

# 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  Yoga Kara	Kickboxing Kara		Dumbbell Strong Cole	
5:15p – 5:45p			Yoga Laura		
6:30p – 7p			Dumbbell Strong Cole		

\*To register, email your name to [elp\\_wellness\\_center@ham.honda.com](mailto: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.

**Kickboxing:** An invigorating cardio workout that will have you jabbing, upper cutting, and kicking your way to a stronger body.

**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!

**Yoga:** Efficiently build strength and flexibility, all while bringing your body into a state of harmony with controlled breathing, stretches, and bodyweight poses.

For more information about our group exercise schedule and membership, email [elp\\_wellness\\_center@ham.honda.com](mailto:elp_wellness_center@ham.honda.com) or visit [www.hondawellness.com](http://www.hondawellness.com)

