

October 2022



VIRTUAL GROUP FITNESS SCHEDULE OCTOBER 1ST - OCTOBER 31ST

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.

TIME (EST)	MON	TUES	WED	THUR	FRI
5:30a-6a	Bootcamp Jordan	Yoga Kara		Bootcamp Mike	Core Blast 5:30a-5:50p Kara
9:30a-10a				Yo-Chi Laura	
12p-12:30p	Quick HIIT 12-12:15p Mike <hr/> Upper Body 12:15-12:30p Mike		Lower Body 12-12:15p Kara <hr/> Core Blast 12:15-12:30p Andy		Kickboxing Alison
12:30p-1p		Primetime Pump Jordan			Yoga Kara
2p-2:15p				Stretch Break Alison	
5:15p-6:15p	Yo-Chi Laura		Yoga Laura		
7:30p-8p				Strong & Fit David	

CLASS DESCRIPTIONS

Featured Class

KICKBOXING *FRIDAYS AT 12PM*

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



Bootcamp – Your full body workout, each class is created to challenge cardio fitness and build strength. *Dumbbells or resistance bands may be required.*

Core Blast– Your full body workout, each class is created to challenge cardio fitness and build strength. *Dumbbells or resistance bands may be required.*

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.*

Lower Body/ Upper Body– Join us for these express classes designed to be completed in 15 minutes! Choose between an upper or lower body focus. *Dumbbells may be required.*

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

Stretch Break – Making time for activity throughout the work day can help you feel focused and energized, as well as help fit some fitness into your day! Join us for a quick 15 minute stretch break that you can do at the convenience of your work desk!

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.*