



## Intel® Vitality Program Virtual Group Exercise Schedule

All virtual group exercise classes are offered through the Zoom. Click the link in the schedule to join a class directly!

- [AMR Schedule: times based in PST \(UTC-8\)](#)
- [UK Schedule: times based in UTC](#)
- [Poland Schedule: times based in CET \(UTC+1\)](#)

**goto/wellness**

# Virtual Group Exercise Schedule

**PST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 a.m.	<b>Total Body Challenge</b> (5:05-5:55am) <a href="#">Click to Join</a>		<b>Total Body Challenge</b> (5:05-5:55am) <a href="#">Click to Join</a>		<b>Total Body Challenge</b> (5:05-5:55am) <a href="#">Click to Join</a>
6:00 a.m.		<b>Metabolic Challenge</b> (6:05-6:55am) <a href="#">Click to Join</a>		<b>Metabolic Challenge</b> (6:05-6:55am) <a href="#">Click to Join</a>	
7:00 a.m.					
8:00 a.m.					
9:00 a.m.					
10:00 a.m.	<b>10 Minute Recharge (10:00-10:10am)</b> <a href="#">Click to Join</a>				
11:00 a.m.	<b>Total Body Challenge</b> (11:05-11:55am) <a href="#">Click to Join</a>	<b>Metabolic Challenge</b> (11:05-11:55am) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> (11:05-11:55am) <a href="#">Click to Join</a>	<b>Metabolic Challenge</b> (11:05-11:55am) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> (11:05-11:55am) <a href="#">Click to Join</a>
	<b>Yogalates</b> (11:15-12:00pm) <a href="#">Click to Join</a>	<b>Yoga</b> (11:15-12:00pm) <a href="#">Click to Join</a>			<b>Yoga</b> (11:15-12:00pm) <a href="#">Click to Join</a>
12:00 p.m.	<b>Metabolic Challenge</b> (12:05-12:55pm) <a href="#">Click to Join</a>	<b>Bootcamp</b> (12:05-1:00pm) <a href="#">Click to Join</a>	<b>Metabolic Challenge</b> (12:05-12:55pm) <a href="#">Click to Join</a>	<b>Bootcamp</b> (12:05-1:00pm) <a href="#">Click to Join</a>	<b>Metabolic Challenge</b> (12:05-12:55pm) <a href="#">Click to Join</a>
	<b>PiYo</b> (12:05-1:00pm) <a href="#">Click to Join</a>		<b>PiYo</b> (12:05-1:00pm) <a href="#">Click to Join</a>	<b>Yoga</b> (12:15-12:55pm) <a href="#">Click to Join</a>	<b>Pilates</b> (12:15-1:00pm) <a href="#">Click to Join</a>
1:00 p.m.	<b>10 Minute Recharge (1:00 – 1:10pm)</b> <a href="#">Click to Join</a>				
2:00 p.m.					
3:00 p.m.		<b>Metabolic Challenge</b> (3:05-3:55pm) <a href="#">Click to Join</a>		<b>Metabolic Challenge</b> (3:05-3:55pm) <a href="#">Click to Join</a>	
4:00 p.m.	<b>Total Body Challenge</b> (4:05-4:55pm) <a href="#">Click to Join</a>		<b>Total Body Challenge</b> (4:05-4:55pm) <a href="#">Click to Join</a>		<b>Total Body Challenge</b> (4:05-4:55pm) <a href="#">Click to Join</a>
	<b>Pilates</b> (4:15-5:00pm) <a href="#">Click to Join</a>	<b>Yoga</b> (4:15-5:00pm) <a href="#">Click to Join</a>	<b>Pilates</b> (4:15-5:00pm) <a href="#">Click to Join</a>	<b>Yoga</b> (4:15-5:00pm) <a href="#">Click to Join</a>	
5:00 p.m.	<b>Zumba®</b> (5:15-6:00pm) <a href="#">Click to Join</a>		<b>Zumba®</b> (5:15-6:00pm) <a href="#">Click to Join</a>		<b>Zumba®</b> (5:15-6:00pm) <a href="#">Click to Join</a>

