

RE-ENERGIZE.



Connect to Your Wellbeing

Remember to log into Connect to Your Wellbeing and look for ways you can track your wellness center activities to earn points.

“2 Days of Strength Training” - “Start a Yoga Practice” - “150 Minutes of Exercise per Week” are some of the activities in which you can track your participation.

Visit wellbeing.honda.com for more information

Virtual Group Ex Schedule via Microsoft Teams

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:30a – 6a	Full Body Blast James		Full Body Blast Jordan		5:30a	Core Blast (15 mins) Dianna
					5:50a	Morning Refresh (10 mins) Dianna
9:30a – 10a				Yo-Chi Laura		
12p – 12:30p	Home Fit Hannah	Summer Shape Up *New series Jordan/Mike	Cardio Mix Callie	Summer Shape Up *New series Callie/Chris		Yoga Callie
12:35p – 12:50p	Core Blast Hannah		Core Blast Hannah			
2p – 2:10p		Afternoon Refresh Chris		Afternoon Refresh Laura		
4:30p – 5p	Home Fit Jake	Kickboxing Kara		Yoga Kara		
5:15p – 5:45p			Yoga Laura	Home Fit 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 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.

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

Home Fit: Simplify strength with a pair of dumbbells or household items (soup cans, laundry detergent, or bookbag). This total body strength class will keep your metabolism revved up all day long.

Morning/Afternoon Refresh: Start your day or kick your post lunch slump with a quick full body rejuvenating stretch.

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

Core Blast: Wake up your abs with this 15-minute class. The different exercises are designed to sculpt your entire core.

Cardio Mix: Get your heart rate up with intervals of high and low intensity using just your body weight!

Yo-Chi: A fusion of Yoga and TaiChi created by Lawrence Biscontini. It is a mind-body workout that will strengthen, lengthen, and calm the whole body.

Summer Shape Up: This summer series is a balanced approach to improve strength. Dumbbells are required and it is recommended that you attend both days to maximize results. See schedule below.

Tues. June 1st: **PUSH** | Thurs. June 3rd: **PULL**

Tues. June 8th: **PULL** | Thurs. June 10th: **PUSH**

Tues. June 15th: **UPPER BODY** | Thurs. June 17th: **LOWER BODY**

Tues. June 22nd: **LOWER BODY** | Thurs. June 24th: **UPPER BODY**

