


GUADALAJARA FITNESS CENTER SEPTEMBER 2018 GROUP EXERCISE SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
6:45am	EXOS Total Body Strength (6:45-7:30am) Tania				EXOS Metabolic Challenge (6:45-7:30am) Tania				EXOS Total Body Strength (6:45-7:30am) Tania
7:45am.	EXOS Total Body Strength (7:45-8:30am) Tania		EXOS 5k/Running Training (7:45-8:30am) Tania		EXOS Metabolic Challenge (7:45-8:30am) Tania		EXOS 5k/Running Training (7:45-8:30am) Tania		EXOS Total Body Strength (7:45-8:30am) Tania
8:30am			EXOS Regeneration (8:30-9:15am) Tania				EXOS Regeneration (8:30-9:15am) Tania		
11:00pm									
12:30pm	EXOS Metabolic Challenge (12:30-1:15pm) Tania		EXOS Foundations (12:30-1:15pm) Tania		EXOS Metabolic Challenge (12:30-1:15pm) Tania		EXOS Foundations (12:30-1:15pm) Tania		EXOS Metabolic Challenge (12:30-1:15pm) Tania
1:00pm									
2:00pm									
3:00pm									
4:00pm									
5:00pm	EXOS Total Body Strength (5:00-5:45pm) Tania	Personal Training (5:00-6:00pm) Fitness Center	EXOS Foundations (5:00-5:45pm) Tania	Personal Training (5:00-6:00pm) Fitness Center	HIIT-Tania (5:00-6:00pm) Group Studio		EXOS Foundations (5:00-5:45pm) Tania	Personal Training (5:00-6:00pm) Fitness Center	EXOS Total Body Strength (5:00-5:45pm) Tania
6:00pm	Yoga-Jair (6:00-7:00pm) Group Studio	Personal Training (6:00-7:00pm) Fitness Center	EXOS Total Body Strength (6:00-6:45pm) Tania	HIIT-Tania (6:15-7:15pm) Auditorium	Yoga-Jair (6:00-7:00pm) Group Studio	Personal Training (6:00-7:00pm) Fitness Center	EXOS Total Body Strength (6:00-6:45pm) Tania	HIIT-Tania (6:15-7:15pm) Auditorium	
7:00pm	Personal Training (7:00-8:00pm) Fitness Center				Personal Training (7:00-8:00pm) Fitness Center				



Guadalajara Group Exercise Schedule

Performance Specialists

Tania Hermosillo

thermosillo@teamexos.com

General questions?

Fitness-guadalajara@TeamEXOS.com

Intel Group Exercise Class Descriptions

EXOS - Meet your health and wellness goals with the next generation of EXOS Group Training powered by EXOS, formerly Core Performance. Our programs are designed to progressively enhance your current fitness level – no matter your starting point – through a variety of engaging and fun classes. Because success requires rest, between each new session we will focus on recovery, and regeneration, in addition to fun challenging activities including friendly competitions and events. JOIN ANYTIME, NO SIGN UP NEEDED, JUST SHOW UP READY FOR FUN!

EXOS Total Body Strength - Get strong and feel powerful with this total body class. While utilizing a variety of equipment (Dumbbells, Kettle bells, etc.), you will develop power, strength, and endurance while also minimizing aches and pains in your muscles and joints!

EXOS Metabolic Challenge -Feel stronger and leaner with this fast-paced class. You'll pick up the pace during these calorie-burning circuit workouts made up of strength, agility, and equipment-based movements.

EXOS Regeneration –Facilitates recovery from physical activity or work stressors. Includes reinvigorating self-massage, light stretching, and stability movements to help you reduce aches and pains and get you back in the game.

EXOS Foundations - This class will focus on one of the key principles of EXOS methodology: pillar strength. This is not about washboard abs, but rather the integration of stability and mobility across the hips, torso, and shoulders. This functional approach to strength and stability results in decreased pain as well as improved aesthetics. This is a great place to start for beginners.

EXOS 5k/Running Training-session is great for both beginning and experienced runners. The focus of this group is to reduce common aches and pains caused from running, train in multidirectional patterns to avoid overuse injuries, and to prep for races.

High Intensity Interval Training- HIIT is an efficient way to increase your metabolism and improve your aerobic capacity through a series of plyometric movements and body weight exercises.

Yoga - A mind-body workout that incorporates basic poses to build strength, improve balance, and flexibility. This contemporary style yoga class brings about the balance of mind, body, and spirit to leave you feeling refreshed and recharged,

For the latest Group Fitness schedule, or to view a schedule at another location, go to www.TeamEXOS.com/Intel or go to Circuit and search keywords: fitness centers.