# Virtual Group Exercise Schedule

*UTC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 a.m.					
8:00 a.m.					
9:00 a.m.	<b>Bodyweight Conditioning</b> Calum (9:30am-10:00am) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> Calum (9:30am-10:00am) <a href="#">Click to Join</a>	<b>Bodyweight Conditioning</b> Calum (9:30am-10:00am) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> Calum (9:30am-10:00am) <a href="#">Click to Join</a>	<b>Bodyweight Conditioning</b> Calum (9:30am-10:00am) <a href="#">Click to Join</a>
10:00 a.m.	<b>10 minute Recharge</b> Calum 10:00am-10:10am <a href="#">Click to Join</a>				
11:00 a.m.	<b>Total Body Challenge</b> Calum (11am-11:30am) <a href="#">Click to Join</a>	<b>HIIT Training</b> Calum (11am-11:30am) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> Calum (11am-11:30am) <a href="#">Click to Join</a>	<b>HIIT Training</b> Calum (11am-11:30am) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> Calum (11am-11:30am) <a href="#">Click to Join</a>
12:00 p.m.	<b>Pilates</b> Natalie (12pm – 1pm) <a href="#">Click to Join</a>	<b>Clubbercise</b> Emma (12pm-12:45pm) <a href="#">Click to Join</a>	<b>Bodyweight Training</b> Ben (12pm-12:45pm) <a href="#">Click to Join</a>	<b>Clubbercise</b> Emma (12pm-12:45pm) <a href="#">Click to Join</a>	<b>Pilates</b> Natalie (12pm – 1pm) <a href="#">Click to Join</a>
1:00 p.m.					
2:00 p.m.					
3:00 p.m.					
4:00 p.m.		<b>Total Body Challenge</b> Calum (4:10pm-4:40pm) <a href="#">Click to Join</a>		<b>Total Body Challenge</b> Calum (4:10pm-4:40pm) <a href="#">Click to Join</a>	
5:00 p.m.	<b>HIIT Training</b> Calum (5pm-5:30pm) <a href="#">Click to Join</a>		<b>HIIT Training</b> Calum (5pm-5:30pm) <a href="#">Click to Join</a>		
		<b>Yoga</b> Bonny (5:30pm-6:00pm) <a href="#">Click to Join</a>		<b>Restorative Yoga</b> Bonny (5:30pm-6:00pm) <a href="#">Click to Join</a>	

Intel Poland

# Virtual Group Exercise Schedule

*CET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 a.m.					
	<b>Morning Movement (25 min)</b> (8:00am-8:25am) <a href="#">Click to Join</a>	<b>Morning Movement (25 min)</b> (8:00am-8:25am) <a href="#">Click to Join</a>	<b>Morning Movement (25 min)</b> (8:00am-8:25am) <a href="#">Click to Join</a>	<b>Morning Movement (25 min)</b> (8:00am-8:25am) <a href="#">Click to Join</a>	<b>Morning Movement (25 min)</b> (8:00am-8:25am) <a href="#">Click to Join</a>
8:00 a.m.	<b>Core Training (25 min)</b> (8:30am-8:55am) <a href="#">Click to Join</a>		<b>Core Training (25 min)</b> (8:30am-8:55am) <a href="#">Click to Join</a>		<b>Core Training (25 min)</b> (8:30am-8:55am) <a href="#">Click to Join</a>
9:00 a.m.					
	<b>HIIT Training (25 min)</b> (9:30am-9:55am) <a href="#">Click to Join</a>	<b>HIIT Training (25 min)</b> (9:30am-9:55am) <a href="#">Click to Join</a>	<b>HIIT Training (25 min)</b> (9:30am-9:55am) <a href="#">Click to Join</a>	<b>HIIT Training (25 min)</b> (9:30am-9:55am) <a href="#">Click to Join</a>	<b>HIIT Training (25 min)</b> (9:30am-9:55am) <a href="#">Click to Join</a>
10:00 a.m.					
11:00 a.m.					
12:00 p.m.				<b>Yoga Filip</b> (12:05pm-12:50pm) <a href="#">Click to Join</a>	
1:00 p.m.					
2:00 p.m.					
3:00 p.m.					
4:00 p.m.	<b>Total Body Challenge</b> (4:10pm-4:55pm) <a href="#">Click to Join</a>	<b>Bodyweight Conditioning</b> (4:10pm-4:55pm) <a href="#">Click to Join</a>	<b>Total Body Challenge</b> (4:10pm-4:55pm) <a href="#">Click to Join</a>	<b>Bodyweight Conditioning</b> (4:10pm-4:55pm) <a href="#">Click to Join</a>	
5:00 p.m.					

**\*\*All classes taught in Polish\*\***

## 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, 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 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. No equipment required. Dumbbells or other weight optional.

**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!

**Core Training** – This 25-minute class focuses on strengthening your hips, shoulders and core muscles through various sets of bodyweight-based exercises and floor work. No equipment required.

**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.

**Metabolic Challenge** - Get stronger and leaner with this fast-paced class. Feel hyped up with the hip hop playlist. 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 Challenge** - 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.

**Bootcamp** - Get ready to sweat as we combine high intensity bursts of cardio with full body strength movements. Leave this workout feeling accomplished and motivated, ready to come back for more.

**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.

**Yoga'lates** - This class is fusion of yoga and Pilates. You will be taken on a mindful journey where the two disciplines blend.

**PiYo** - This easy to follow fat burning workout combines the best of Pilates and Yoga with strength training and low-impact cardio to provide a high energy experience suitable for all levels of fitness.

**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.