



Intel® Arizona

Virtual Group Exercise Schedule

**PST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	Bodyweight Strength (6:05-6:55am) RSVP		Bodyweight Strength (6:05-6:55am) RSVP		Bodyweight Strength (6:05-6:55am) RSVP
7:00 a.m.	Bodyweight Strength Emily (7:05-7:55am) RSVP	Bodyweight Strength Emily (7:05-7:55am) RSVP	Bodyweight Strength Emily (7:05-7:55am) RSVP	Bodyweight Strength Emily (7:05-7:55am) RSVP	Bodyweight Strength Emily (7:05-7:55am) RSVP
10:00 a.m.		Bodyweight Strength Enrique (10:05-10:55am) RSVP		Bodyweight Strength Enrique (10:05-10:55am) RSVP	
11:00 a.m.	Bodyweight Strength Sarah (11:05-11:55am) RSVP	Metabolic Challenge (11:05-11:55am) RSVP	Bodyweight Strength Sarah (11:05-11:55am) RSVP	Metabolic Challenge (11:05-11:55am) RSVP	Bodyweight Strength Sarah (11:05-11:55am) RSVP
12:00 p.m.	Yoga (12:15-1:00pm) RSVP	Pilates (12:15-1:00pm) RSVP	Yoga (12:15-1:00pm) RSVP	Pilates (12:15-1:00pm) RSVP	
1:00 p.m.	Bodyweight Strength Tarik (1:05-1:55pm) RSVP		Bodyweight Strength Tarik (1:05-1:55pm) RSVP		Bodyweight Strength Tarik (1:05-1:55pm) RSVP
3:00 p.m.	Metabolic Challenge (3:05-3:55pm) RSVP		Metabolic Challenge (3:05-3:55pm) RSVP		Metabolic Challenge (3:05-3:55pm) RSVP
4:00 p.m.	Total Body Strength Enrique (4:05-4:55pm) RSVP	Yoga (4:15-5:00pm) RSVP	Total Body Strength Enrique (4:05-4:55pm) RSVP	Yoga (4:15-5:00pm) RSVP	Total Body Strength Enrique (4:05-4:55pm) RSVP
5:00 p.m.	Zumba® (5:15-6:00pm) RSVP	Bodyweight Strength Austin (5:05-5:55pm) RSVP	Zumba® (5:05-5:55pm) RSVP	Bodyweight Strength Austin (5:05-5:55pm) RSVP	Zumba® (5:15-6:00pm) RSVP

Can't make it to a live class? Check Out the Intel® Vitality Program [On-Demand classes](#)

Intel Group Exercise Class Descriptions

Meet your health and wellness goals with the next generation of Group Exercise powered by the Intel® Vitality Program. 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.

Bodyweight Strength – Get strong and feel powerful with this full-body class. You'll focus on developing stability, endurance, strength, and power. The result will be a stronger, leaner and more stable body. Great for all ability levels.

Metabolic Challenge - Feel stronger and leaner with this fast-paced class. You'll pick up the intensity with these circuit Trainings made up of strength, power, endurance and agility training, all designed to burn calories and challenge the various energy systems.

Total Body Strength - Develop the strength and technique you need to unleash your full potential. This class is suitable for all levels. Light, medium, or heavy weights (dumbbells, kettlebells, etc) are required. A foam roller and yoga mat is recommended.

Yoga - A mind-body training 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.

Zumba® – Zumba® is all about partying yourself into better shape and better health all the while listening to fun and upbeat international music. By combining cardio intervals with resistance training, you get a great training and burn calories. No experience is necessary. If you can move, you can Zumba®!

Pilates – This Pilates class will build strength through the entire body by lengthening and strengthening the muscles while improving balance, body awareness, breath, and emphasizing core strength and alignment. It is a low impact class designed for both beginners and advanced Pilates enthusiasts.



2-Way Camera – Sessions marked with the camera picture do not require advanced registration. These are meetings in Zoom to allow for 2-way camera; you can see the coach and the coach can see you.

