

intel. Intel® U.S. Virtual Group Exercise Schedule



**PST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 am		Metabolic Challenge (5:05-5:55am) RSVP		Metabolic Challenge (5:05-5:55am) RSVP	
6:00 am	Bodyweight Strength (6:05-6:55am) RSVP				
7:00 a.m.	Metabolic Challenge (7:05-7:55am) RSVP		Metabolic Challenge (7:05-7:55am) RSVP		Metabolic Challenge (7:05-7:55am) RSVP
8:00 a.m.	Tai Chi (8:15-8:45am) RSVP		Tai Chi (8:15-8:45am) RSVP		
10:00 a.m.	10 Minute Recharge (10:00-10:10am) RSVP				
11:00 a.m.	Bodyweight Strength (11:05-11:55am) RSVP	Metabolic Challenge (11:05-11:55am) RSVP	Bodyweight Strength (11:05-11:55am) RSVP	Metabolic Challenge (11:05-11:55am) RSVP	Bodyweight Strength (11:05-11:55am) RSVP
		Yoga (11:15-12:00pm) RSVP			Yoga (11:15-12:00pm) RSVP
	10 Minute Recharge (12:00-12:10pm) RSVP				
12:00 p.m.	Metabolic Challenge (12:05-12:55pm) RSVP	Bootcamp (12:05-1:00pm) RSVP	Metabolic Challenge (12:05-12:55pm) RSVP	Bootcamp (12:05-1:00pm) RSVP	Metabolic Challenge (12:05-12:55pm) RSVP
	Yoga (12:15-1:00pm) RSVP	Pilates (12:15-1:00pm) RSVP	Yoga (12:15-1:00pm) RSVP	Pilates (12:15-1:00pm) RSVP	Barre (12:15-12:55pm) RSVP
3:00 p.m.	Metabolic Challenge (3:05-3:55pm) RSVP				
4:00 p.m.		Total Body Strength (4:05-4:55pm) RSVP		Total Body Strength (4:05-4:55pm) RSVP	
	Pilates (4:15-5:00pm) RSVP	Yoga (4:15-5:00pm) RSVP	Pilates (4:15-5:00pm) RSVP	Yoga (4:15-5:00pm) RSVP	
5:00 p.m.	Zumba® (5:15-6:00pm) RSVP		Zumba® (5:15-6:00pm) RSVP		Zumba® (5:15-6:00pm) RSVP

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

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 – 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 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.

Bootcamp – An exciting interval and strength class great for beginners and all levels. Listen to ACDC classic rock playlist while utilizing the step, barbell, dumbbells and stability balls. Get ready to sweat with high intensity bursts of cardio between total-body strength movements.

Barre – Blending elements of ballet, Pilates, and yoga; Barre class helps you improve stability and posture while burning calories. Suitable for all levels. Yoga mat 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®!

Tai Chi – A 30-minute opportunity to cultivate focus, balance, and mobility. An all-level class requiring no equipment. Come discover this non-impact practice that integrates flowing movements with fun martial art applications. No experience necessary

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.

10-Minute Recharge – 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.



2-Way Camera – Sessions marked with the camera are meetings in Zoom to allow for 2-way camera; you can see the coach and the coach can see you.

