



Intel® U.S.

Virtual Group Exercise Schedule

**PST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 a.m.	Morning HIIT Training Will (5:30-6:25am) RSVP	Morning HIIT Training Will (5:30-6:25am) RSVP		Morning HIIT Training Will (5:30-6:25am) RSVP	Morning HIIT Training Will (5:30-6:25am) RSVP
6:00 a.m.					
7:00 a.m.	Bodyweight Strength Garrett (7:05-7:55am) RSVP		Bodyweight Strength Garrett (7:05-7:55am) RSVP		Bodyweight Strength Garrett (7:05-7:55am) RSVP
11:00 a.m.	Bodyweight Strength Kersten (11:05-11:55am) RSVP	HIIT Training Campy (11:05-11:55am) RSVP	Bodyweight Strength Kersten (11:05-11:55am) RSVP	HIIT Training Campy (11:05-11:55am) RSVP	Bodyweight Strength Kersten (11:05-11:55am) RSVP
	Yoga Michelle (11:15-12p:00m) RSVP	Pilates Michelle (11:15-12:00pm) RSVP	Yoga Michelle (11:15-12:00pm) RSVP	Pilates Michelle (11:15-12:00pm) RSVP	Pilates Nichole (11:15-12:00pm) RSVP
12:00 p.m.	HIIT Training Andy (12:05-12:55pm) RSVP	Bodyweight Strength Isaiah (12:05-12:55pm) RSVP	HIIT Training Andy (12:05-12:55pm) RSVP	Bodyweight Strength Isaiah (12:05-12:55pm) RSVP	HIIT Training Andy (12:05-12:55pm) RSVP
	PiYo Colette (12:05-1:00pm) RSVP	HIIT Training Colette (12:05-1:00pm) RSVP	PiYo Colette (12:05-1:00pm) RSVP	HIIT Training Colette (12:05-1:00pm) RSVP	Core & Movement Colette (12:05-1:00pm) RSVP
1:00 p.m.	Pilates Kira (1:15-2:00pm) RSVP	Yoga Kira (1:15-2:00pm) RSVP	Pilates Kira (1:15-2:00pm) RSVP	Yoga Kira (1:15-2:00pm) RSVP	
2:00 p.m.		Regeneration Clint (2:05-2:35pm) RSVP		Regeneration Clint (2:05-2:35pm) RSVP	
3:00 p.m.					
4:00 p.m.	HIIT Training Nichole (4:05-4:55pm) RSVP		HIIT Training Nichole (4:05-4:55pm) RSVP		HIIT Training Nichole (4:05-4:55pm) RSVP
	Mat Pilates Kim (4:15-5:00pm) RSVP	Yoga Kari (4:15-5:00pm) RSVP	Mat Pilates Kim (4:15-5:00pm) RSVP	Yoga Kari (4:15-5:00pm) RSVP	
5:00 p.m.	Zumba® Gillian (5:15-6:00pm) RSVP	Metabolic Challenge Chase (5:30-6:15pm) RSVP	Zumba® Gillian (5:15-6:00pm) RSVP	Metabolic Challenge Chase (5:30-6:15pm) 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.

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 - Feel stronger and leaner with this fast-paced class. 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.

HIIT Training - It's American Heart Month and high-intensity interval training is a great way to exercise your heart and get that boost of endorphins everyone needs. The best part is these Trainings can earn you an awesome home Training kit. [Complete 12 group exercise classes](#) in February to get a free home Training starter kit. Take your Trainings to the next level with mini bands, resistance bands, slides, and a jump rope.

Regeneration – Improve recovery, posture, and muscle balance, with a combination of stretching, soft tissue release, and muscle activation exercises. This is geared toward making you feel great and putting your risk of injury at an all-time low.

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

PiYo - This unique upbeat format combines Pilates, Yoga, strength conditioning, flexibility and dynamic balance. The Training is easy on the joints and ideal for beginners and advanced levels.

Core & Movement – This low impact class focuses on building a strong foundation and strengthening the pillar which includes the shoulders, trunk and hips. Reap the benefits of guided, structured exercises designed to reinforce effective core engagement and movement in daily life.

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®!

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.