



Intel® MX

Virtual Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 a.m.	Total Body Strength <i>Tania</i> Click to Join	Metabolic Challenge <i>Tania</i> Click to Join	Total Body Strength <i>Tania</i> Click to Join	Metabolic Challenge <i>Tania</i> Click to Join	Total Body Strength <i>Tania</i> Click to Join
8:00 a.m.	Morning Energy <i>Tania</i> Click to Join	Morning Energy <i>Tania</i> Click to Join	Morning Energy <i>Tania</i> Click to Join	Morning Energy <i>Tania</i> Click to Join	Morning Energy <i>Tania</i> Click to Join
11:00 a.m.					Yoga <i>Viry</i> RSVP
12:00 p.m.	Metabolic Challenge <i>Tania</i> Click to Join	Total Body Strength <i>Tania</i> Click to Join	Metabolic Challenge <i>Tania</i> Click to Join	Total Body Strength <i>Tania</i> Click to Join	Metabolic Challenge <i>Tania</i> Click to Join
3:00 p.m.		Yoga <i>Paulina</i> RSVP		Yoga <i>Paulina</i> RSVP	
5:00 p.m.	High Intensity Interval Training <i>Melissa</i> RSVP	High Intensity Interval Training <i>Melissa</i> RSVP	High Intensity Interval Training <i>Melissa</i> RSVP	High Intensity Interval Training <i>Melissa</i> RSVP	High Intensity Interval Training <i>Melissa</i> RSVP

Intel Group Exercise Class Descriptions

EXOS - Meet your health and wellness goals with the next generation of EXOS 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.

Morning Energy - Get a high voltage start to your day, combining high tempo cardio intervals with strength and conditioning to transform your body and jumpstart your energy levels for the day ahead.

Metabolic Challenge - 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, endurance, strength, and power. The result will be a stronger, leaner and more stable body. Great for all ability levels.

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.

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.

*Sessions listed with Click to Join are registration based classes using Zoom webinars that only allow for 1 way camera. You see the coach, but the coach cannot see you.

**Sessions listed with Click to Join do not require advanced registration. These are meetings in Zoom to allow for 2 way camera. You see the coach and the coach can see you.