

Virtual Group Exercise Schedule

*ICT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 a.m.	Yoga (7:15am-8:00am) Click to Join 	Pilates (7:15am-8:00am) Click to Join 	Yoga (7:15am-8:00am) Click to Join 		
8:00 a.m.		Zumba® (8:15am-9:00am) Click to Join		Zumba® (8:15am-9:00am) Click to Join	
9:00 a.m.					
10:00 a.m.	10 min Quick Refresh (10:00am-10:10am) Click to Join				
11:00 a.m.	Total Body Strength (11:05am-11:50am) Weightlifting Room 	Total Body Strength (11:05am-11:50am) Weightlifting Room 	Total Body Strength (11:05am-11:50am) Weightlifting Room 	Total Body Strength (11:05am-11:50am) Weightlifting Room 	Total Body Strength (11:05am-11:50am) Weightlifting Room
		Bodyweight Strength (11:05am-11:50am) Click to Join 		Bodyweight Strength (11:05am-11:50am) Click to Join 	
12:00 p.m.	Bodyweight Training (VIETNAMESE) (12:00pm-12:50pm) Click to Join 		Bodyweight Training (VIETNAMESE) (12:00pm-12:50pm) Click to Join 		Bodyweight Training (VIETNAMESE) (12:00pm-12:50pm) Click to Join
	Metabolic Challenge (12:00pm-12:50pm) Fitness Center 	Metabolic Challenge (12:00pm-12:50pm) Fitness Center 	Metabolic Challenge (12:00pm-12:50pm) Fitness Center 	Metabolic Challenge (12:00pm-12:50pm) Fitness Center 	Metabolic Challenge (12:00pm-12:50pm) Fitness Center
1:00 p.m.		HIIT Training (1:05pm-1:50pm) Click to Join 		HIIT Training (1:05pm-1:50pm) Click to Join 	
2:00 p.m.					
	10 min Quick Refresh (3:00pm – 3:10pm) Click to Join				
3:00 p.m.	Bodyweight Strength (3:15pm – 3:50pm) Click to Join 		Bodyweight Strength (3:15pm – 3:50pm) Click to Join 		Bodyweight Strength (3:15pm – 3:50pm) Click to Join
	Bodyweight Training (VIETNAMESE) (4:00pm-4:50pm) Click to Join 	Total Body Challenge (4:00pm-4:30pm) Click to Join	Bodyweight Training (VIETNAMESE) (4:00pm-4:50pm) Click to Join 	Total Body Challenge (4:00pm-4:50pm) Click to Join	Bodyweight Training (VIETNAMESE) (4:00pm-4:50pm) Click to Join
4:00 p.m.	Metabolic Challenge (4:00pm-4:50pm) Fitness Center 	Metabolic Challenge (4:00pm-4:50pm) Fitness Center 	Metabolic Challenge (4:00pm-4:50pm) Fitness Center 	Metabolic Challenge (4:00pm-4:50pm) Fitness Center 	Metabolic Challenge (4:00pm-4:50pm) Fitness Center
5:00 p.m.					
6:00 p.m.	Total Body Challenge (6:00pm-6:30pm) Click to Join 	HIIT Training (6:00pm-6:30pm) Click to Join 	Total Body Challenge (6:00pm-6:30pm) Click to Join 	HIIT Training (6:00pm-6:30pm) Click to Join 	Total Body Challenge (6:00pm-6:30pm) Click to Join
7:00 p.m.	Pilates (7:00pm – 8:00pm) Click to Join 	Clubbercise (7:00pm-7:45pm) Click to Join	Bodyweight Training (7:00pm-7:45pm) Click to Join 	Clubbercise (7:00pm-7:45pm) Click to Join	Pilates (7:00pm – 8:00pm) Click to Join



VIRTUAL CLASS



ON-SITE CLASS

VIETNAMESE LANGUAGE

Intel Group Exercise Class Descriptions

Meet your health and wellness goals with the next generation of Group Training powered by EXOS. 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, strength, and power. The result will be a stronger and leaner body.

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

Total Body Challenge - Get strong and feel powerful with this full-body class. You'll focus on developing stability, strength, and power. The result will be a stronger and leaner body. No equipment required. Dumbbells or other weight optional.

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 - Get strong and feel powerful with this full-body class. You'll focus on developing stability, strength, and power. The result will be a stronger and leaner body. Equipment is optional but not required. Yoga mat recommended. Bring water and a sweat towel. This class is designed for all levels.

HIIT Training - An energetic 25 min workout of high intensity interval training (HIIT) designed to improve your cardiovascular fitness, increase your speed, and maximize your calorie burn. The class includes short bursts of high intensity exercises, followed by a rest phase to get in shape, fast. Get ready to work up a sweat!

Quick Refresh - In this 10-minute class we will focus on restoring the aches and pains resulting from sitting. Through stretches and soft tissue release that can easily be performed at your desk, you will feel renewed for the rest of the day. No equipment required.

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.

Clubbercise® - A fun calorie burning dance class choreographed to music that is a fusion of dance, toning and combat moves with high/low impact options for all fitness levels. No equipment required.

1:1 Coaching Session - With one-on-one consults, we meet you where you are to find the best path toward reaching your goals. Your coach will come prepared based on a few pre-consult questions, so you have a productive conversation together. And it's not a one-time deal. We encourage you to check in anytime for extra accountability, motivation, and new ideas.

Performance Coaches:

- Josh Paunill (Joshua.Paunil@teamexos.com)

[CLICK HERE TO SCHEDULE](#)

- Hipp Nguyen (Nga.Nguyen@teamexos.com)

[CLICK HERE TO SCHEDULE](#)

Performance Dietitian:

- Dong Vo (dong.vo@teamexos.com)

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