

GROUP EXERCISE SCHEDULE

MONDAY	IMPACT PLUS 6:00-6:55am Paul Fitness Center		RECHARGE BREAK 10:50-10:55am Paul Exos App/Teams		PILLAR STRENGTH 11:15-11:30am Paul GEX Studio		BOOTCAMP 11:35-12:00pm Paul GEX Studio		UNRAVEL 12:05-12:20pm Paul Hybrid	
TUESDAY	IMPACT PLUS 6:00-6:55am Marcus Fitness Center		YOGA 11:00-12:00pm Peiwei Hybrid		STRENGTH LAB 12:05-12:30pm Mary GEX Studio		RECHARGE BREAK 1:50-1:55pm Marcus Exos App/Teams			
WEDNESDAY	IMPACT PLUS 6:00-6:55am Mary Fitness Center		RECHARGE BREAK 10:50-10:55am Team Exos Exos App/Teams		TOTAL CONDITIONING 11:35-12:30pm Marcus GEX Studio		BARBELL CLUB 4:00-4:40pm Marcus Fitness Center			
THURSDAY	IMPACT PLUS 6:00-6:55am Marcus Fitness Center		YOGA 11:00-12:00pm Stephen Hybrid		STRENGTH LAB 12:05-12:30pm Marcus GEX Studio		RECHARGE BREAK 1:50-1:55pm Mary Exos App/Teams		TOTAL CONDITIONING 3:00-3:55pm Morgan GEX Studio	
FRIDAY	IMPACT PLUS 6:00-6:55am Marcus Fitness Center		RECHARGE BREAK 10:50-10:55am Team Exos Exos App/Teams		FULL BODY BLAST 11:35-12:00pm Marcus Hybrid		WAIST MANAGEMENT 12:05-12:20pm Marcus GEX Studio			

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PowerUP@Lenovo.com

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CLASS DESCRIPTIONS

BARBELL CLUB	Are you looking to build strength, refine your technique, or just connect with like-minded lifters? Whether you're a seasoned lifter or looking to learn the basics, this is a great environment to work on your goals. Come by to get a great workout and build your confidence in the weight room.
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!
CALISTHENICS CLUB	This all-levels workout focuses on building strength, mobility, endurance, and body control using primarily bodyweight exercises. Whether you're just getting started or looking to advance your skills, everyone is welcome.
FULL BODY BLAST	A full body resistance training class using hand weights, bands, and body weight to enhance your balance, coordination & overall strength.
IMPACT PLUS	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
PILLAR STRENGTH  Exos Signature Class	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.
RECHARGE BREAK  Exos Signature Class	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
STRENGTH LAB  Exos Signature Class	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.
TOTAL CONDITIONING	Power. Endurance. Total-body results. Push through high-intensity intervals, explosive movements, and full-body circuits that ignite your metabolism and build real endurance.
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.
WAIST MANAGEMENT	Build a stronger center in just 15 minutes. This quick, effective class uses pillar-focused exercises to improve core strength, stability, posture, and movement efficiency. Open to all fitness levels.
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.