



Intel® Vietnam

Virtual Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	Mat Pilates Kim (English only) 6:15am-7:00am RSVP	Yoga Kari (English only) 6:15am-7:00am RSVP	Mat Pilates Kim (English only) 6:15am-7:00am RSVP	Yoga Kari (English only) 6:15am-7:00am RSVP	
7:00 a.m.					
8:00 a.m.	Can't make your favorite class? Stream past classes from the comfort of your home by navigating to the On Demand or Ergonomics page on our website. It's that simple.				
9:00 a.m.					
10:00 a.m.					
11:00 a.m.	Bodyweight Strength Josh (English only) 11:05am-11:50am RSVP	Bodyweight Strength Josh (English only) 11:05am-11:50am RSVP	Bodyweight Strength Josh (English only) 11:05am-11:50am RSVP	Bodyweight Strength Josh (English only) 11:05am-11:50am RSVP	Bodyweight Strength Josh (English only) 11:05am-11:50am RSVP
12:00 p.m.					
1:00 p.m.	Bodyweight Conditioning Josh (English only) 1:05pm-1:50pm RSVP	Bodyweight Conditioning Josh (English only) 1:05pm-1:50pm RSVP		Bodyweight Conditioning Josh (English only) 1:05pm-1:50pm RSVP	
2:00 p.m.					
3:00 p.m.					
4:00 p.m.	Total Body Workout Hipp 4:05pm-4:50pm RSVP	Total Body Workout Hipp 4:05pm-4:50pm RSVP	Total Body Workout Hipp 4:05pm-4:50pm RSVP	Total Body Workout Hipp 4:05pm-4:50pm RSVP	Total Body Workout Hipp 4:05pm-4:50pm RSVP
5:00 p.m.					

Intel Group Exercise Class Descriptions

EXOS - 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. Develop the strength and technique you need to start unleashing your full power. You'll focus on developing stability, strength, and power. The result will be a stronger and leaner body. No equipment required. Yoga mat recommended. Bring water and a sweat towel. This class is designed for all levels.

Bodyweight Conditioning - Combining high tempo cardio intervals with bodyweight strength and conditioning to transform your body and jumpstart your energy levels for the day ahead. No equipment required. Yoga mat recommended. Bring your water and a sweat towel. This class is designed for advanced movers.

Total Body Workout - 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.

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. This class is designed for all levels.

1:1 Coach Evaluation - The evaluation is an opportunity to consult with your Performance Coach on your progress, reassess your goals, update your measurements, and recommend next steps.

Performance Coaches:

- Josh Paunill (Joshua.Paunil@teamexos.com)
- Hipp Nguyen (Nga.Nguyen@teamexos.com)

Performance Dietitian:

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

Our motto is to get better everyday! Let us know your feedback. We're always working to provide you the best possible services. That includes class types and times.

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.

