

October/November 2021

RE-ENERGIZE.

Virtual Group Exercise Schedule

Register to access classes via Microsoft Teams

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45a – 6:15a	Full Body Blast Hannah		Full Body Blast Jordan		5:30a Core Blast (15 mins) Kara
					5:50a Morning Refresh (10 mins) Kara
6:30a – 7a		Yoga Kara			
9:30a – 10a				Yo-Chi Laura	
11:15a – 11:30a	Stretch Break Kara			Stretch Break Callie	
12p – 12:30p	Home Fit Hannah	Mid-day Muscle Jordan/Mike	Cardio Mix Kristen	Mid-day Muscle Callie/Cole	12:00pm – 12:50pm Yoga Megan
12:35p – 12:55p	Core Blast Cole		Core Blast Kara		
4p – 4:30p	Home Fit Jake	Cardio Mix Kristen			
5:15p – 5:45p			Yoga Laura	Home Fit Cole	

*To register, email your name to wellness_center@ham.honda.com with the classes that you would like to attend. We will respond with Microsoft Team invites for each class that you will use to attend.

CLASS DESCRIPTIONS

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

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 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.



Learn how you can earn **Connect to Your Wellbeing** points by participating in these various Group Exercise Classes! Visit <https://www.hondawellness.com/wellbeing-programs/> to learn more.

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.

Mid-day Muscle: This series is a balanced approach to improve strength. Dumbbells are required and it is recommended that you attend both days to maximize results.

Stretch Break: Join us while staying at your desk! This 15-minute break is designed to ease your mind and muscles to leave you refreshed for the rest of your workday.