

RE-ENERGIZE.

June 2022

Virtual Group Exercise Schedule

June 1-30, 2022

Register to access classes via Microsoft Teams

TIME ZONE (EST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30a – 6a	Bootcamp Kyle	Yoga Kara		Bootcamp Kyle	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		12:35p-1:05p Primetime Pump Hunter	Core Blast Kara		12:35p – 1p Yoga Megan
5:15p – 5:45p	Yo-Chi Laura		Yoga Laura	Strong and Fit David	
6:30p – 7p		LIIT Bootcamp David			

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

**Strong and Fit:** This class guarantees carefully crafted workouts designed to build total body strength and fitness. **Dumbbells or resistance bands required.**

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

**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.**

**Primetime Pump:** This resistance style class will bring you a full body pump in the comforts of your own home. Utilizing specific tempo and programming will leave your muscles feeling “swole”. All levels of fitness welcome. **Dumbbells or resistance bands may be required.**