

TMP-O ACTIVITY CENTER

In-Person Group Exercise Schedule

TIME/DAY (EST)	Monday	Tuesday	Wednesday	Thursday	Friday
5am (30min)		Abs by Andy		Abs By Andy	
3:15 (25min)	Dance Fusion with Sidney		Dance Fusion with Sidney		

Class Description

ABS WITH ANDY

**A 30 MINUTE AB CLASS THAT WILL
STRENGTHEN AND TONE YOUR CORE**

DANCE FUSION WITH SIDNEY

**A 25 MINUTE DANCE BASED CARDIO
CLASS INCORPORATING A WIDE VARIETY
OF LOW IMPACT AEROBIC DANCE MOVES
TO VARIETY OF HIGH- ENERGY MUSIC.**

**To reserve your spot for any offered class, please email us at
Tmpo_activity_Center@na.honda.com. Please include the class
title, day & time. Thank you!**

