYMPIC WEIGHTLIFTING</b> 4:00-4:40pm Yong Fitness Center	
<b>THURSDAY</b>	<b>IMPACT PLUS</b> 6:00-6:55am Matt Fitness Center	<b>YOGA</b> 11:00-12:00pm Stephen Hybrid	<b>STRENGTH LAB</b> 12:05-12:30pm Marcus GEX Studio <i>NEW!</i>	<b>RECHARGE BREAK</b> 1:50-1:55pm Mary Exos App/Teams	<b>TOTAL CONDITIONING</b> 3:00-3:55pm Marcus GEX Studio	<b>PILLAR STRENGTH</b> 4:00-4:15pm Marcus GEX Studio
<b>FRIDAY</b>	<b>IMPACT PLUS</b> 6:00-6:55am 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>PILLAR STRENGTH</b> 11:15-11:30am Yong GEX Studio	<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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# CLASS DESCRIPTIONS

<b>BOOTCAMP</b>	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!
<b>CHINESE DANCE</b>	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
<b>FULL BODY BLAST</b>	A full body resistance training class using hand weights, bands, and body weight to enhance your balance, coordination & overall strength.
<b>PILLAR STRENGTH</b>	Your core is just the beginning. This 15-minute class targets your entire pillar — core, shoulders, and hips — through mobility, stability, and control work that builds strength from the inside out.
<b>IMPACT PLUS</b>	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
<b>MORNING MOBILITY</b>	Get your day started with some low-impact movement! Shake off the stiffness, increase your blood flow, and improve your active range of motion
<b>OLYMPIC WEIGHTLIFTING</b>	Learn the skill of performing the barbell snatch and the barbell clean and jerk movements. Workouts provided by the coach.
<b>RECHARGE BREAK</b>	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
<b>RUN CLUB</b>	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.
<b>STRENGTH LAB</b>	Build strength that works. Hit all of your body's major movement patterns — presses, pulls, hinges, squats, and lunges — with functional strength work and a touch of athletic conditioning for a complete performance session.
<b>TOTAL CONDITIONING</b>	Power. Endurance. Total-body results. Push through high-intensity intervals, explosive movements, and full-body circuits that ignite your metabolism and build real endurance.
<b>UNRAVEL</b>	Improve range of motion in 15 minutes while learning techniques to improve posture, prevent injury, and reduce muscles soreness in this deep stretching class.
<b>YOGA</b>	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.