


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	EXOS Morning Energy Dan (6:15-7:00am) Group Exercise Room		EXOS Morning Energy Dan (6:15-7:00am) Group Exercise Room		EXOS Morning Energy Dan (6:15-7:00am) Group Exercise Room
9:00am					
10:00am					
11:00am	EXOS Total Body Strength Jaime (11:00-11:50am) RA3 Fitness Center	EXOS Metabolic Challenge Cassy (11:00-11:50am) RA3 Fitness Center	Suspension Training Tim (11:00-11:50am) Group Exercise Room	EXOS Metabolic Challenge Cassy (11:00-11:50am) RA3 Fitness Center	EXOS - Suspension Training Tim (11:00-11:50am) Group Exercise Room
12:00pm	Yoga Amy (12:00-1:00pm) Group Exercise Room	EXOS Core & Movement Jaime (12:00-12:50pm) Group Exercise Room	Pilates Kim (12:10-1:00pm) Group Exercise Room	EXOS Core & Movement Jaime (12:00-12:50pm) Group Exercise Room	Karate Gyuszi (12:00-1:00pm) Group Exercise Room
1:00pm	Cycle Kim (1:10-2:00pm) Group Exercise Room		Cycle Kim (1:10-2:00pm) Group Exercise Room		Cycle Kim (1:10-2pm) Group Exercise Room
2:00pm		EXOS Metabolic Challenge Cassy (2:00-2:50pm) RA3 Fitness Center		EXOS Metabolic Challenge Cassy (2:00-2:50pm) RA3 Fitness Center	
3:00pm					
4:00pm		EXOS Fundamentals Phil (4:00-4:45pm) Group Exercise Room		EXOS Fundamentals Phil (4:00-4:45pm) Group Exercise Room	
5:00pm					Zumba Vlad (4:30-5:30pm) Group Exercise Room
6:00pm	Zumba Marsha (5:30-6:30pm) Group Exercise Room	Yoga Kari (5:30-6:30pm) Group Exercise Room	EXOS Metabolic Challenge Phil (5:00-5:50pm) Group Exercise Room	Yoga Yu-Wen (5:30-6:30pm) Group Exercise Room	
7:00pm			Zumba Marsha (6:00-7:00pm) Group Exercise Room		

Posted: March 1, 2018. For a complete description of classes, search Circuit for "Oregon Fitness Center". For fitness center details, scan the QR code.



Intel Group Exercise Class Descriptions

EXOS Rally- Meet your health and wellness goals with the next generation of EXOS Rally Group Training powered by EXOS. Our programs are offered at the beginning of each quarter and 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. **JOIN ANYTIME, NO SIGN UP NEEDED, JUST SHOW UP READY FOR FUN!**

EXOS Core & Movement - Reap the benefits of guided, structured exercise designed to reinforce effective core engagement and movement in daily life. This class focuses on the Pillar (shoulders, trunk, hips) of the body and strategies geared towards moving freely and with ease by activating muscles you never knew you had. **This is a great place to start for beginners.**

EXOS Fundamentals - Learn the Core Essentials to get fit and feel great. The class will focus on building a foundation, improving movement quality, and increasing strength. **This is a great place to start for beginners.**

EXOS Metabolic Challenge - Feel stronger and leaner with this fast-paced class. You'll pick up the pace during these calorie-burning circuit workouts made up of strength, agility, and equipment-based movements.

EXOS 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.

EXOS Suspension Training- A system that utilizes TRX and your own body weight to help tighten your core, build lean muscle, and boost your metabolism. You will perform functional movements that target all muscle groups including core stability and balance to get everything you need from a full body workout. **Intro Class will provide a brief overview of how to adjust and properly use the suspension trainer.**

EXOS 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. **Great for all ability levels.**

Cycle - Participants are guided through workout phases, including warm up, up tempo cadences, sprints, climbs and cool downs. Participants control resistance on the bike to make it as easy or difficult as you choose. Bring a towel and a water bottle.

Karate - Following Hidetaka Nishiyama's school system. This class consists of warm-ups, basic techniques, kata, controlled sparring. *(Blue Badge instructor)*

Pilates - Pilates improves flexibility, builds strength, develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, and developing a strong powerhouse, and improving coordination and balance.

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.

Zumba - This Latin inspired, easy to follow, calorie burning, feel-it-to-the-core fitness party. The Zumba program fuses hypnotic Latin and Pop with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

For the latest Group Fitness schedule, or to view a schedule at another location, go to www.TeamEXOS.com/intel or go to Circuit and search keywords: fitness centers.



RA4 Group Exercise Schedule

Performance Specialists

RA4 Dan Lauth
dlauth@TeamEXOS.com

HF Jordan Paulino
jpaulino@TeamEXOS.com

RA1 Nate Graham
ngraham@TeamEXOS.com

RS5 Jeremy Boyd
jboyd@TeamEXOS.com

RA3 Cassy Bieker
cbieker@TeamEXOS.com

AL Grant Overmoyer
govermoyer@TeamEXOS.com

JF Andrew Applebee
aapplebee@TeamEXOS.com

General questions?
Fitness-oregon@TeamEXOS.com

