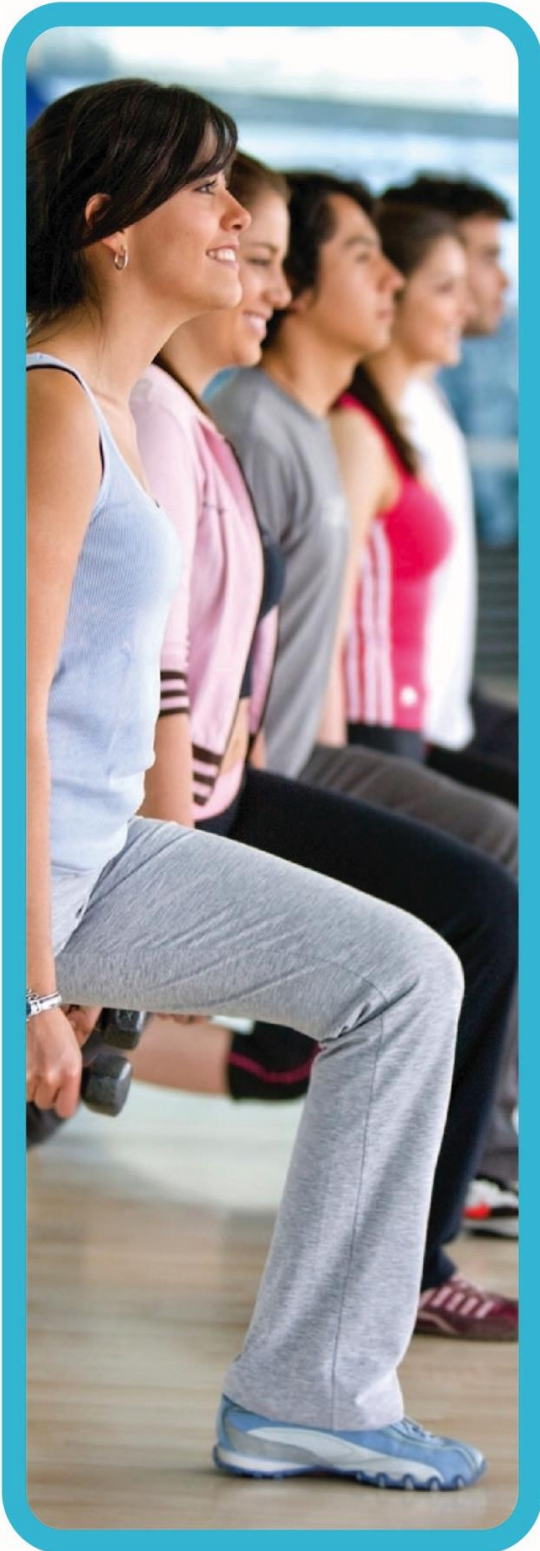


Group Fitness



Available PREMIUM Group Fitness Classes by Location

Just \$15/month to take advantage of all Premium classes at your location.

Boulder:

BLDR.F: Boot Camp, Yoga

RALEIGH:

RAL.A: Cycle Circuit, Yoga, 3-2-1, Boxing Boot Camp

SAN DIEGO:

AP: Outdoor Bootcamp, Octane

N: Cycling, Yoga

Q: Zumba, "TREX" Boot Camp, Yoga, Insanity, Yogalates, BollyX

S: Zumba, Barre, Yoga, TRX, SYNRGY, Kickboxing, Sports Conditioning

WT: Sports Conditioning, Yoga, BollyX, Zumba

SANTA CLARA:

SCL.B: Zumba, Pilates Boot Camp, Yoga

Questions? Email

fitness.center@qualcomm.com

The information provided through any onsite program is for informational purposes only and provided as part of your employee benefits. Participation in any onsite program is voluntary. The onsite team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care regimen. Your health information is kept confidential in accordance with the law and will only be used to provide health and wellness recommendations as applicable. © 2015 Optum, Inc. All rights reserved. All trademarks are the property of the respective owners.



Group Fitness Class Descriptions

FREE CLASSES (BLUE):

SCORE: (Strength/Cardio/Core) Improve performance in your everyday activities with this blend of whole body functional movements. This class utilizes interval, agility, core toning and strength movements for the athlete in all of us.

Enhance your workout with PREMIUM CLASSES! Just \$15/month, all access (ORANGE).

3-2-1: An interval training system including three minutes of strength, two minutes of cardio and one minute of core training.

Barre: An energetic, sweaty fusion of Pilates, ballet-inspired movements, and yoga; all set to fast-paced, hip music. Weights and bands add cardio conditioning and total body toning.

BollyX: BollyX is a high intensity Bollywood cardio workout. Move to the heart pumping beats of Bollywood.

Boot Camp: Athletic skills and drills combining cardio, muscle conditioning and Plyometric moves. May include the use of weights, bars, balls, sand bells, kettlebells, steps and other small fitness equipment

Cycling: A cycling class set to motivating music that combines jumps, intervals, hills, and sprints to promote aerobic fitness.

INSANITY®: Work in flat 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called **Max Interval Training**, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt. That's how you get in such insane shape.

Kickboxing/Boxing Boot Camp: Get your heart rate up in this mix of high intensity aerobics and kickboxing movements. Choreography is simple, but intensity is high.

Sports Conditioning: A class focused on increasing strength, balance, coordination, and flexibility. This is a great workout that can help you prepare for the upcoming golf season, your favorite sport, or activities in your everyday life.

SYNRGY Training: A non-stop circuit-style workout including a series of basic exercises using the heavy bag, kettle bells, battle rope, TRX and more.

T-Rex Boot Camp: The ultimate total body conditioning routine utilizing various outdoor fitness stations to sculpt and strengthen your muscles.

TRX®: The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance.

Yoga: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind. Level 1= Beginning, Level 2= Intermediate, Level 3= Advanced.

Yogalates: An exciting blend of Yoga and Pilates, the best of both worlds! This class combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening moves of Pilates.

Zumba® Come join the party with Latin inspired dancing that will increase your cardiovascular endurance and tone & sculpt your body. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

Group Exercise Guidelines

Class reservations are recommended, as space is limited per class. Online reservations are now available and recommended! Questions? Email fitness.center@qualcomm.com

- Reservations for classes can be made 72 hours in advance and online through our membership portal, Flex (Link to your profile through Qualnet: **Go/Fitness**, Contractors/Spouse members can log on at: <https://flex.plusone.com>).
- Please arrive 5 minutes early to class to set up.
- Reservations end 15 minutes before class start time, spaces available after that point are first come, first serve.
- Be considerate of other members' exercise space.
- Please do not crowd out a member who has arrived in class before you.
- Classes and instructors are subject to change without notice.
- Help us keep your exercise space tidy. Please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it is your first time in class.
- If you are pregnant or have other medical changes that may affect your workout, please inform the instructor and have an Exercise Specialist revise your program.