

RE-ENERGIZE.

Virtual Group Ex Schedule via Microsoft Teams

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30a – 6a	Full Body Blast James		Full Body Blast Jordan		Dumbbell Strong Dianna
9:30a – 10a				Mid-Morning Mellow Laura	
12p – 12:10p		Afternoon Refresh Chris			
2p – 2:10p			Afternoon Refresh Laura		
4:30p – 5p	Dumbbell Strong Jake	HEAT Anna B		Dumbbell Strong Cole	
6:30p – 7p			Dumbbell Strong Cole		

*To register, email your name to elp_wellness_center@ham.honda.com with the classes that you would like to attend for the week. We will respond with a month long series of Microsoft Team invites for each class you choose. You will use the information sent on your calendar invite to attend the class.

CLASS DESCRIPTIONS

Full Body Blast: A well-rounded workout that focuses on full body strength combined with a little bit of cardio.

Mid-Morning Mellow: A full body stretching and activation routine that gets you moving and ready for the rest of your day.

HEAT: This HIIT workout is the perfect way to finish your workday! Get your heart pounding and feel the burn in the heat of the afternoon!

Afternoon Refresh: Kick your post lunch slump with a quick full body rejuvenating stretch.

Dumbbell Strong: Simplify strength with a pair of dumbbells. This total body strength class will keep your metabolism revved up all day long!

Friday Finisher: Finish your week on a high note! This circuit based class hits it all as you come cruising in toward your weekend!

For more information about our group exercise schedule and membership, email elp_wellness_center@ham.honda.com or visit www.hondawellness.com

