



Intel U.K.

Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 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.				
8:00 a.m.					
9:00 a.m.	Bodyweight Conditioning Calum 9:30am-10:00am RSVP	Total Body Strength Calum 9:10am-9:40am RSVP	Bodyweight Conditioning Calum 9:30am-10:00am RSVP	Total Body Strength Calum 9:10am-9:40am RSVP	Bodyweight Conditioning Calum 9:30am-10:00am RSVP
10:00 a.m.	Stretch Break Calum 10:00am-10:10am RSVP	Stretch Break Calum 10:00am-10:10am RSVP	Stretch Break Calum 10:00am-10:10am RSVP	Stretch Break Calum 10:00am-10:10am RSVP	Stretch Break Calum 10:00am-10:10am RSVP
11:00 a.m.	Total Body Strength Calum 11am-11:30am RSVP	HIIT Training Calum 11am-11:30am RSVP	Total Body Strength Calum 11am-11:30am RSVP	HIIT Training Calum 11am-11:30am RSVP	Total Body Strength Calum 11am-11:30am RSVP
12:00 p.m.	Pilates Natalie 12pm - 1pm Click to Join	Clubbercise Emma 12pm-12:45pm Click to Join	Bodyweight Training Ben 12pm-12:45pm Click to Join	Clubbercise Emma 12pm-12:45pm Click to Join	Pilates Natalie 12pm - 1pm Click to Join
	Strength Training for Endurance Athletes Ben 12pm - 12:45pm Click to Join				
	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule
1:00 p.m.	EXPRESS Strength Training Calum 1pm-1:15pm RSVP	EXPRESS Cardio Calum 1pm-1:15pm RSVP	EXPRESS Strength Training Calum 1pm-1:15pm RSVP	EXPRESS Cardio Calum 1pm-1:15pm RSVP	
2:00 p.m.	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule
3:00 p.m.	Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule		Initial Wellness Coach Consultation Calum Click to Schedule	Initial Wellness Coach Consultation Calum Click to Schedule
	Stretch Break Calum 4:00pm-4:10pm RSVP	Stretch Break Calum 4:00pm-4:10pm RSVP	Stretch Break Calum 4:00pm-4:10pm RSVP	Stretch Break Calum 4:00pm-4:10pm RSVP	Stretch Break Calum 4:00pm-4:10pm RSVP
4:00 p.m.		EXPRESS Strength Training Calum 4:10pm - 4:25pm RSVP		EXPRESS Strength Training Calum 4:10pm - 4:25pm RSVP	
		EXPRESS Cardio Calum 4:25pm-4:40pm RSVP		EXPRESS Cardio Calum 4:25pm-4:40pm RSVP	
5:00 p.m.	EXPRESS Strength Training Calum 5pm-5:15pm RSVP		EXPRESS Strength Training Calum 5pm-5:15pm RSVP		
	EXPRESS Cardio Calum 5:15pm-5:30pm RSVP	Yoga Bonny 5:30pm - 6pm RSVP	EXPRESS Cardio Calum 5:15pm-5:30pm RSVP	Restorative Yoga Bonny 5:30pm - 6pm RSVP	

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 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.

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– Level up and get strong with this full-body class. You'll focus on developing stability, strength, and power. The result will be a stronger and leaner body.

EXPRESS Strength Training / EXPRESS Cardio– Your favorite total body strength and cardio exercises compressed into an effective 15 minute workout!

Strength Training for Endurance Athletes - This class will focus on building a good strength base for anyone who currently or aspires to run or cycle. This class will provide much of the needed strength work, helping to reduce your injury risk and improve your performance in your chosen sport! No equipment required.

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.

Pilates® - Build strength in your entire body by improving balance, body awareness, and breath while emphasizing core strength and alignment. It is a low impact class designed for both beginners and advanced Pilates enthusiasts.

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.

Initial Wellness Coach Consultation - Meet one-on-one with an EXOS coach for the most personalized experience.

- Get an introduction to the programs and services available through the Vitality program
- Review the results of your digital assessment
- Discuss your goals, challenges, and any questions you may have
- Create a personalized game plan to reach your goals.

Performance Coach - Calum Pryce (calum.pryce@teamexos.com)

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.

