

RE-ENERGIZE.

April 2022

Virtual Group Exercise Schedule

April 4th – April 29th, 2022

Register to access classes via Microsoft Teams

TIME ZONE (EST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30a – 6a		Yoga Kara			Core Blast (20 mins) Kara
9:30a – 10a				Yo-Chi Laura	
12p – 12:30p	12p – 12:15p Upper Body Kristen				12pm – 12:30pm Kickboxing Kara
	12:15p – 12:30p Quick HIIT Kristen		12:15p – 12:30p Lower Body Andy		
12:35p – 12:55p			Core Blast Kara		12:35p – 1p Yoga Megan
5:15p – 5:45p	Yo-Chi Laura		Yoga Laura		
6:30p – 7p		LIIT Bootcamp Noah			

*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

Bootcamp: Your full body workout, each class is created to challenge cardio fitness and build strength. LIIT Bootcamp will accomplish these same goals, but in a lower impact way - perfect for a beginner or an expert needing a more gentle approach! **Dumbbells or resistance bands may be required.**

Yoga: Efficiently build strength and flexibility, all while bringing your body into a state of harmony with controlled breathing, stretches, and bodyweight poses. **No equipment required.**

Upper Body/Lower Body: Join us for these express classes designed to be completed in 15 minutes! Choose between an upper or lower body focus OR pair them together for the perfect blended strength workout. **Dumbbells may be required.**

Core Blast: Wake up the powerhouse of your body. Each class is designed to sculpt your entire core. **No equipment required.**

High Intensity Interval Training (HIIT)/Quick HIIT: Get your heart rate up with intervals of high and low intensity using just your body weight! **Dumbbells may be added.**

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. **No equipment required.**

Kickboxing: An invigorating cardio workout that will have you jabbing, upper cutting, and kicking your way to a stronger body. **No equipment required.**