

# GAO Wellness and Fitness Center Group Exercise Schedule



May 23-27, 2022

All classes are available both in-person and via livestream. You can register for all classes via [PTminder](#).

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

7:00-7:30am  
AM Stretch  
Jacob

7:00-7:30am  
AM Stretch  
LiAnne

12:00-12:30pm  
Body Shop  
Jacob

12:00-12:30pm  
FITCamp  
Jacob

12:00-12:30pm  
Tabata  
LiAnne

12:00-12:30pm  
FITCamp  
Jacob

12:00-12:30pm  
Body Shop  
LiAnne

12:35-12:50pm  
CRUNCH  
Jacob

12:35-1:05pm  
Core Blast  
Jacob

12:35-1:05pm  
Body and Balance  
LiAnne

12:35-1:05pm  
Core Blast  
Jacob

12:35-12:50pm  
CRUNCH  
LiAnne

5:00-5:30pm  
Functional Flexibility  
LiAnne

# GAO Wellness and Fitness Center Group Exercise Class Descriptions



## STRENGTH CLASSES

**Body Shop** Enhance your total body strength with simple equipment and your own body weight in this 30-minute strict strength session. After, your muscles will be talking back, and be saying "thank you."

**CRUNCH** A focused 15 minutes of core training using body weight!

**Core Blast** In just 30 minutes, strengthen and tone your abs, back, and glutes. Develop a strong core to facilitate your total body strength and posture goals.

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## HYBRID CLASSES (Cardio and Strength)

**FITcamp** Take 30 minutes for this FUNCTIONAL INTERVAL TRAINING class focusing on cardio, strength training and speed elements in varying intensities.

**Tabata** A 30-minute HIIT workout consisted of eight rounds, 20 seconds of exercise followed by 10 seconds of rest for 4 minutes of exercise.

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## FLEXIBILITY AND CORE CLASSES

**AM Stretch** Start off you day with a 30-minute morning stretch!

**Body and Balance** This class combines core and balance exercises mixed in with dynamic stretches to leave your body feeling refreshed and rejuvenated.

**Functional Flexibility** A total body flexibility class focusing on a variety of modalities and stretching techniques.