



US Group Exercise Schedule

February 2021

Categories

Energy Management	Mental Health & Well-being	People Leader
Family Care	Remote Work & Well-being	Financial Health
Physical Health	Stress Management	

Monday

Tuesday

Wednesday

Thursday

Friday

	8:00AM – 8:30AM <u>7 Minute Workout</u>		6:15AM – 7:00AM <u>Total Body Conditioning</u> [^]	8:30AM – 9:00AM <u>HIIT</u>
11:00AM – 11:30AM <u>Barre</u> ^{*^}		10:00AM – 10:15AM <u>Energy Burst</u>	11:00AM – 11:30AM <u>Pilates</u>	10:00AM – 10:15AM <u>Energy Burst</u>
12:00PM – 12:30PM <u>HIIT</u> [*]	12:00PM – 12:45PM <u>STRONG Nation</u> [™]	12:00PM – 12:45PM <u>Yoga</u>	12:00PM – 12:30PM <u>7 Minute Workout</u>	12:00PM – 12:45PM <u>Yoga</u>
3:00PM – 3:45PM <u>Yoga</u> [*]	3:00PM – 3:15PM <u>Energy Burst</u>	3:00PM – 3:30PM <u>Pilates</u>	3:00PM – 3:15PM <u>Energy Burst</u>	
5:15PM – 6:00PM <u>Total Body Conditioning</u> ^{*^}		5:15PM – 5:45PM <u>Kickboxing</u>	4:00PM – 4:30PM <u>Jump for Your Heart</u> [♥] 2/11 Only	
	8:00PM – 8:30PM <u>Yoga</u>			

All classes are in Eastern Time and hosted in English unless otherwise noted.

♥ Jump for Your Heart: class includes a variety of exercises for a high-intensity mix of cardiovascular fitness, strength, stability and power through bouts of body weight exercises and jumping rope. No jump rope needed.

*Classes & Energy Bursts cancelled 2/15

[^]Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.